

# CLYDE-SAVANNAH

## ATHLETIC HANDBOOK 2021 - 2022

[www.clydesavannah.org](http://www.clydesavannah.org)

CLYDE-SAVANNAH CENTRAL SCHOOL DISTRICT

Interscholastic Athletics

### Handbook for Student-Athletes and Parents

Dear Parents and Student-Athletes: Welcome to the Clyde-Savannah Golden Eagles Interscholastic Athletic Program. This handbook has been prepared to be used as a reference by our student-athletes and their parent/guardians to define responsibilities as they pertain to the rules and regulations, as well as the policy and procedures for participation in our interscholastic athletics program. I am very pleased that you have shown an interest in this phase of our school program, and it is my belief that participation in athletics is a privilege and honor and provides an opportunity for developing life-long skills in addition to what is available in the academic classroom. Our main goal is to provide "first class" experiences that promote team and individual growth in a safe and healthy environment both on and off the athletic fields. Students choose to participate in our athletic program, we feel that they have committed themselves to certain responsibilities and obligations. Their high level of visibility to their fellow students, the school staff, and the public often required more rigorous standards of conduct. This handbook will acquaint you with some of the specific policies/expectations that are necessary for a well-organized and successful athletic program. The Clyde-Savannah Interscholastic Athletic program is governed by the regulations of the New York State Commissioner of Education and the Clyde-Savannah Board of Education's basic code for extra class athletic activities. In addition, Clyde-Savannah is a member of the New York State Public High School Athletic Association (NYSPHSAA), Section V and competes in both the Wayne County Public School Athletic Association (WCPSAA) and Finger Lakes Public School Athletic Association (FLPSAA). Please feel free to contact me (315-902-3051 or Christopher.stuff@clydesavannah.org) if you have any questions or concerns regarding the Clyde-Savannah Golden Eagles Athletic program. I look forward to working with you to ensure that you take advantage of the tremendous opportunities that athletics can provide!

GO GOLDEN EAGLES!

Yours in Athletics,

Christopher Stuff, Athletic Director

## TABLE OF CONTENTS

3. Athletic Offerings and Rights
4. Athlete Responsibilities and Coaches Rights
5. Coaches Responsibilities and Parents Rights and Responsibilities
6. Code of Conduct, Misconduct, and Procedures
7. Misconduct and Procedures
8. Consequences
9. Academic Eligibility
10. Eligibility Procedures and School Attendance Policy
11. Post-Event Attendance, Hazing, Sportsmanship, Changing Sports
12. Quitting, Dual Participation, and Practice Sessions
13. Cuts, Transportation, and Equipment Use
14. Spectator Behavior, Selective Classification, Online Resources
15. Nutrition, Strength and Conditioning, Risks, Injuries, Concussion Management
16. Insurance, Health Exam, Athletic Awards
17. COVID-19 Considerations, Special Notes, Permission
18. Athletic Creed and Acknowledgement of Risk

### **Athletic Offerings for Grades 7 - 12**

#### **Fall:**

Varsity: Football (10, 11, 12), Boys and Girls X-Country, Cheerleading, Girls Tennis, Girls Volleyball

JV: Girls Volleyball

Modified: Football (7, 8, 9), Boys and Girls X-Country, Girls Tennis, Girls Volleyball

#### **Winter:**

Varsity: Basketball (B & G), Cheerleading, Swimming (B & G), Indoor Track (B & G), Bowling (B & G)

JV: Basketball (B & G)

Modified: Basketball (B & G), Swimming (B & G)

#### **Spring:**

Varsity: Baseball (10, 11, 12), Softball, Boys Tennis, Track (B & G), Golf

Modified: Baseball (7, 8, 9), Softball, Boys Tennis, Track (B & G)

***STUDENT-ATHLETES are given the opportunity to compete for positions on athletic teams of their choosing***

#### **The Rights of the Student-Athlete:**

A safe, healthy, and orderly practice environment.

Participation in all district athletics on an equal basis regardless of race, color, creed, national origin, religion, gender or sexual orientation or disability limited by sport specific tryouts when necessary.

Presentation of individual accounts and details of events to school personnel when faced with consequences due to misconduct.

Access to athletic/school rules and when necessary, explanation of those rules from school personnel.

Ongoing communication directly to them or through their parents from administrators and coaches regarding team goals, playing time and sport level philosophy (varsity, JV and modified).

A team that is drug and alcohol free.

Participation in athletics without fear of impediments.

Use of sport specific equipment that is in proper working specification/order.

### **The Responsibilities of the Student-Athlete:**

Knowing and following all district, school and athletic policies, rules and regulations dealing with athlete conduct, instruction and/or safety given by coaches and other school personnel.

Responding to direction given by coaches and other school personnel in a respectful, positive manner.

Attending school and practice every day unless legally excused.

Being in class, on time with books and supplies and leaving class or the school building only with approved permission.

Being on time to practice and games with the proper uniforms and equipment.

Working to the best of their ability in athletic pursuit and avoiding all misconduct such as: use of alcohol, tobacco, illicit drugs, and performance – enhancing substances. Also, avoiding hazing, theft, fraud, gambling, destruction of property, vandalism, fighting and illegal or unauthorized possession of drugs or firearms/dangerous weapons.

Seeking help to solve problems that might lead to disciplinary problems.

Working with coaches to develop stronger pro-social skills.

Encouraged to use “activity” period for academic enrichment.

Accepting responsibility for actions, striving to be a role model for the team and community (i.e. sportsmanship, fair play and leadership).

### **The Rights of the Coaches:**

Intervening with any action that endangers the health, welfare and/or safety to self or others.

Expecting the opportunity to coach without ongoing distractions, disruptive behaviors or disrespectful athletes, parents and or spectators.

Initiating coach/athlete conferences and coach/parent/athlete conferences, when necessary to resolve problems.

Communicating regularly with athletes, parents and teachers concerning academic growth and achievement.

Implementing school policies and rules in a fair and consistent manner connecting the athlete’s actions with the outcome.

Demonstrating coaching knowledge of sport and concern for student performance.

Exemplifying, by their behavior, the principles embedded in the school’s code of conduct and athletic handbook.

Eliminate any activities that might encourage, permit, condone, or tolerate hazing or harassment.

### **The Responsibilities of The Coach:**

Requesting an athlete to sit out of practice or sporting event to reduce the impact of an anxiety-producing situation and/or give the athlete an opportunity to regain composure and self-control.

Make decisions that are in the best interest of the athlete and team.

Setting team and individual expectations, requirements, and goals.

Ongoing training to enhance coaching skills within the school community.

Showing concern for athlete achievement, well-being, and performance.

Assisting athletes in coping with peer pressure and team related problems.

All Clyde-Savannah coaches are expected to maintain a climate of mutual respect and dignity which will strengthen student-athletes' self-concept and promote confidence to learn.

### **The Rights of the Parent:**

Receive a copy of the Athletic Handbook.

Timely communication between coach/athletic director and parent(s) regarding rules, grades, attendance, behavior, or other athlete/parent issue.

Advocate for their athlete.

Treated with respect by District personnel.

Grieve appropriately through the chain of command any/all athletic issues.

### **The Responsibilities of the Parent:**

Sending their children to athletic practices and events to participate and learn.

Communicate with coaches and/or athletic director in a timely manner appropriate to the given issue/situation about their child (athlete).

Ensuring their children (athletes) are dressed appropriately for practices and competition in provided or approved uniforms and equipment.

Modeling a truthful, supportive attitude toward athletic and the school community.

Building good relationships with coaches, athletic director, and fellow parents.

Providing a place for study and homework to assist in maintaining academic eligibility.

Exemplifying, by their behavior, the principles embedded in this athletic handbook.

**CONCERNS:** *Any student-athlete or parent who has a concern with any aspect of their athletic experience is encouraged to communicate with the individual coach as soon as possible. If you wish to discuss the situation further after your conversation with the coach, please contact the Athletic Director at 315-902-3051 or [Christopher.stuff@clydesavannah.org](mailto:Christopher.stuff@clydesavannah.org).*

## **CODE OF CONDUCT:**

The Clyde-Savannah Central School District believes that participation in extracurricular activities such as athletics is a privilege and when a student athlete chooses to become a member of a team he/she must abide by certain rules, responsibilities, and guidelines that accompany participation in such a program. Student athletes will adhere to the rules set forth by the Clyde-Savannah School District, Wayne County League, Section V, and the State of New York. All policies of the Clyde-Savannah Central School District and the athletic department, including academic eligibility standards (discussed in General Academic Requirements below), are to be followed both on and off school property.

The Consequences for violating the school Code of Conduct will be based on the nature of the misconduct, the level of severity, and the number of times it has occurred. The Consequences listed below are guidelines, which will be followed generally, but may be modified, in special circumstances on a case-by-case basis. Students who demonstrate honesty and responsibility for their actions may be granted leniency. Similarly, students who engage in serious violations may be subject to more serious consequences including but not limited to permanent suspension from athletic activity. Student athletes may also be subject to any disciplinary penalties under the Code in addition to the Consequences listed below.

## **MISCONDUCT:**

Violations of the Code include, but are not limited to the use of alcohol, tobacco (in any form), illicit drugs (marijuana, cocaine, steroids, performance-enhancing drugs or substances, amphetamines, hallucinogens, and all other controlled substances). These infractions are covered under the school's Student Alcohol and Controlled Substance Policy #7320 as part of the Code of Conduct such as hazing, theft, fraud, gambling, destruction of property, vandalism, fighting; illegal or unauthorized possession, use or sale of firearms or other dangerous weapons; or illegal actions or behaviors are also prohibited under the Code.

\*\*A student athlete who has been suspended via out of school suspension will be ineligible for participation in any sporting activity for the duration of the suspension.

## **PROCEDURES:**

If a student is suspected of a violation of the Code or the athletic training rules and is subject to potential discipline, the following procedures will apply:

The student's parent(s) will be immediately notified.

The student and parent(s) will be provided with the opportunity to meet with the student's coach and one or more of the following: Physical Education Director, Athletic Director and/or Principal.

The Physical Education Director, Athletic Director and/or Principal will determine the appropriate disciplinary action, if any.

If the student and/or parent(s) are not satisfied with the decision, they may appeal the decision to the Superintendent within 5 days of the date of the decision.

## **CONSEQUENCES:**

The consequences, in addition to those of the school code of conduct, are as follows:

First Offense – Suspension of Contests – 20% of total scheduled contests (scrimmages are not contests). Round fractional numbers up. \* Student must practice and attend all contest and team functions unless otherwise directed by the Athletic Director or Physical Education Director.

Second Offense – Suspension of Contests – 100 % of team’s scheduled contests, including post season. Unused percentage (%) of suspension will carry over into student/athlete’s following sport season of participation.

Third Offense – Step 3 Suspension of Athletic Eligibility - one year from date of violation.

\*While the District must ensure that its students adhere to the reasonable rules and regulations set forth in the Code, it also wants to encourage students to become healthy, responsible individuals. Therefore, in appropriate circumstances, the district may offer students the opportunity to perform community service or undergo counseling, either by district faculty or outside providers, as an alternative to a disciplinary penalty.

## **STRUCTURED STUDIES PROGRAM (SSP):**

List of procedures/consequences for athletes placed in SSP for up to one (1) full day during a sports season:

1st - Counseling with parent communication and coach notification.

2nd - Student will meet with the Athletic Director and parent/guardian (if desired) to discuss behavior modification and punishments for future offenses.

3rd - Suspension for one game with parent communication and coach notification.

4th - 1st offense consequence for violation of the code of conduct.

Athletes placed in SSP for 2 or more consecutive days will be subject to the following consequences:

1st - Suspension for one (1) game/contest with parent communication and coach notification.

2nd - 1st offense consequence for violation of Code of Conduct.

ALTERNATIVE LEARNING CENTER (ALC) / OUT OF SCHOOL SUSPENSION (OSS) – Any amount of time, Suspensions will be subject to consequences for violation of the Code of Conduct.

## **PRACTICE/GAMES (Attendance/Consequences):**

All students are required to be at practice/games when scheduled. If a student athlete misses 3 unexcused practice/games during one season, that student athlete will be excused from that sport team.

### **GENERAL ACADEMIC REQUIREMENTS:**

For a student athlete to participate in interscholastic activities, he/she must carry a minimum course load of four (4) subjects including Physical Education. Exceptions to this requirement may be granted by the Building Principal for meritorious reasons such as Special BOCES programs, college courses taken off campus, etc.

### **INTERSCHOLASTIC ELIGIBILITY:**

Clyde-Savannah Central School competes in the Wayne County League and is a member of Section V of the New York State Public High School Athletic Association order to participate in interscholastic competition a student shall meet the following criteria:

- 1) Be a high school student in regular attendance in grades 9, 10, 11, or 12
- 2) Between the ages of 14 and 19 inclusive
- 3) The approval of parent(s)/guardian and school doctor
- 4) Compete for 8 a maximum of 8 semesters beginning when the student enters 9<sup>th</sup> grade
- 5) For only four seasons in any one sport unless exceptional status is determined in 7<sup>th</sup> or 8<sup>th</sup> grade
- 6) Familiar with the rules of the game and the standards of sportsmanship
- 7) Comply with Clyde-Savannah's Academic Eligibility Policy.

***ACADEMIC PROGRESS REPORTS: The general academic eligibility requirements per policy no.7241 will be enforced for all student-athletes. These reports are generated every two weeks during the school year.***

### **EXTRACURRICULAR PARTICIPATION UNDERSTANDINGS:**

A student is academically eligible until such time that he/she is reported to have failing grades.

The eligibility period begins on Monday morning and ends at midnight on Sunday for the period covered (including vacation periods).

*Grades of 65% - 70% or one (1) grade below 65% result in the student still being eligible however intervention must occur. Two (2) or more grades below 65% result in the student being **ineligible** for at least one (1) contest and interventions must also occur.*

A grade of "incomplete" indicates that a student has been unable to complete requirements for reasons outside of his/her control (e.g., illness). INCOMPLETES DO NOT SIGNIFY FAILURE TO TURN IN WORK. An incomplete can be made up during the eligibility period at which time the teacher notifies the principal or his/her designee.

Situations not specifically covered by this policy will be decided by the principal or his/her designee.

### **ELIGIBILITY PROCEDURES:**

At the end of the third week of school and every two weeks hereafter, each teacher will submit an ineligibility report to the corresponding school office.

Teachers will indicate students with grades of 70% or below and parents will be notified in writing. For the purposes of eligibility, report card grades may also constitute an "ineligibility report."

Intervention will be defined as an action plan between the student and the teacher that will outline the various steps to assist the student in improving their grade(s). For example, the teacher may assign the student to a content lab or after school tutoring. An eligibility card will be required that indicates the specific intervention plan. The card must be submitted to the corresponding school office by the end of the week in which the list is generated.

Students failing (below 65%) two or more subjects will have the opportunity of being removed from the list after a minimum of a one contest suspension. Removal will only occur after the intervention and submission of an eligibility card by the respective teacher indicating that the student is in good academic standing. This card will be submitted to the corresponding school office and is good for only one contest during the eligibility period, however another card will be required for each additional contest within that eligibility period.

***THE ELIGIBILITY PERIOD BEGINS ON MONDAY MORNING AND ENDS AT MIDNIGHT ON SUNDAY.***

### **Physical Education Class/Participation in Athletics:**

All student athletes participating on an athletic team are required to participate in physical education class. If a student does not participate in physical education class or is removed for not following expectations in class, that student will not be allowed to participate in practice/game on that given day.

### **SCHOOL ATTENDANCE POLICY:**

Day of an Event Definition: for eligibility purposes, a "school day" terminates at 12:00 midnight.

When a sporting event occurs on a school day, students must be in FULL attendance in school by the beginning of first period on that day unless permission to be absent has been approved by the Building Principal or Athletic Director prior to the absence (for Saturday and/or Sunday games the rule applies to the previous Friday). Additionally, students must be in attendance by the beginning of first period to be eligible to participate in a practice session unless permission for an extension to this time has been approved by the Building Principal or Athletic Director. If a student-athlete does not have approval or proper documentation for being tardy to school, that student-athlete will be given:

1st offense: Verbal warning

2nd offense: Verbal warning, parent phone call, coach contacted

3rd offense: no practice

### **Post-Event Attendance:**

Students must be in FULL attendance by the beginning of first period on the day after an event if school is in session to be eligible for the next upcoming sporting event. If a student is not in attendance the following day, permission should have been obtained the day before from the Building Principal or Athletic Director or a parent/guardian (not the athlete) must contact the school nurse by 8:00 a.m. of that day to report the absence. The absence must also include supporting documentation at the time the student returns to school (i.e., doctor's excuse, dentist receipt, etc.) and be submitted to the school nurse. Any extenuating circumstances must be brought to the attention of the Building Principal or Athletic Director within one (1) school day of the absence.

### **HAZING:**

Hazing, a form of harassment whether it is physical or verbal, should not be condoned by a victim, a coach, staff, family, school personnel, fellow students and especially team members. Students found to have committed an act of harassment against any student in the Clyde-Savannah Central School District, including team members, will be faced with strong disciplinary actions which may include suspension from their athletic team. Team members are fully expected to notify a coach if any such behavior is observed.

### **SPORTSMANSHIP:**

Students learn immeasurable unique lessons through interscholastic athletic participation. Educators universally agree that of all the goals established as outcomes for secondary students involved in school sports, sportsmanship is primary. Students who learn to value and practice sportsmanlike behavior are developing the characteristics of good citizenship. Honesty, generosity, self-discipline, a sincere concern for others, ethical behavior and a commitment to fair play are all demonstrated in sportsmanship. New York State Public High School Athletic Association member schools make sportsmanship a premier concern.

### **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, well-intentioned host would normally give. Officials are the proper authorities to make decisions regarding rules and their interpretations and 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 positive actions can relate directly to the success of their teams.

### **CHANGING SPORTS:**

It is important that athletes try and make the right choice when selecting a sport, especially at the JV and varsity levels. A student-athlete may not change from one sport to another once a team has been selected without the permission of the Athletic Director. Special considerations will be made for athletes wanting to join teams with small numbers.

### **QUITTING A TEAM:**

Once the team has been selected and team practices have begun, no athlete is allowed to quit a team. If an athlete quits without getting a release from the coach of that sport or is dismissed due to disciplinary reasons, the Director of Physical Education/Athletic Director will gather pertinent information from the coach and meet with the athlete to determine athletic eligibility for the remainder of the school year. The coach will contact the parent/guardian of an athlete who has been dropped from the squad.

### **DUAL PARTICIPATION:**

Section V and the FLHSAA (Finger Lakes High School Athletic Association) have approved Dual Participation for the 2021-2022 school year. Student-athletes may be allowed to participate on more than one sport team during the same season if they meet the requirements of each sport program.

#### **Clyde-Savannah CSD Dual Participation Process:**

1. Student-athlete in grades 9-12 will request a *Dual Participation Form* from the Director of Health, PE & Athletics.
2. The Director of Health, PE & Athletics will review the form to determine if it is possible.
3. The Director of Health, PE & Athletics will review the athlete's academic and disciplinary record with building administration.
4. The Director of Health, PE & Athletics will then meet with the coaches involved for their input.
5. If the coaching staff for each respective program agree to work together then the student-athlete, a parent/guardian, athletic administrator and both coaches will meet to develop a plan of how it will work with expectations.
6. If both coaches are not in agreement, the request will be denied.
7. If the request is granted and the Code of Conduct is violated at any time, the student-athlete will serve the consequences for both sports.

### **PRACTICE SESSIONS:**

Student-athletes are expected to attend all scheduled practice sessions and games unless excused by the coach in conjunction with the parent. You have made a commitment to your sport by being a member of the team and are responsible for the time commitment. Whenever possible try to make all of your other plans around your sport season. Communicate with the coach, well in advance, all known conflicts. Unexcused absences could/may result in a suspension from participation by the coach and/or athletic department. Communicate with the coach, well in advance, all known conflicts. Unexcused absences could/may result in a suspension from participation by the coach and/or athletic department. In season sports take precedence over non-school sponsored sports/activities.

### **EQUIPMENT USE:**

Athletes may be issued necessary athletic equipment and clothing. It is the responsibility of the student-athlete to return to the coach all clothing and equipment issued. No one should have any equipment home after the season without school permission. Failure to turn in all equipment will result in the student-athlete being billed for the missing items. Athletes not returning equipment from one season will not be issued any for the next season until restitution is made.

### **TRANSPORTATION:**

Clyde-Savannah Central School District will provide transportation to and from all athletic contests. Students are not allowed to ride home with parents/guardians at the end of the competition. Only under extenuating circumstances the athlete will be granted permission to leave with the parent. Prior to the event, the school Athletic Director must sign the permission slip and it must be given to the coach before entering the bus. The coach cannot grant permission.

### **CUTS:**

The Varsity Head Coach will work with all other program coaches to evaluate all candidates and come to a collective decision on team selection.

At the preseason meeting prior to the start of the tryout period, the coach shall provide the following information:

1. Extent of the tryout period.
2. Criteria used to select the team.
3. General number of team members to be selected.
4. Practice commitment, if they were to make the team.
5. Game commitments. 6. Student-Athlete code of conduct.

When a squad cut becomes necessary, the process will include the following elements:

1. Each potential candidate shall have participated in a minimum of three (3) practices sessions.
2. Performed in at least one (1) intra-squad scrimmage or performed significant amounts of skills in simulated game or event situations.
3. Students will be personally informed of the cut by the coach.

Coaches will discuss alternative possibilities for participation in the sport, other areas such as town recreation and/or summer camps.

If a coach foresees the possibility of difficulties arising because of squad cuts, the coach should discuss the situation with the Athletic Director.

The grade level of athletes trying out will not be a deciding factor as to making the team.

### **SPECTATOR WARNING:**

In the event spectators act inappropriately at any interscholastic athletic event, the school designated supervisor may issue a warning cautioning them about their behavior. The event supervisor for Clyde-Savannah Central School will caution you about your behavior and ask that you demonstrate some self-control. Good sportsmanship is as much a part of the game as scoring and if you are unable to conduct yourself accordingly you will be asked to leave. Clyde-Savannah Central School expects and takes very seriously proper behavior at its sporting events. It is our goal to provide an enjoyable athletic experience for everyone. We hope both parents and students will embrace that initiative and support our efforts in that direction.

### **WAYNE COUNTY LEAGUE POLICIES ON SPECTATOR BEHAVIOR:**

1. Is expected that all spectators will display good sportsmanship.
2. Any spectator who enters the playing area in a disruptive manner will be asked to leave the school premises. Any mass intrusions may cause removal of all spectators. Further problems may cause the termination of the contest.
3. There will be no noisemakers allowed in the gymnasium. This includes but is not inclusive of the following: sirens, whistles, bells, horns, radios, and all other devices of a distracting nature.
4. and stomping on the bleachers are discouraged. If there is damage or destruction of school property, the individual(s) responsible will be held accountable.
5. spectator who leaves the building without permission may not re-enter. 6. unruly or disruptive spectators will be removed from the school premises.

### **SELECTIVE CLASSIFICATION:**

Clyde-Savannah will follow the New York State Education Department's guidelines for the Selection Classification process. This program is designed for 7th and 8th grade students who are "exceptional" in their sport(s). Students must meet the standards in the following categories to qualify for the program: maturity level, athletic ability test, and skill tryout. Modified coaches will convey possible candidates to the varsity level coach and recommendations will be taken to the Athletic Director prior to starting the process for approval. Students recommended are expected to be at 50% or above in playing time for the team.

### **SECTION V AND CLYDE-SAVANNAH ONLINE RESOURCES:**

There are multiple useful online resources that will assist in any additional questions related to both Clyde-Savannah Athletics and Interscholastic Athletics in New York State and Section V. Please refer to the resources below when necessary:

Clyde-Savannah Athletics: <https://www.clydesavannah.org/domain/52>

Clyde-Savannah Code of Conduct/Mission: <https://www.clydesavannah.org/domain/8>

Section V Athletics Scheduling: <https://www.sectionvny.org/g5-bin/client.cgi?G5genie=783>

Section V Athletics Main Page: <https://sectionv.org/>

## **NUTRITION:**

To approach peak performance in athletics, student-athletes, parents, and coaches need accurate information on how to properly fuel and nourish the body. The following dietary guidelines will be emphasized by the athletic department on an ongoing basis.

Eat more complex carbohydrates and moderate amounts of protein.

Eat less high fat foods.

Always stay well hydrated, especially in hot weather.

Maintain a healthy body composition and avoid quick loss.

Replace carbohydrates used for energy during training and competition

Eat an appropriate pre-practice/pre-competition meal.

Don't be tempted by supposed "performance enhancers"

## **BENEFITS OF CONDITIONING:**

The obvious benefit of quality conditioned athletes is the potential for the team or individual to compete at the highest-level possible. A well-conditioned team is usually a successful team. However, the real benefits of conditioning are long-term. Simply, we want our student-athletes to be fit for life. The health benefits derived from a regular exercise program are well documented. Developing lifelong habits to improve or maintain cardiovascular endurance, muscular strength, and flexibility are important goals for anyone involved in our athletic program. This is one of the reasons that we stress the importance of practices. It is important that our student-athletes take advantage of the well-maintained fitness facility and place themselves in the most ideal position to experience success.

## **RISKS:**

The athletic program is conducted, first and foremost with the safety of its participants in mind. Student-athletes and parents must be aware that certain risks of injury are inherent in athletic participation. Although not probable, accidents such as brain injuries, paralysis or even death may occur.

## **INJURIES:**

It is the student-athlete's responsibility to immediately report any injury to his or her coach. The coach will notify the nurse and complete an accident report. If the student-athlete has been injured and has required medical attention, he / she cannot return to participation without the school physician's written permission.

## **CONCUSSION MANAGEMENT:**

Athletes diagnosed with a concussion will follow the Return to Play Protocol (RTP). Once this 6-step program is implemented and the school's doctor performs the final exam, the athlete will be allowed to return to competition.

### **INSURANCE:**

Information regarding school insurance is distributed to the parent or guardian upon completion of an accident report for a student. Information is also available in the school Health Office (902-3020). The school district has voluntarily purchased a student accident policy which may cover some expenses if students are injured at school. This policy is a basic policy that provides limited coverage for uninsured individuals or injuries that might not otherwise be covered by a family's own medical insurance. Any bus-related injury, according to NYS law, must first be submitted for coverage under a parent's auto insurance policy.

If your child is injured at school, please make sure that the school nurse has been informed or notified. The school nurse will be ready to assist you in completing any accident or insurance claim forms.

### **HEALTH EXAMINATION:**

Student-athletes must receive medical clearance from the school Health Office before they may practice or tryout for an athletic team. The following guidelines outline the process for obtaining this clearance: 1) Physical exams MUST be done by the school district physician or family physician and are considered current for 12 continuous months. Student-athletes are required to obtain a completely new physical if the previous physical date expires before or during the upcoming sport season.

2) All student-athletes and their parents must complete the Health History Form prior to each sport season school nurse will review the information to ensure safe participation.

3) or information regarding medical clearance can be obtained by calling the Health Office in the student's school.

### **ATHLETIC AWARDS:**

#### *Varsity Letter Award:*

A chenille C-S letter will be awarded to any athlete who fulfills requirements for any varsity sport for the first time. Along with the letter, a metal insert representing that sport will also be awarded.

Only one letter will be awarded during the high school career of any athlete. If an athlete letters in the same sport of another sport the following year, the athlete will receive a certificate, metal insert, or bar in each sport in which they lettered.

#### *Trophy Awards:*

If any athlete letters in the same varsity sport four years in succession (or more), the athlete will receive a trophy.

#### *Athletic Awards Requirements:*

An athlete must have been a Varsity team member for the entire season to meet the requirements to earn a letter.

**COVID-19 Considerations:**

Guidance related to COVID-19 is ever-changing based on the risk level in both Wayne County and New York State. We will continue to monitor the policies and procedures related to the CDC, New York State DOH, and the Clyde-Savannah Central School District in determining any decisions regarding COVID-19.

**Special Note:**

During athletic seasons, there may be practices/games that fall on Saturdays. All athletes should know that these commitments come first over other things (i.e., work, AAU participation). Athletes are expected to be in attendance for all in season practices/games. Any concerns should be raised with the coach prior to the beginning of the season.

**PERMISSION FORM:**

All student-athletes must submit online the signed parent permission form that is included as part of this handbook. This is utilized for emergency information and signifies that the handbook and the information contained within have been reviewed. These programs have been established because research indicates a student involved in co-curricular activities has a greater chance for success during adulthood. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school. We hope the information provided in this pamphlet makes both your child's and your experience with our athletic program less stressful and more enjoyable.

***Please review and sign the athletic creed and acknowledgement of risk on the next page and submit to your coach by September 10<sup>th</sup>, 2021.***

**CLYDE-SAVANNAH CENTRAL SCHOOL ATHLETIC CREED:**

I, \_\_\_\_\_, wish to participate in the athletic program provided by the Clyde-Savannah Central School realize that this is both an honor and a privilege. I have read and will uphold the Athletic Training Rules. As a team member, I represent this organization and realize my conduct reflects not only myself, but my school, coach, teammates, and family. I realize that being an athlete is a full-time responsibility and does not end when I leave the match or training session. I am aware that the coaches will keep an attendance record of my involvement with this team. I understand that there will be consequences for missing practice(s) or games that will be outlined by the coach. I will keep myself groomed in a fashion outlined by the coach. The coach will discuss with the team and me that which will be acceptable when a member of this team is representing the school and community. I understand that I am responsible for laundering my uniform and will turn it in at the end of the season in clean condition. I realize that once I earn a position on a team, I may not switch to another sport during that season. If I quit a team, I realize that I forfeit all privileges for awards and may jeopardize my chances for future participation. I realize that any violation of the "Athlete's Creed" will result in disciplinary action as outlined in the Athletic Handbook and that four (4) offenses throughout grades 9-12 deem me ineligible for the remainder of my years at Clyde-Savannah.

\_\_\_\_\_ Student Signature

\_\_\_\_\_ Parent/Guardian Signature

**TO PARENT OR GUARDIAN:**

I have read and fully understand these regulations. I will do my best to help \_\_\_\_\_ uphold these regulations and will support the coach, Athletic Director and school enforcement of these rules is necessary. I realize that any violation of the "Athlete's Creed" will result in disciplinary action as outlined in the Athletic Training Rules and that four (4) offenses throughout grades 9-12 deem my child ineligible for the remainder of his/her years at Clyde-Savannah.

\_\_\_\_\_ (Signature of Parent/Guardian)

**ACKNOWLEDGE OF RISK:**

\_\_\_\_\_ has my permission to participate in the following sports:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I realize there is a possibility that my child may suffer mild to severe injury, paralysis, or death due to participating in physical activities during physical education class or interschool athletic competition.

\_\_\_\_\_ Student Signature

\_\_\_\_\_ Parent/Guardian Signature

