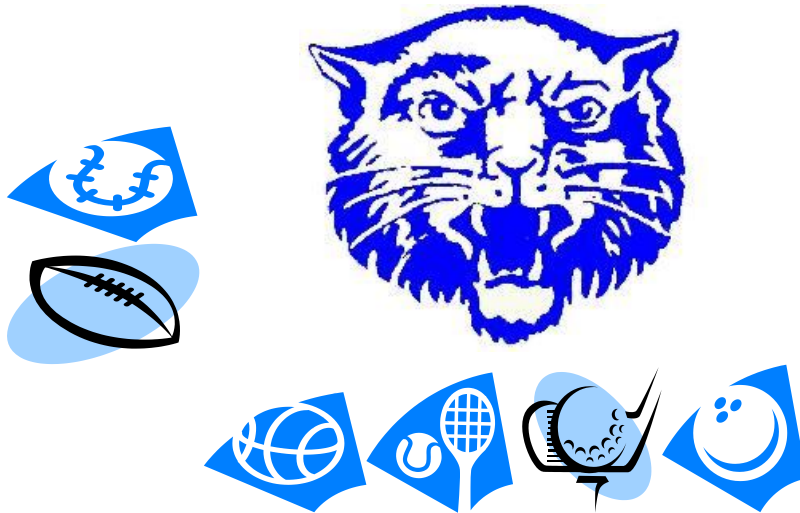


# Hancock Central School District

## Athletic Handbook



**2011-2012**

Mrs. Carol Daddezio, Principal  
Dr. Terrance Dougherty, Superintendent  
Mr. Brandon Olbrys, Athletic Coordinator

### **Hancock Central School District**

#### **ATHLETIC HANDBOOK**

In order to assure a well disciplined and competitive athletic program, all active and prospective athletes should make themselves fully acquainted with the contents of this handbook. All infractions may be punished under the District Code of Conduct as well.

**THE RULES AND REGULATIONS CONTAINED IN THIS HANDBOOK APPLY TO ALL PUPILS PARTICIPATING IN ATHLETIC ACTIVITIES.**

## **COACHING PHILOSOPY**

The Athletic program is an integral part of the overall education process at Hancock Central School. Athletics provide an opportunity to grow academically, socially, physically and ethically.

Our aim is to develop a competitive program which incorporates the tenets of scholarship, hard work, citizenship, sportsmanship and a healthy lifestyle. Athletics should assist in the education of the whole child.

### **Modified**

The philosophy at this level is toward education and participation. All students at the 7<sup>th</sup> and 8<sup>th</sup> grade level are encouraged to participate. There is a large focus on the fundamentals of the game. Each team member will participate as equally as possible (final decision rests with the coach) providing they meet the following requirements:

1. Meet NYSPHSAA athletic eligibility requirements.
2. Meet the medical eligibility requirements.
3. Meet all requirements set forth by H.C.S.
4. Meet all requirements set forth by the coach and team.

### **Junior Varsity**

The Junior Varsity level builds on the modified level. Increased emphasis is placed on the refinement of skills, team play, and the development of game strategies, physical conditioning and healthy choices. Additionally, the emphasis on playing to win is introduced. An attempt will be made to play all team members. However, not all play will be equal, nor will all players play each contest. Playing time will be at the discretion of the coaching staff.

### **Varsity**

Varsity is the apex of participation in high school athletics. The team objective is winning. Team play, sportsmanship, refinement of skills and healthy choices are emphasized. It is recognized that not all team members will play. Playing time is at the discretion of the coaching staff.

*\*Any player in grades 9-12 and any selectively classified 7<sup>th</sup> and 8<sup>th</sup> grade players are eligible for JV and Varsity levels. Final team placement is at the discretion of the coaching staff.*

## BEHAVIOR AND CONDUCT

A. *Wildcat Code: As a Wildcat athlete, I will try to be a lady/gentlemen at all times. I will not criticize, nag, or razz a teammate or opponent. I will always be a team player. I will not be selfish, jealous, envious, or egotistical. I will earn the right to be proud and confident. I will not expect favors, alibis, or make excuses. I will not lose faith or patience. I realize that courtesy and politeness are a small price to pay for the good will and affection of others. I know that I can acquire peace of mind by becoming the best I am capable of becoming.*

B. The general behavior of an athlete in school and elsewhere should be a credit to his/her school, team, coaches, and him/herself. When determining your own conduct, keep in mind the regulations given below:

A report of misconduct of an athlete by a faculty member for any form of misconduct may result in a conference involving one or more of the following: the high school principal, athletic coordinator/director, coach, teacher and athlete(s).

1. There will be NO public displays of affection.
2. Unsportsmanlike conduct will not be tolerated.
3. Any profanity or obscene gestures made during a contest, and directed at officials, players, or fans shall mean immediate suspension from the contest with further penalties to be assessed as a result of a conference.

C. The conduct of all players at all times must be of the highest caliber. All reports of misconduct will be investigated by the appropriate coach, the athletic coordinator/director and/or the high school principal. Penalties will be set according to the findings of any such investigations.

D. As athletes, you are expected to be encouraging and congenial to non-athletes, to be supportive of school activities, and to be an active Hancock Central student.

E. Rules and regulations are made for the good of the athletic program. Coaches act at all times to protect the value of the program. All true athletes conduct themselves in a manner that will contribute to the good of the athletic program.

F. Students may also be subject to discipline under the school's Code of Conduct for violations.

**Conduct rules pertain to behavior both on and off school property. Any inappropriate behavior that occurs off school property may be subject to investigation by school authorities, and if warranted, law enforcement agencies.**

**PROTOCOL FOR ISSUES RELATED TO ATHLETICS – Please follow the standard 24 hour rule following an athletic competition prior to speaking to a coach.**

Whenever an issue or a concern arises related to athletics, a protocol or chain of command is to be followed to insure that appropriate information is shared that individuals have an opportunity to respond to questions or to resolve issues:

Step 1: Player/Coach or Parent/Coach  
Step 2: Player/Parent/Athletic Director

Step 3: Player/Parent/Building Principal  
Step 4: Player/Parent/Superintendent

## TRAINING RULES

It is expected that all athletes participating in the sports program at Hancock Central School will maintain the academic standards of the school, pursue the required number of courses, and exert all the efforts at his/her command to improve physically and mentally to the best of his/her ability.

A student failing two or more subjects will automatically be subject to evaluation for further participation in a sport (**refer to the Hancock Central School District – Student Handbook 2011-2012 – see Academic Eligibility and Activity Participation and Extra-Curricular Participation**).

In addition, the following training rules have been proposed by the coaches and approved by the administration of the school:

1. No use of tobacco or smoking; no drinking of alcoholic beverages; no drugs; no destruction of school property. This includes activities which are not school related or did not occur on school property.
2. No use of profanity or lewd gestures/comments while involved in sports activities.
3. Behavior that may be potentially dangerous will not be tolerated.
4. Good attendance at school is required (see Attendance). In addition, in the case of a Saturday event, full-day attendance will be required on the preceding Friday.

### **Any infraction of the above rules will mean the following:**

- A. For rule number 1, anyone who has been found using tobacco or smoking, drinking alcoholic beverages, using drugs, or destroying school property may **be subject to a penalty**. This includes activities which are not school related or did not occur on school property. Penalties for a first offense will result in suspension for 1/3 of the sport season. If more than 2/3 of the season has lapsed, the student will be off the team for the rest of the season. **The "season" is deemed to begin at the first regularly scheduled league practice and continue through the final contest. However, penalties could be extended into post-season or sectional play. These will be judged on a case-by-case basis.** A second offense will result in suspension for the remainder of the season and, if 2/3 of the current season has lapsed, suspension for the next sport season as well. A third offense will result in removal from the sports team(s) for the remainder of the current school year. Any student so suspended will be referred for drug counseling.
- B. Any responsible adult may report infractions to the coach.
- C. A first offense against rules 2, 3 or 4 will be handled as an individual matter by the coach. A second offense for any infraction will mean a one week suspension and any other disciplinary action deemed necessary by the coach. The athlete must continue to practice and may not participate in any games played that week.
- D. Subsequent offenses will mean dismissal from the squad for the remainder of the sports season.
- E. **A student may be referred to the Principal or Superintendent for additional discipline under the school's Code of Conduct when appropriate.**

## **SEXUAL HARASSMENT**

The district is committed to safeguarding the right of all students within the school district to learn in an environment that is free from all forms of sexual harassment. Conduct is deemed to be sexual harassment when the student perceives such behavior as unwelcome, such as inappropriate touching, verbal comments, sexual name calling, spreading sexual rumors, gestures, jokes, pictures, blocking a student's movement, rape or attempted rape.

Sexual harassment is a form of sex discrimination. Any student who believes that he or she has been subjected to sexual harassment, whether by a teacher, other student, or any individual on school grounds or at school activities, should report the alleged misconduct immediately to the Building Principal or the Compliance Officer, Carol Daddezio, at Hancock Central School, 67 Education Lane, Hancock, NY 13783 or by calling 637-2511. The student can pursue his/her complaint informally or file a formal complaint.

## **ATTENDANCE**

- A. In order to practice or compete, you must be in attendance the full school day unless you have an excuse (i.e., doctor or dentist) or have received permission from the principal.
- B. Students participating in an athletic activity during the school week are expected to be in attendance the FULL school day following the activity.

## **Medical/Insurance Parameters**

### SPORTS PHYSICAL EXAMINATIONS

As required by NYS Ed. Law, all students who participate in any interscholastic program must have a complete sports physical examination prior to the participation in tryout/practice sessions. This exam will be effective for one year and must be approved by the district's designated school physicians. If, at any time during this one-year period, the student athlete has any injury or illness, another exam **may** be required.

As of 9/1/93, sports physical examinations may be obtained **either** at a scheduled time at the Hancock Middle-Senior High School **or** privately at the offices of the district's designated school physicians.

School sports physical exams are conducted at various times during the school year. These exams are scheduled whenever there are a sufficient number of students to justify the expense and need, **usually** before the start of the winter and spring sports seasons. Examinations for fall sports are scheduled in the late spring as **no** sports physicals are conducted at the school during the summer or early fall.

Students are encouraged to obtain their sports physical at the school when the exams are offered, as any exam which is not completed at the school will not be paid for by the district.

If a student wishes to participate in a sport and has not had a sports physical at school, a private exam may be scheduled with the school physician at Hancock Family Practice, 39 East Main Street, Hancock, New York by calling 637-5700.

The student and parent/legal guardian are responsible for obtaining the proper form, making the appointment, the cost of the exam, and returning the completed physical form to the Middle/Senior High School Health Office. A pink slip for participation in practice will then be given to the student.

At no time is any student to participate in any type of sports practice session without first giving a pink "clearance" slip to the coach.

## **Selection/Classification**

The Selection/Classification Program is a process for screening students 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 for students in grades 7 through 12 to safely participate at an appropriate level of competition based upon readiness rather than age and grade. This program has been designed to assess a student's physical maturation, physical fitness and skill, so the student may be placed at a level of competition which should result in increased opportunity, a fairer competitive environment, reduced injury and greater personal satisfaction.

The Selection/Classification Program was designed for mature and exceptionally skilled students to advance to an upper level, and less developed students to participate at an appropriate lower level that is suited to their development and ability. The program is not to be used to fill positions on teams, provide additional experience, provide a place for junior high students when no modified program is offered, or to reward a student. It is aimed at the few select students who can benefit from such placement because of their level of readiness.

Normally, a student is eligible for senior high 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.

## **PRACTICE TIME AND ATHLETIC CONTESTS**

- A. Since practice time is limited, it is essential that all players be on time.
- B. Excuses from practices must be made directly to the coach.
- C. Examples of excusable absences are:
  - 1. Death, illness or injury in the family.
  - 2. Any type of health appointment (proof must be provided).
  - 3. Extra scholastic assistance after school.
- D. Examples of unexcused absences are:
  - 1. Jobs.
  - 2. Pleasure appointments.
  - 3. Unexcused absence of school.
  - 4. School suspension and detention.

A student who receives a suspension for a disciplinary infraction will not be permitted to participate in practice or contests on the day(s) of the suspension. If a student receives a suspension on the last school day of the week, he/she will not be permitted to participate in weekend practices or contests. **(This includes the length of any school vacation.)**

E. Any student who does not participate in gym classes on any given day for medical reasons, is unprepared for gym class, or who refuses to participate in gym class will not be allowed to participate in practice or in a contest on that day. A medical excuse will be accepted when written by a physician, a physician's assistant, or a nurse practitioner on a prescription form for a specific amount of time or number of days. The excuse may also be written on office letterhead with the physician's signature.

## **TRAVEL**

- A. All players who are to participate in away games will ride to and from the contest on the school bus. This may be waived only under the following conditions:
  - 1. A parent or guardian of the athlete may transport the individual athlete after the contest so long as the coach is informed directly by the parent or guardian, principal approves and the transportation release is signed and presented to either the coach or the principal before the bus departs to the contest.
  - 2. In addition to the provisions as set forth in #1, if any intervening circumstances make such transportation of any one student impractical, a chaperone will remain with any student until a parent or a legal guardian is together with the student at the same location.
- B. All participants are expected to remain on school grounds at away events in the fall and spring, and to remain in the school building during the winter sports season, except during remediation/extra help period on Wednesdays. During any remediation/extra help period, students are to either make arrangements to stay with a teacher or leave the building until the practice/contest begins.
- C. No radios, telephones or sound equipment is allowed (unless cleared by the coach).
- D. No food is allowed on the bus (unless cleared by the coach).

## **REPORTING INJURIES**

- A. All injuries received while participating in athletic activities should be reported immediately to the coach. If the injury requires a doctor's care, make sure the coach fills out an accident report for insurance coverage.
- B. You must have a doctor's release to return to practice or play when injured or out of school for more than five days. Special circumstances may require a release from a specialist. (Consult with the school nurse first).
- C. Each student is covered by non-duplicating insurance. Any cost not covered by the parent's insurance may be covered by the school's insurance company.

## **SCHOOL EQUIPMENT AND UNIFORMS**

The coach or athletic coordinator/director will list all equipment (by equipment number) issued to the athlete on an equipment sign-out sheet.

- A. First offense for vandalism or theft: a two-week suspension from participation in games or matches. During this time practice attendance is required.
- B. Second offense for vandalism or theft: dismissal from the team for the remainder of the sports season.
- C. In the case that the offense involves a person who is not at that time involved in athletics, the punishment will take effect during the next sports season in which that person participates, and will include a two-week suspension beginning with the first interscholastic contest.
- D. If equipment is lost during a season, that equipment must be paid for (cost at full value) or replaced before the person responsible will be allowed to participate in another sport.
- E. If the case involves a senior, the administration will not permit that person to attend graduation exercises until the equipment is either paid for or returned.
- F. These same rules apply with regard to theft of equipment from other schools.
- G. Athletic awards will not be issued to anyone who still has equipment signed out to his/her name.
- H. Students may be subject to discipline under the school's Code of Conduct.

## **Building Regulations**

- A. No cleats are permitted in the corridors of the building. Note: Metal cleats are not permitted anywhere in the building.
- B. Before and after practice:
  - 1. Students are not to wander in the building. They are to stay in the gym end of the building.
  - 2. Students are to bring coats and books to the gym area at practice time.

3. Students must be under the direct supervision of a coach to occupy any area of the building after 3:30 P.M.  
Students are to leave the building out of the locker-room entrance or by the main entrance.
4. Students are not to loiter outside of the building.
5. Students who have a special request, such as use of a school telephone, are to ask permission from a custodian or a school official who is in the building.
6. Students are to be respectful of all staff.
7. Students are to comply and cooperate with requests made by school staff.
8. Students are to knock and wait to be admitted to the coach's office.

# **MIDSTATE ATHLETIC CONFERENCE**

## **MISSION STATEMENT**

The athletic programs within the Midstate Athletic Conference are established to provide student athletes with opportunities to achieve the highest degree of sportsmanship, fair play and excellence in an atmosphere of mutual respect. A goal for each of the school's athletic programs is to strive to enrich the educational development of all participants and help prepare student athletes to become productive and responsible citizens in our society.

### **Expectations of Student Athletes:**

Be respectful of teammates and opponents at all times.  
Demonstrate class and good character in victory and defeat.  
Play within the rules and accept the outcomes.  
Conduct yourselves with honesty, integrity, poise and composure at all times.  
Demonstrate good sportsmanship and act as a positive role model at all times.

### **Expectations of Coaches:**

Establish, promote, model and maintain standards of good sportsmanship with fellow coaches, student athletes, parents and spectators.  
Respect the decisions of game officials and act professionally and appropriately in interactions with the officials.  
Maintain your composure at all times.  
Refrain from embarrassing your players.  
Treat mistakes as opportunities for learning.  
Acknowledge, in a positive way, the efforts of your opponents.

### **Expectations of Parents:**

Respect game officials, players, coaches and spectators.  
Recognize outstanding performances by members of either home or visiting teams.  
Be exemplary role models by demonstrating good sportsmanship and showing support for individuals and teams.  
Maintain composure at all times.

### **Expectations of Spectators:**

Be respectful of game officials, players, coaches, opposing fans and facilities.  
Cheer in a positive way during the introduction of players, coaches and officials.  
Cheer in a positive way for your team and refrain from negative cheering/chants that are directed toward opponents.  
Demonstrate concern for any injured players.  
Be mindful that you represent not only your school, but your community and family as well.  
Conduct yourselves in an appropriate and civil manner at all times.

## THE AWARDING OF LETTERS FOR ATHLETIC PARTICIPATION

The following procedures will be followed by the Athletic Department of Hancock Central School for the awards for interscholastic competition:

- A. A letter in any sport may be earned by remaining on the squad for the entire season in said sport for three complete successive years.
- B. A football award may be earned by participation in at least  $\frac{3}{4}$  of the games played in that season.
- C. A basketball award may be earned by participation in at least  $\frac{3}{4}$  of the games played in that season.
- D. Wrestling – Participate in all of the matches of the season, or participate in  $\frac{3}{4}$  of the matches during season and win  $\frac{1}{4}$  of these, or place in the League meet or Sectional meet.
- E. A baseball/softball award may be earned by participation in  $\frac{3}{4}$  of the games played in that season, except in cases of pitchers and catchers, awards for whom shall be made at the discretion of the coach.
- F. A track/cc award may be earned by participation in  $\frac{1}{2}$  of the meets scheduled in that season and by scoring a minimum of three (3) points per meet during the season, i.e. (if three meets are held – 9 points are required for an award).
- G. A field hockey award may be earned by participation in at least  $\frac{3}{4}$  of the games played in that season
- H. A volleyball award may be earned by participation in at least  $\frac{3}{4}$  of the matches played in that season.
- I. Awards for junior high athletics shall consist of a certificate.
- J. Junior Varsity players will receive a 6” white block “H” award for meeting the above qualifications in activities where a Junior Varsity program is in existence. A J.V. letter will be awarded only once – metal sport inserts shall be awarded for all J.V. sports thereafter. The second and third year J.V. awards shall be a J.V. certificate and a metal service bar.
- K. Varsity Awards: 1<sup>st</sup> year – An 8” royal blue on white three dimensional block “H” shall be awarded a varsity player who meets the above qualifications. Only one letter may be awarded to an athlete – metal sport inserts shall be awarded for all 1<sup>st</sup> year Varsity sports thereafter. 2<sup>nd</sup> year – A varsity foil certificate with a sports insert and a metal service bar. 3<sup>rd</sup> year –A student certificate and a metal service bar. 4<sup>th</sup> year –a 5”x7” plaque and a metal service bar.
- L. Certificates shall be awarded each year of successful qualification in each J.V. sport and with the first award at the varsity level. A certificate of participation shall be awarded to all athletes who remain on the team but do not qualify for an award.
- M. Senior awards: 5” x 8” plaques for all senior athletes who have earned varsity letters for three years in two sports or two years in three sports.



## Hancock Central School

Sport \_\_\_\_\_

### Statement of Understanding

I, \_\_\_\_\_ have read the Hancock Athletic Handbook and am familiar with its contents. I understand that if I should become a member of the Hancock Athletic Team, I must agree to follow the contents of this manual and comply with the procedures and guideline contained within. I further understand that to do anything well requires dedication, faithful practice, and self-discipline. As an athlete will strive to possess these qualities and live up to the ideals associated with outstanding sportsmanship.

Signed \_\_\_\_\_  
(Student)

Signed \_\_\_\_\_  
(Parent)

Date \_\_\_\_\_

**PLEASE RETURN TO COACH NO LATER THAN \_\_\_\_\_**



## Hancock Central School

**SPORT** \_\_\_\_\_

### Statement of Understanding

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Signed \_\_\_\_\_  
(Student)

Signed \_\_\_\_\_  
(Parent)

Date \_\_\_\_\_

**PLEASE RETURN TO COACH NO LATER THAN** \_\_\_\_\_



## Hancock Central School

### SPORT \_\_\_\_\_

#### Statement of Understanding

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Signed \_\_\_\_\_  
(Parent)

Date \_\_\_\_\_

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