

**PORT BYRON
CENTRAL SCHOOL
DISTRICT**



**ATHLETIC HANDBOOK
For Athletes and Parents**

CHAIN OF COMMUNICATION

If you have a question, problem or concern regarding athletics at Port Byron, the following is the appropriate chain of communication to follow:

STUDENT ATHLETE OR PARENT



COACH



ATHLETIC DIRECTOR

Kim Brown

776-5728 (Ext. 1240/1317)

CODE OF ETHICS

The Port Byron Central School District is a member of the Onondaga High School League, Section III and the New York State Public High School Athletic Association (NYSPHSAA). The NYSPHSAA publishes regulations by which practice sessions are governed. In order for the desired development of the athlete and the team to occur, practice sessions are vital. Practices or contests may be scheduled for Saturdays and vacations.

PHILOSOPHY OF INTERSCHOLASTIC ATHLETICS

Athletics should be a broadening experience where athletes prepare their mind and body in order to reach maximum potential.

Interscholastic athletics serve as a miniature model of life in that they provide opportunities for students with regard to responsibility, fair play, cooperation, concern for others, leadership, respect for authority, good citizenship, loyalty and tolerance.

To utilize fully, the potential in athletics for educational experiences, the athletic program should:

1. Be regarded as an integral part of the total educational program.
2. Supplement, rather than serve as a substitute for the physical education program.
3. Be conducted by coaches with adequate training in physical education or the NYS coaching certification program.
4. Be conducted so that the physical welfare and safety of the athletes are assured.

There are no major or minor sports. There is no hierarchy of athletic importance. Each sport has its own role to play in the development of the athletes participating.

Ultimately, the number of teams and the size of the squad in any sport will be determined by the availability of financial resources, qualified coaches and safe and suitable indoor and outdoor facilities. Competition is seen as part of the experience of the program, but it is not the complete reason why the program exists. While we play to win, winning is not the only objective or even the most essential objective.

The win/loss record is only one criterion when determining the success of a team.

MODIFIED PROGRAM PHILOSOPHY

It is extremely important that ALL students involved at this level in the interscholastic program have a positive, meaningful and productive experience. It is also important that ALL students have a reasonable opportunity to test learned skills in a competitive situation and that such competition be as equitable as possible.

JUNIOR VARSITY PROGRAM PHILOSOPHY

The junior varsity level is intended for those who display the potential for continued development into productive varsity level performers. At this level, athletes are expected to have committed themselves to the program, team and continued self-development. To this end, increased emphasis is placed upon physical conditioning, refinement of fundamental skills, elements and strategies of team play as well as social and emotional development.

Junior varsity programs work towards achieving a balance between continued team and player development and striving for victory. The outcome of the contest becomes a consideration at this level. The realization that practice sessions are important is a premise that is vital for a successful junior varsity team and player. With the goal of becoming a varsity player clearly in sight, a high level of dedication and commitment is expected at the junior varsity level.

VARSITY PROGRAM PHILOSOPHY

A sound degree of effort and advanced level of skill are prerequisites for a position on a varsity team, as is the realization that a varsity sport requires a strong commitment. The components of the philosophy of the junior varsity program are further developed and enhanced at the varsity level. In the determination of the varsity roster, participation on the varsity team during the previous year does not guarantee a spot on the team the subsequent year. Those demonstrating the highest level of skill and degree of effort will be selected.

CODE OF CONDUCT

CONDUCT AND EXPECTATIONS FOR ATHLETES, OTHER STUDENTS AND SPECTATORS

Athletes represent the Port Byron Central School District in a unique way. Therefore, athletes must maintain a high standard of conduct, both in and out of school, on and off the playing field, as a host or guest of an opponent and in all activities in the community.

Team cooperation and self-discipline are essential components for a successful team effort. An athlete may be temporarily suspended or dismissed from the team, whenever the coach feels that he/she is not contributing to proper inter-squad discipline, decorum and team unity.

Examples of conduct that may lead to a suspension include, but are not limited to the following:

1. Use of profanity
2. Being disrespectful to any staff member or school employee.
3. Violations of school rules and regulations.
4. Irregular attendance to practices/contests.

The code of behavior will be distributed to each athlete. Because the use of alcohol and other drugs prevent the normal development of a healthy mind and body, there are strict standards concerning these issues. As a representative of the Port Byron Central School District, athletes whose behavior does not represent proper conduct will also be held to strict standards.

Spectators are also representatives of our school and community. Please represent us with pride. Inappropriate language and actions may lead to spectator removal from athletic events.

Spectators, athletes and coaches must recognize that their conduct plays an important role in establishing the reputation of their school. Positive or negative actions can relate directly to the success and/or reputation of the Port Byron Central School District.

NYSPHSAA “Stay in the Game” Sportsmanship Program

The program was launched at the start of the 2013-2014 school year. Schools are rewarded by the NYSPHSAA when they compete the entire year without a disqualification penalty, for unsportsmanlike conduct, for a coach and/or player at all levels of competition.

**WE ARE PROUD THAT POSITIVE SPORTSMANSHIP IS A
PRODUCT OF PORT BYRON ATHLETE**

ATHLETIC POLICIES AND PROCEDURES

Getting Ready to Start

Before the start of each season, sign ups will be advertised and submitted to the school nurse. It is the responsibility of the athlete to schedule an appointment for a physical exam.

The coaches will meet with their prospective candidates and inform them of plans for tryouts and the season, as well as to review the athletic code of behavior and academic eligibility. When it is necessary to limit roster sizes, the coach will establish a list of final team members prior to the first athletic contest. Players may be cut for the lack of ability, poor team spirit, lack of positive attitude, lack of effort, poor academic standing, irresponsible conduct or absence from practice. The coach has the sole responsibility for choosing team members.

Changing Sports

An athlete may not change from one sport to another once the team has been selected without the permission of the athletic director. If he/she has been cut from one team, it is legitimate to try out for another team as long as final cuts have not been made for the second sport.

Medicals

A) Physical Exams

All potential athletes must have a current physical exam in order to participate on the first day of tryouts. Physical exams, whether completed by the family physician or the school physician, are considered current for twelve continuous months. Physical exam schedules are advertised through school announcements and on the school website.

Each season a new Health History form must be completed 30 days prior to the start of the season by parents/guardians and returned to the school nurse.

B) Medical Insurance

Beginning July 1, 1996 the Port Byron Central School District will no longer provide student supplemental insurance. Any injury that a child may sustain must be handled by a personal insurance policy. All expenses that are not covered are the responsibility of the parent/guardian.

C) Injury and Illness

Any injury, regardless of how small, must be reported. Early treatment may prevent serious complications later. The coach will call or email the school nurse the day of the injury and also fill out an injury report and submit it to the school nurse. The school nurse will follow up with the parent/guardian and may refer the athlete to a physician.

If the athlete is seen by a physician, he/she will be able to return only after being given a written release from THAT physician.

Any student who has been absent from school for five consecutive days or more due to illness, must be re-qualified in writing for participation by the attending physician or the school physician.

Should there be any questions concerning the decision about an athlete's participation due to illness or injury, the final decision will be made by the school physician.

D) Awareness of Risks

The participation in interscholastic sports, as in most of life's activities, carries a degree of risk of injury, perhaps even death, which cannot be ignored. While these risks do exist in our athletic program the coaches, school nurses, teachers and administrators are committed to reducing the possibilities of such occurrences through an emphasis on sound training and adherence to the procedures and guidelines contained in this athletic handbook.

PRACTICES

When an athlete is in school he/she must attend practice unless reported to the coach and excused. Athletes are expected to be in school by 7:32 A.M. Student/athlete may receive one (1) warning for an unexcused tardy if they arrive prior to 8:15 A.M. If the student/athlete arrives at school after 8:15 A.M., he/she will be ineligible to participate in after school activities.

Athletes are expected to be present at all practice session. Strategy sessions are considered practices. Failure to attend practice sessions will result in a range of possibilities to be decided upon by the coach and will result in a possible suspension from the team.

If an athlete is absent from school or goes home sick during the day, he/she may not participate in a contest or practice on that day. If an athlete has been suspended in school or out of school, he/she may not participate in a contest or practice on that day.

Athletes must be picked up from practices/contests promptly. It is not acceptable for athletes to wander in the buildings. If it is impossible to pick your athlete up on time, make arrangements for him/her to go home with a friend.

Athletes are expected to be with a teacher or in sports study hall between the end of the school day and their scheduled practice time. It is not acceptable for athletes to wander in the buildings.

FAMILY VACATIONS

When parents of athletes choose to take their family vacation during a sport season, it must be understood that the time missed by the athlete can affect team chemistry and personal conditioning. Athletes who miss practices or competition for any reason may have their position and/or playing time adjusted.

Coaches shall make every effort to inform parents and athletes of the season's practice and game schedule as far in advance as possible. Sport alignments and game schedules are developed by the League and Section III. If an athlete cannot attend practice sessions or competitions during a vacation, they must notify the coach in advance.

Commitment is an important lifelong lesson.

EQUIPMENT

Athletes must accept full responsibility for school issued uniforms and equipment. All issued uniforms and equipment must be returned to the coach at the end of the season.

If any uniforms/equipment that is lost, or damaged beyond repair, the athlete must pay the replacement costs. Any athlete who fails to turn in all of their uniform/equipment will be ineligible to compete in another sport until the uniform/equipment is turned in or paid for. In the event the athlete is a graduating senior, this will be treated as an obligation. The athlete's diploma will be withheld until the obligation is fulfilled.

Uniform/equipment is **NOT** to be worn by any athlete for general use. All uniforms/equipment are to be worn for practices or games only, unless specifically approved by the coach.

TRAVEL

All athletes must utilize school transportation for all interscholastic contests. A parent/guardian or person(s) listed on the Athletic Department Coaches Emergency Card may take custody of the athlete by signing him/her out directly with the coach.

QUITTING A TEAM

No athlete will quit a team without first talking with his/her coach and explain the reason for leaving the team. Any athlete who violates this requirement will be unable to participate or try out for another team until he/she appears before the Athletic Council.

ACADEMIC ELIGIBILITY POLICY

Academic eligibility procedures are explained each season by the coach. This policy applies to all students in the Port Byron Central School District who are participating in any extra-curricular activity or wish to attend any school sponsored events.

1. ACADEMIC STANDARD

If a student is failing three (3) or more subjects on his/her report card after a ten week marking period he/she will become ineligible to participate in "events." During this period, students may continue to practice, rehearse, and/or attend meetings. After a two-week probationary period a student must be failing no more than one course to regain his/her eligibility by obtaining a satisfactory/passing report from each teacher. Failure to obtain a positive report each week thereafter will result in ineligibility for the remainder of the ten week marking period. Eligibility will then be re-evaluated at the end of that marking period. Eligibility for both participation and attendance at extra-curricular activities will be based on academic performance and disciplinary record.

INFORMATION ON ENRICHMENT FOR ATHLETES

Information on summer sport camps and summer leagues are available through the varsity coach of that particular sport.

PURSUING ATHLETICS AT THE COLLEGE LEVEL

Information on the development of an athletic profile and/or financial assistance is available in the athletic and guidance offices. Parents and athletes are encouraged to look into this information early.

INTERSCHOLASTIC ATHLETIC PROGRAM

VARSIITY

Boys

Cross Country
Football
Basketball
Wrestling
Baseball
Golf
Track
*Soccer
*Indoor Track
*Bowling

Girls

Cross Country
Field Hockey
Cheerleading
Volleyball
Basketball
Softball
Track
*Soccer
*Indoor Track
*Bowling

JUNIOR VARSITY

Basketball
*Soccer

Field Hockey
Basketball
Volleyball
*Soccer

JUNIOR HIGH/MODIFIED

Cross Country
Football
Basketball
Wrestling
Baseball
Track
*Soccer

Cross Country
Field Hockey
Basketball
Volleyball
Softball
Track
*Soccer

*Indicates that the sport is played at Union Springs

Concussion Management Policy

The Board of Education recognizes that concussions and head injuries are the most commonly reported injuries in children and adolescents who participate in sports and recreational activities. The physical and mental well-being of our students is a primary concern. Therefore, the Port Byron School District adopts the following Policy to support the proper evaluation and management of concussion injuries.

A concussion is a mild traumatic brain injury (MTBI). A concussion occurs when normal brain functioning is disrupted by a blow or jolt to the head of body that causes the head and brain to move rapidly back and forth. Recovery from concussion and its symptoms will vary. Avoiding re-injury and over-exertion until fully recovered are the cornerstones of proper concussion management. Concussions can impact a student's academics as well as their athletic pursuits.

Concussion Management Team

In accordance with the Concussion Management and Awareness Act, the School District is authorized, at its discretion, to establish a Concussion Management Team (CMT) which may be composed of the certified athletic director, a school nurse, the school physician, a coach of an interscholastic team, a certified athletic trainer or such other appropriate personnel as designated by the School District. The Concussion Management Team shall oversee and implement the School District's concussion policy and regulations, including the requirement that all school coaches, physical education teachers, nurses and certified athletic trainers who work with and/or provide instruction to pupils engaged in school-sponsored athletic activities complete training relating to mild traumatic brain injuries. Furthermore, every concussion management team may establish and implement a program which provides information on mild traumatic brain injuries to parents and persons in parental relation throughout each school year.

Staff Training/Course of Instruction

Each school coach, physical education teacher, school nurse, and certified athletic trainer who works with and/or provides instruction to students in school-sponsored athletic activities (including physical education class and recess) shall complete a course of instruction every two (2) years relating to recognizing the symptoms of concussions or MTBIs and monitoring and seeking proper medical treatment for students who suffer from a concussion or MTBI.

Components of the training will include:

- A) The definition of MTBI;
- B) Signs and symptoms of MTBI;
- C) How MTBIs may occur;
- D) Practices regarding prevention; and
- E) Guidelines for the return to school and school activities for a student who has suffered an MTBI, even if the injury occurred outside of school.

The course can be completed by means of instruction approved by SED which include, but are not limited to, courses provided online and by teleconference.

Information to Parents

The District shall include the following information on concussion in any permission or consent form or similar document that may be required from a parent/person in parental relation for a student's participation in interscholastic sports. Information will include:

- A) The definition of MTBI;
- B) Signs and symptoms of MTBI;
- C) How MTBIs may occur;
- D) Practices regarding prevention; and
- E) Guidelines for the return to school and school activities for a student who has suffered an MTBI, even if the injury occurred outside of school.

The District will provide a link on its website, if one exists, to the above list of information on the State Education Department's and Department of Health's websites.

Identification of Concussion and Removal from Athletic Activities

The District shall require the immediate removal from all athletic activities of any student who has sustained, or is believed to have sustained, a mild traumatic brain injury (MTBI) or concussion. Any student demonstrating signs, symptoms, or behaviors consistent with a concussion while participating in a class, extracurricular activity, or interscholastic athletic activity shall be removed from the class, game or activity and must be evaluated as soon as possible by an appropriate health care professional. Such removal must occur based on display of symptoms regardless of whether such injury occurred inside or outside of school. If there is any doubt as to whether the student sustained a concussion, it shall be presumed that the student has been injured until proven otherwise. The District shall notify the student's parents or guardians and recommend appropriate evaluation and monitoring.

The School District may choose to allow credentialed District staff to use validated Neurocognitive computerized testing as a concussion assessment tool to obtain baseline and post-concussion performance data. These tools are not a replacement for a medical evaluation to diagnose and treat a concussion.

Return to School Activities and Athletics

The student shall not return to physical activity (including athletics, physical education class and recess) until he/she has been symptom-free for not less than twenty-four (24) hours, and has been evaluated and received written authorization from a licensed physician. In accordance with Commissioner's Regulations, the School District's Medical Director will give final clearance on a return to activity for extra-class athletics. All such authorizations shall be kept on file in the student's permanent health record. The standards for return to athletic activity will also apply to injuries that occur outside of school. School staff should be aware that students may exhibit concussion symptoms caused by injuries from outside activities and that these visible symptoms also indicate removal from play.

The District shall follow any directives issued by the student's treating physician with regard to limitations and restrictions on school and athletic activities for the student. The District's Medical Director may also formulate a standard protocol for treatment of students with concussions during the school day.

In accordance with NYSED guidelines, this Policy shall be reviewed periodically and updated as necessary in accordance with New York State Education Department guidelines. The Superintendent, in consultation with the District's Medical Director and other appropriate staff, may develop regulations and protocols for strategies to prevent concussions, the identification of concussions, and procedures for removal from and return to activities or academics.

Education Law Sections 207; 305(42), and 2854
8 NYCRR 135.4 and 136.5

Guidelines for Concussion Management in the School Setting, SED Guidance Document, June 2012

A GOOD SPORT

- Plays fairly at all times. Does not cheat.
- Plays hard to the end. Does not quit.
- Keeps cool. Does not lose temper even when wronged.
- Plays for the joy of playing and for the success of the team.
- Is a good team worker. Does not “grandstand” to the crowd.
- Maintains training rules. Does not abuse the body.
- Obeys orders of coach or captain. Does not shirk team duties or obligations.
- Does the best in all schoolwork. Does not neglect studies.
- Backs the team in every honest way.
- Is respectful to officials. Accepts adverse decisions graciously. Never blames officials for defeat. Does not complain.