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The athletic program at Guilderland Central Schools is founded on the principle that the playing field is indeed an extension of the classroom and the athletic experience contributes to the growth of mind and body. The cornerstones of the Dutchmen tradition were laid generations ago by some of the community's most respected student athletes, many of whom continue to be involved in the athletic program as supportive parents and sports boosters. While the names change from year to year, the principles they embodied remain the same—dedication and desire, cooperation and compassion, and the importance of working collectively toward a common goal. These are just some of the ideas that echo across the Guilderland playing fields and gymnasiums.

The establishment of this athletic handbook is a reflection of the school district's concern for safety, well being, and conduct of its athletes. The rules and regulations that are contained in this athletic handbook are in the athlete's best interests.

The creation of such rules necessarily carries the responsibility for enforcement. Such enforcement requires cooperation between the school and the home. Together we can work toward our mutual concerns of reducing the risks and possible penalties that could occur if the provisions of this handbook are not followed.

PHILOSOPHY OF INTERSCHOLASTIC ATHLETICS

Participation in interscholastic athletics is an elective activity and therefore a privilege, not a right. Athletics should be a broadening experience in which harmony of mind and body functions is created through striving for physical and mental excellence. A well-coordinated program is vitally important to the morale of the school and our community.

Everyone involved in the delivery of athletics possess a unique opportunity to teach positive life skills and values. Desire, dedication, self-discipline and responsibility need to be developed in order to ensure the commitment and personal sacrifice required by athletes. Making such a commitment helps nurture integrity, pride, loyalty, and overall character. The final outcome is a better citizenry carrying these values throughout their life.

It is the very nature of athletic competition to strive for victory. However, the number of victories is only one criterion when determining a team's success. Guiding the team to attain maximum potential is the ultimate goal. To this end, the coaching staff must teach student/athletes to prepare their minds and bodies in order to reach maximum potential, and then to be modest in victory and steadfast in defeat.

CODE OF ETHICS

Procedure to follow to discuss a concern with a coach:

1. Call to set up an appointment.
2. Guilderland High School 861-8591 x4000
3. Farnsworth Middle School 456-6010 x3033

If the coach cannot be reached, call Wayne Bertrand, the Athletic Director. Mr. Bertrand will arrange the meeting for you.

Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach.

Meetings of this nature do not promote resolution.

The next step:

What can a parent do if the meeting with the coach did not provide satisfactory resolution?

1. Call and set up an appointment with the Athletic Director. The parent/guardian, coach, and Athletic Director will meet to discuss the problem.
2. At this meeting, the appropriate next step can be determined.

Parents are encouraged to discuss issues and problems with the Athletic Director. However, if a parent has specific complaints regarding the coach, then the coach must have the opportunity to be present to meet with the parent.

It is the duty of all concerned with school athletics:

- To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
- To eliminate all possibilities which tend to destroy the best values of the game.
- To stress the values derived from playing the game fairly.
- To show cordial courtesy to visiting teams and officials.
- To establish a happy relationship between visitors and hosts.
- To respect the integrity and judgment of sports officials.
- To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
- To encourage leadership, use of initiative, and good judgment by the players on the team.
- To recognize that the purpose of athletics is to promote physical, mental, moral, social, and emotional well-being of the individual players.
- To remember that an athletic contest is only a game—not a matter of life and death for player, coach, school, official, fan or community.

SECTION II SPORTSMANSHIP POLICY FOR ATHLETES

1. **Learn and understand** the rules of your sport. Play hard, play to win, but **play fairly** within the rules.
2. **Do not allow your temper** to distract you from the fundamentals of good sportsmanship. **Maintain self-control.**
3. **Respect your opponent.** Never taunt. **Congratulate him or her at game's end.** Acknowledge good play.
4. **Respect the integrity and judgment of officials. Never question the decision of an official.**
5. **Be an example for your school, teammates and opponents.**

A player who is disqualified from a contest for un-sportsmanlike behavior by an official is prohibited from playing in the next regularly scheduled contest.

A player who strikes or otherwise physically assaults an official will be subject to an extended suspension from athletic competition. A physical confrontation with an official is any incident which a player either strikes, bumps, or otherwise physically intimidates an official prior to, during or after a contest or game.

SECTION II
CODE OF BEHAVIOR FOR SPECTATORS

1. **Spectators** are an important part of the games and are encouraged to conform to accepted standards of good sportsmanship and behavior.
2. **Spectators** should at all times respect officials, visiting coaches, players, and cheerleaders as guests in the community and extend all courtesies to them.
3. **Enthusiastic cheering** for one's own team is encouraged.
4. **Booing, whistling, stamping of the feet and disrespectful remarks** shall be avoided.
5. There will be no **ringing of bells, sounding of horns, or other noisemakers** at **indoor contests** during play. Anyone who does not abide by this rule will be asked to leave the premises.
6. **Pep bands or school bands**, under the supervision of school personnel, may play during time outs, between periods, or at half time. Bands must coordinate their play so as not to interfere with a cheer leading squad on the floor or field.
7. **The throwing of debris, confetti, or other objects** from the stands is prohibited. Offending individuals will be asked to leave the premises.
8. **During a free throw in basketball, all courtesies** should be extended.
9. **Spectators** will observe the rules of the local school concerning smoking, food and drink consumption, littering, and parking procedures.
10. **Spectators** will respect and obey all school officials and supervisors at athletic contest.

ANY INAPPROPRIATE SPECTATOR BEHAVIOR DIRECTED AT THE COACHES, PLAYERS, AND OFFICIALS, COULD RESULT IN DISCIPLINARY ACTION INCLUDING PERMANENT SUSPENSION FROM ATHLETIC EVENTS.

SUBURBAN SCHOLASTIC COUNCIL
SPORTSMANSHIP CODE

IN THE BELIEF that good sportsmanship on the part of **spectators** at high school athletic contest is as important as good sportsmanship on the part of athletes, the following guides for conduct are suggested as a means of continuing and strengthening the ties that exist between competing schools.

BASIC PHILOSOPHY: Visiting team members, students and **adult spectators** are guests to be accorded all the courtesy and consideration that a friendly, well mannered and well intentioned host would normally give. The visitors, in turn, are to act as invited guests, using the home school's facilities with care and respecting the rules and customs of the home school.

PARENT/COACH RELATIONSHIP

Both parenting and coaching are extremely difficult violations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your child becomes 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:

1. Philosophy of the coach.
2. Expectations the coach has for your child, as well as all of the players on the squad.
3. Locations and times of all practices and contests.
4. Team requirements {i.e., fees, rules, and special equipment }
5. Procedure should your child be injured during participation.
6. Discipline that results in denial of your child's participation.

Communication coaches expect from parents:

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concern in regard to a coach's philosophy and/or expectations.

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

Appropriate concerns to discuss with the coaches:

1. The treatment of your child, mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

It is very difficult to accept your child's not playing as much as you hope. Coaches are professionals. They make judgment decisions based on what they believe to be the best for all students involved. As you have seen from the list above, certain things can and should be discussed with your child's coach. Other things, such as those following, must be left to the discretion of the coach.

Issues not appropriate to discuss with coaches:

1. Playing time
2. Team strategy
3. Play calling
4. Other student/athletes

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

PARENT AND STUDENT'S AWARENESS



PARTICIPATION ON A GUILDERLAND ATHLETIC TEAM is a privilege which should elicit great pride in both the athlete and the parent. Standards of behavior are high and a willingness to live up to the team is part of being a member of a team. For this reason, each athlete will be required to sign the athletic card indicating the athlete's personal commitment. This signature will recognize the athlete's responsibility to the team and their willingness to set a positive example, adhere to basic concepts of good citizenship and follow proper training practices.

We have read and understand the guidelines, procedures, and training rules, as well as the Code of Behavior for Spectators, and the Suburban Council Sportsmanship Code.

Athlete's Signature

Parent's Signature

Date

IT IS EXPECTED that all spectators and participants will follow this CODE:

- Athletic opponents and officials are guests and should be treated as such.
- Spectators should watch the game from those areas designated by each school as spectator areas.
- It shall be the responsibility of authorized school personnel attending games, either at home or away, to make sure students from their school conduct themselves appropriately.
- Officials are the proper authorities to make decisions regarding rules and their interpretation; these decisions should be accepted.
- Cheering should be in support of either team and should not be directed toward creating unfriendly rivalries among athletes of fans.
- Any spectator who evidences poor sportsmanship will be requested to leave and may be denied admission to future contests.

Spectators, athletes and coaches must recognize that their conduct plays an important role in establishing the reputation of their schools and that their positive actions can relate directly to the success of their teams.

CONDUCT OF AN ATHLETE

THE CONDUCT OF an athlete is closely observed in many areas of life; on the field, in the classroom and in the community. Take pride in yourself, your team and your school. You should always project a positive image. Winning or losing is not as important as your reaction to winning or losing. Your reaction is what people will remember—not the score. You should be gracious in defeat and modest in victory.

ON THE FIELD - In the area of athletic competition, a real athlete does not use profanity or illegal tactics, and learns fast that losing is a part of the game and that you should be gracious in defeat and modest in victory. It is always courteous to congratulate the opponent on a well played game after the contest, whether in defeat or victory.

The school is interested in each athlete as an individual, and the coaches will do all they can to help each achieve the highest level he or she is capable of achieving. However, each student-athlete must accept the responsibility that goes with being a member of a team. Our teams represent the Guilderland community. The following rules of conduct have been developed for all our modified, freshman, junior varsity, and varsity team members. The school realizes that in order for these rules to be adhered to, the athletes must believe in them and discipline themselves to abide by them, **sometimes sacrificing personal pleasure** for a team to which they have committed themselves. Parents are requested to do all they can to support the Code of Conduct and help their son or daughter to live up to this code.

Academics

Athletics, generally speaking, have a positive effect on the athlete's performance in the classroom and feelings toward school.

It is the responsibility of the parents to determine whether their athlete will continue participation if marks are below what they feel to be acceptable, consulting with their athlete's guidance counselor or coach if they have questions about grade and athletic competition.

Students are responsible to make arrangements to receive regularly scheduled help in any subject in which they are failing.

A. Team Standards

In addition to the regular school policies that are in effect at all times, athletes must:

1. Attend all practices and contests unless excused by the coach.
2. Demonstrate respect for fellow teammates, coaches, game officials and opponents.
3. Demonstrate loyalty to team and coaches.
4. Demonstrate control over emotions and speech.
5. Demonstrate constant effort to improve.
6. Report to locker room at designated time for practice and behave in a responsible manner.
7. Poor Sportsmanship- Student athletes, whether participants or spectators, will observe courteous behavior during all sporting events. Booing, whistling, name calling, obscene gestures, fighting or arguing with the referee etc. will not be tolerated.
8. Stealing of any kind, including athletic clothing belonging to Guil derland or our opponents, will not be tolerated.
9. Ride the team bus to **AND** from all away athletic contests. Under unusual circumstances, an athlete may receive permission from his/her coach to ride home from a contest with his/her parents.
10. **Be in attendance by 10:00 a.m. on the day of a week day or night contest.** Athletes absent from school on the Friday preceding a Saturday contest may be eligible to participate if parent calls the school nurse and explains the reason for the absence. The school nurse will then notify the coach that the athlete may participate if physically able.

Violation of the above standards may result in disciplinary action, including suspension ranging from one game to all games remaining on the schedule. The coach will recommend a penalty to the associate principal and director of athletics and/or assistant director of athletics.

B. General Requirements For All Awards:

CERTIFICATES: Varsity, Junior Varsity and Freshman certificates shall be awarded to all athletes who complete the season in good standing. The athlete must exhibit attributes befitting a hard-working loyal team member throughout the entire season.

LETTERS: The same standards are applied to each level—Freshman, Junior Varsity, and Varsity. **One Letter** only shall be awarded at each level. Sport pins will be issued for **varsity awards** earned in the first year and a service bar will be issued in subsequent years in the same sport.

Note: Situations needing special considerations shall be left up to the discretion of the coach after consultation with the Athletic Director.

B. Awards Banquets

Alcohol and alcoholic consumption by all persons at Guilderland Central Athletic events and awards banquets are against school district policy. Whenever possible, banquets should be held in a facility where alcohol cannot be sold during the function and at no time can alcohol be available in the banquet room. Smoking or use of tobacco products is similarly prohibited.

GUILDERLAND CENTRAL SCHOOL DISTRICT

INTERSCHOLASTIC ATHLETIC ACTIVITIES

Sports and Levels of Competition for Boys and Girls

Sport	BOYS				GIRLS			
	MOD VAR	Frosh MOD	JR. Frosh	JR. VAR	VAR			
Baseball	x	x	x	x				
Basketball	x	x	x	x	x	x	x	
Bowling				x				x
Cheerleading				x	x			x
Cross Country			x	x	x	x	x	x
Field Hockey							x	x
Football	x	x	x	x				
Golf				x		x		
Gymnastics								x
Ice Hockey					x			
Lacrosse	x	x	x	x	x	x	x	
Soccer	x	x	x	x	x	x	x	
Softball					x	x	x	
Swimming							x	
Tennis			x	x		x	x	
Track & Field			x	x	x	x	x	x
Volleyball			x	x		x	x	
Wrestling	x		x	x				
Indoor Track					x			x

C. Implementation of Code

The intent of the code is for student/athletes to follow the guidelines throughout the year. The formal code is in effect for each sports season and must be signed by all athletes as soon as the final squad is selected.

D. Use of Tobacco, Alcohol, Marijuana and Other Controlled Substances

1. Smoking

Possession of or use of tobacco will not be permitted. This includes smoking items, chewing tobacco, smokeless tobacco and snuff.

2. Drugs, Alcohol, Marijuana and Other Controlled Substances

Possession of or use of the above are not permitted. It should be noted that the use of wine in traditional religious celebrations is not in violation of this code.

3. Hosting of Drinking/Drug Parties

Student/Athletes hosting a party that **provides** alcohol, drugs, marijuana or other controlled substances will be suspended from participation in athletics for one calendar year from the date of the party.

4. Any student who violates **criminal law {arrest}** will be suspended from practice and competition pending a hearing on this matter between the principal and athletic director and/or assistant athletic director.

5. Penalties: Guilderland Student Code of Conduct Violations- Any violations of the Guilderland **Student Code of Conduct** resulting in internal or an out-of-school suspension, will result in progressive levels of discipline under this code

a. First Offense- Beginning on the date of the offense the athlete will be suspended from the team for a minimum of 1/5 of the team’s contests that season. A conference involving the coach, the athletic director and the athlete will be held to inform the athlete of his penalty and role on the team during the suspension. During the suspension the athlete will be referred to appropriate school personnel for counseling.

b. Second Offense- A second offense will result in immediate suspension for the remainder of the season.

c. Sale of illegal drugs, marijuana and other controlled substances will result in an athlete being suspended for one calendar year from the date of the sale.

d. Student athletes are treated as any other student when school policies are violated and will receive the appropriate school penalty. If the violation is also an athletic code violation the student, in addition, will receive the consequences as outlined in the Code of Conduct.

PARTICIPATION ON A GUILDERLAND ATHLETIC TEAM

CHANGING SPORTS- No student may quit one sport and then participate in another once the teams have been selected. If he/she has been cut from one team, it is legitimate to try-out for another. All legitimate requests for changing sports must be made through the Director of Physical Education.

HAZING-INITIATION CEREMONY

The Guilderland Athletic department enacts this policy to ensure and maintain a safe learning environment for students that is free from hazing. The Guilderland athletic department shall not tolerate any hazing of students and hazing at all times.

DEFINITION

Hazing is defined by any conduct or method of initiation into any interscholastic team or organization, whether on public or private property, which deliberately or recklessly exploits a less powerful student, physically, emotionally and/or socially. Such conduct characteristically takes place where/when an unfair advantage is being exerted on said person. This conduct includes but is not limited to; shaving, shower pranks, whipping, beating, branding, forced calisthenics, forced consumption of food, alcoholic beverages, drugs or any other substances. Moreover, any other cruel treatment or forced physical activity that is likely to unfavorably affect the physical health and/or safety of a Guilderland Central School student.

DISCIPLINE

The athletic department will discipline or take appropriate action against any student, coach, volunteer or any other district employee who is found to have violated this policy. Such action may include but is not limited to a warning, suspension, expulsion, remediation or discharge.

STUDENT ELIGIBILITY

According to the Commissioner's Regulations, a pupil shall be eligible for interschool competition in a sport during a semester, provided that he/she is a bona fide pupil, enrolled during the first 15 days of such semester, is registered in the equivalent of three regular courses, is meeting the physical education requirement, and has been in regular attendance 80 percent of the school time, bona fide absence caused by personal illness accepted.

Each individual team has its own regulations concerning daily attendance at practices and the minimum of number of practices before being eligible for competition. Your coach will inform you of these rules.

DURATION OF COMPETITION

A pupil shall be eligible for senior high school athletic competition in a sport during **each of four consecutive seasons** of such sport commencing with the **pupil's entry into the ninth grade and prior to graduation**. A pupil reaching the **age of 19, before July 1, may not** participate during that school year.

TRANSFER

A. A student who transfers, **with a corresponding change in residence of his/her parents** {or other persons with whom the student has **resided** for at **least six months**} **shall** become **eligible** two weeks {14 calendar days} after starting regular attendance in the second school.

growth, physiologically appropriate demands on the adolescent body, and healthy competition.

The modified program is designed to offer students the opportunity to engage in more highly organized competitive experience than what is found in intramural/extramural programs but not as involved as those found in varsity and junior varsity interscholastic competition. It is expected that a competitive program such as this will not always guarantee each team member equal participation in contests.

SELECTION CLASSIFICATION

Guilderland participates in the New York State Education Department approved program that can provide the opportunity for seventh and eighth grade students to participate on varsity, junior varsity, and freshman teams. This program has been designed for the **EXCEPTIONAL FEW** in each school who would be served by playing on a higher level team than age and grade might indicate. It is expected there will be very few participating under this program. Information must be collected and evaluated by the Director and Assistant Director of Athletics before a student may tryout for a team. Selection into this process is initiated by the coaching staff, physical education staff, and/or athletic administrators. Considerations that must be met include:

1. Parent permission
2. Medical examination and approval by the school physician with the developmental and maturity level determined by the school physician in accordance with established guidelines for the level of a particular sport.
3. The six-item athletic performance test must be administered by the Directors of Athletics. The athlete must meet or exceed the criteria established for the level of participation desired. Students who do not meet the criteria during the test may have an opportunity to try one more time.
4. The individual's prior experience and skill level is judged on the demands of the sport at the level of play at which the student is endeavoring to qualify.

NOTE: See your physical education teacher for physical fitness criteria.

ATHLETIC AWARDS

A. Letter Award Qualifications:

A letter is not the rich of each individual on a team, rather it is an honor that must be earned by the individual student-athlete.

1. The coach will set forth specific criteria outlining performance as a means of achieving a letter. The criteria will give meaning to the letter awards. A starter who is injured before he or she can complete the requirements shall be given consideration for receiving a letter. An athlete who does not complete the season in good standing shall not receive a letter or certificate, i.e. and athlete who quits the team, is removed for disciplinary reasons or for a training rule infraction. A senior, who has participated in the same sport for 4 years, shall receive a varsity letter in that sport regardless of the requirements, as long as he or she completes each season as a team member in good standing.
2. The coach will determine who will receive a letter.

INJURIES

It is extremely important to report any injury to your coach and/or athletic trainer immediately. Medical expenses resulting from any injury must first be submitted to your own insurance carrier and then any remaining balance can be submitted to the School Accident insurance carrier. NOTE: THE SCHOOL ACCIDENT INSURANCE PROVIDES ONLY EXCESS COVERAGE ACCORDING TO A FEE SCHEDULE.

RISK FACTOR IN SPORTS

Participation in sports involves a certain degree of risk for injury. Before going out for the team, we want you to be aware of the risk so you will be better able to reduce your chances for injury. Pre-season conditioning, learning, the skills and techniques, and knowledge of rules and safety factors will enable you to have a healthy season.

ISSUING OF SCHOOL CLOTHING AND EQUIPMENT

It is the responsibility of the athlete to turn back to the coach all clothing and equipment issued. Failure to do this will result in the athlete paying for the missing articles. Athletes not paying for the missing articles will forfeit their right to receive any school equipment or clothing in the next sport season or be eligible for any certificate, pin, or letter. A list of all violators will be sent to the Director and Assistant Director of Athletics office and forwarded to the building principal involved. Student athletes caught stealing school issued equipment will receive additional consequences.

OUTSIDE TEAM RULE

The New York State Public High School Athletic Association allows outside competition. Guilderland athletes must understand that commitment to the school team comes first, and outside participation should not be detrimental to an individual or to a Guilderland team. There will be many circumstances where a student should not participate in an outside activity due to the possible effect on

the team. Do not participate until you check with the individual coach involved with the school team.

NCAA INFORMATION

Any senior student-athlete planning to enroll in college as a freshman and who wants to participate in Division I or Division II athletics, must be certified by the NCAA Initial-Eligibility Clearinghouse. Applications may be obtained in the guidance office.

MODIFIED PROGRAM PHILOSOPHY

This program is available to all students in the seventh and eighth grades between the ages of 12 to 15. A student reaching age 16 during a sports season may complete that season and must play freshmen, junior varsity or varsity the next sports season. Sports activities offered are determined by the existence of leagues, student interest, and the relationship to the high school program. At this level, the focus is on learning athletic skills and game rules, fundamentals of team play, socio-emotional

B. A student who transfers **without a corresponding change of his/her parents** {or other persons with who the student has resided for at least six months} is ineligible to participate in any interscholastic athletic contest in a particular sport for a period of **20% of maximum number of contests** if student participated in that **sport during** the one {1} year period immediately preceding his/her transfer. Applications for transfer waivers should be filed prior to season via athletic directors to Section II.

EXEMPTIONS TO THE TRANSFER

- 1. The student reaches the age of majority and establishes residency in a district.**
 - 2. If a private or parochial school ceases to operate a student may transfer to another private or parochial school of his/her choice. Otherwise, a student must enroll in the public school district of his/her parent's residency.**
 - 3. A student who is a ward of the court or state and is placed in a district by court order. Guardianship does not fulfill this requirement.**
 - 4. A student from divorced or separated parents who moves into a new school district with one of the aforementioned parents. Such a transfer is allowed one every six month.**
- NOTE: It is provided, however, that each student shall have the opportunity to petition the section involved to transfer without penalty based on an undue hardship for the student.**

TRANSPORTATION

Student/athletes will be transported to away contests by school authorized vehicles only. Under unusual circumstances, an athlete may receive permission from his/her coach to ride home from a contest with his/her parents. This should be cleared with the coach. The parent should give the coach a written note after the game before taking the student. All squad members are expected to conduct themselves in a fashion that will ensure the safety of all passengers. All safety rules must be followed. All regulations are in effect during charter trips.

SPORTS PHYSICALS

Sports physicals will be given by a NYS board approved Physician and/or the District **School Physician**. The physicals conducted by anyone other than the District Physician must also be cleared by the appointed School Physician before a student is allowed to begin **practice** or **participate** in a game. The sports physical is in force for one calendar year; however, after 30 days a sport physical update form needs to be filled out by the parent and turned in to the nurse for each team you join each session.

ALL ATHLETES WHO ARE SEEN BY A DOCTOR MUST BE RELEASED {SIGNED STATEMENT} BY THAT DOCTOR IN ORDER TO RESUME PARTICIPATION WITH THEIR TEAM. THIS RELEASE MUST BE FILED WITH OUT SCHOOL NURSE.