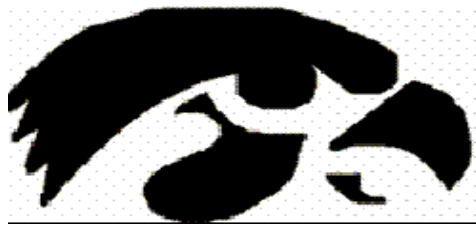


Plainview Old-Bethpage  
Interscholastic  
Athletic Handbook



*HOME OF THE HAWKS*

A guide for Student Athletes, Parents, and Coaches

## Contents

	Page(s)
* Philosophy & The Six Pillars of Character	4-5
* Letter to Parents & Student Athletes	6
* Team Offerings	7-8
* Code of Conduct Spectators	9
* Misconduct Rule for Athletes	9
* Modified Sports Team & Expectations	10
* Junior Varsity & Expectations	11
* Varsity Program & Expectations	12
* Expectation of Student Athletes	13
* POB Athletes Will	13
* Uniforms	13
* Attendance	13-14
* Expectations of Parents	15-16
* Expectations of Coaches	17-18
* Coaches Checklist	19
* Conflicts of Interest	20
* Lines of Communication	21-22
* Policies & Procedures	23
* Affiliations	23
* Transportation to Away Events	23
* Schedules	23
* Religious Holidays	23
* Vacations	23-24
* Tryouts & Team Selection	24
* Selection/Classification	24-25
* Changing Sports	25
* Awards - School, County, State	25
* Administrators' Responsibilities	25
* Intramurals	26
* Medical Clearance for Student Athletes	26
* Coaching Certifications	26
* Emergency Plan / Procedures	26-27
* Injuries	27

At Practice / In Contests	27
Athletic Trainer	27
Returning to Play	27
* AED	27
* Student Athlete Medical Insurance Coverage / Claims	28
* Risk of Participation	28
* Appendix-Athletic Pledge	

## *Philosophy*

Participation in a well organized interscholastic athletic program provides students with opportunities and experiences to prepare for adult life. Research reveals that participation in athletics teaches young adults critical lessons in citizenship, respect, responsibility, fair play, communication, team work, decision making, problem solving, self-worth and individual potential. Participation in our athletic program requires TIME, EFFORT, & COMMITMENT to the team and the goals of the program.

All students involved are expected to show a personal commitment to the goals of the team, and make the personal sacrifices necessary in order to achieve success. Making such a commitment to *excellence* nurtures a sense of pride, loyalty, and leadership qualities in an athlete, enabling the individual to become more resilient and better prepared to face the challenges of life.

Since interscholastic athletics is a philosophical extension of the physical education program, the goals and objectives of athletics should be supportive of and consistent with the goals of the total educational program. When conducted properly, athletics can positively contribute to the intellectual, physical, social, and emotional development of the student athlete. Although the explicit goal of all competitive sports is to strive for victory that is by no means the only measure of success. The total development of the individual as a contributing member of society is of considerably greater importance. The real challenge is guiding the individual and the team to reach their full potential. This is the true measure of achievement.

The competitive athletic environment is one that demands respect and applause for those who rise to the challenge and accept the risk of defeat. Those who are successful in life are those who have learned to embrace challenge and take personal risks. Dedication and self-sacrifice on the athletic field do not always result in victory over the opponent. However, if an athlete strives to reach his/her full potential with passion and perseverance, personal victories that last a lifetime will be the end reward. The Plainview Old Bethpage Interscholastic Athletic program strives to provide an exemplary opportunity to all athletes to participate in their chosen sport at a level commensurate to their ability.

## *The 6 Pillars of Character*

### Trustworthiness

**Trustworthiness**- Be worthy of trust in all you do

**Integrity** – Live up to the high ideals of ethics and sportsmanship and encourage players to pursue victory with honor. Do what is right even when it is unpopular to do so.

**Honesty** – Live honorably. Do not lie, cheat, steal or engage in any other dishonest conduct.

**Reliability**- Fulfill your commitments. Do what you say you will do.

**Loyalty** – Be loyal to the school and the team. Team above the individual.

### Respect

**Respect** – Treat all people with respect at all times.

**Class** – A student-athlete should live and play with class and be a good sport. He/she should be gracious in victory and accept defeat with dignity, complement extraordinary performance, and show sincere respect in pre and post game rituals.

**Disrespectful Conduct** – Do not engage in disrespectful conduct including profanity, obscene gestures, offensive remarks, or boastful celebrations.

### Responsibility

**Importance of Education** – Support the concept of being a student first.

**Importance of Commitment** – Team participation requires a commitment and dedication to yourself, your teammates, your coach, and your school.

**Role Modeling** – Remember that **participation in sports is a privilege, not a right**. Parents, coaches, and athletes are accountable for their actions on and off the field.

**Self Control** - Exercise self-control. Do not fight or show excessive displays of anger or frustration.

**Healthy Lifestyle**- Avoid all illegal or unhealthy substances including alcohol, tobacco, and drugs.

### Fairness

**Fairness and Openness**-Live up to the highest standards of fair play. Be open-minded to listen and learn.

### Caring

**Caring Environment**- consistently demonstrate concern for student athletes as individuals and encourage them to look out for one another and think and act like a team on and off the field.

### Citizenship

**Spirit of the Rules**- Honor the spirit and the letter of rules. Student athletes should avoid temptations to gain a competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

Dear Parents and Student Athletes,

Welcome to the Plainview Old Bethpage School District Interscholastic Athletic Program.

Parents and athletes are strongly encouraged to carefully read the entire Athletic Handbook. This booklet contains important information about each level of competition that is offered and the expectations that go along with them.

Parent, athlete, and coaching expectations are outlined so everyone has a clear understanding of each others role in the process of athletic participation and competition.

For your convenience please log onto the Section VIII web site ([www.nassauboces.org/athletics](http://www.nassauboces.org/athletics)) for useful information regarding directions, schedules, and game times for all school contests. Additional school information regarding athletics can be found on the Plainview Old Bethpage School District web site (<http://www.pob.k12.ny.us/>) (<http://www.pobcsd.org>) click on *Programs and Organizations* on the menu bar and then click on *Athletics*.

We look forward to seeing you on the field of competition.

Sincerely,

Mr. Kevin McDermott  
District Director of Health, Physical Education,  
Athletics and Recreation

*Plainview Old Bethpage  
Sports Team Offerings*

**High School Varsity & Junior Varsity**

<b>Season:</b>	<b><u>Men's</u></b>	<b><u>Women's</u></b>	<b><u>Co-Ed</u></b>
<b>Fall</b>	Football (V, JV) Soccer (V, JV) Cross Country (V) Volleyball (V, JV)	Tennis (V, JV) Soccer (V, JV) Volleyball (V, JV) Swimming (V) Cross Country (V)	Weight Training Cheerleading (V, JV) Kickline (V)
<b>Winter</b>	Basketball (V, JV) Bowling (V) Swimming (V) Wrestling (V) Track (V)	Basketball (V, JV) Bowling (V) Gymnastics (V) Track (V)	Weight Training Cheerleading (V, JV) Kickline (V)
<b>Spring</b>	Baseball (V, JV) Golf (V) Lacrosse (V, JV) Tennis (V, JV) Track (V)	Softball (V, JV) Golf (V) Lacrosse (V, JV) Track (V)	Weight Training
<b>Summer</b>			Weight Training

*Plainview Old Bethpage  
Sports Team Offerings*

**Middle School Teams  
7<sup>th</sup> & 8<sup>th</sup> Grade**

<b>Season</b>	<b>Men's</b>	<b>Women's</b>	<b>Co-Ed</b>
<b>Fall</b>	Football Soccer (7 <sup>th</sup> ) Soccer (8 <sup>th</sup> ) Tennis	Swimming Soccer (7 <sup>th</sup> ) Soccer (8 <sup>th</sup> )	Cheerleading Kickline
<b>Winter I</b>	Swimming Basketball (7 <sup>th</sup> ) Basketball (8 <sup>th</sup> )	Volleyball (7 <sup>th</sup> ) Volleyball (8 <sup>th</sup> )	Cheerleading Kickline
<b>Winter II</b>	Wrestling Volleyball (7 <sup>th</sup> ) Volleyball (8 <sup>th</sup> )	Basketball (7 <sup>th</sup> ) Basketball (8 <sup>th</sup> )	Bowling
<b>Spring</b>	Lacrosse Baseball (7 <sup>th</sup> ) Baseball (8 <sup>th</sup> ) Track	Lacrosse Softball (7 <sup>th</sup> ) Softball (8 <sup>th</sup> ) Tennis Track	

## Spectator Code of Conduct

### Section VIII Spectator Code of Conduct

Spectators are an important part of the game and shall conform to accepted standards of good sportsmanship and behavior.

Spectators shall at all times respect officials, coaches and players, and extend all courtesies to them. While wholesome cheering is encouraged, stamping of feet, taunting, foul and abusive language, inflammatory remarks and disrespectful signs and behavior are not acceptable. Faculty supervised pep bands are permitted during dead ball time, however, spectator noise makers or sound devices are prohibited.

Spectators shall observe and obey the rules and regulations of the school concerning tobacco, smoking, food and soft drink consumption, use of lavatory facilities and the parking of cars. Parking in FIRE LANES for any reason is prohibited. New York State law prohibits smoking and alcoholic beverages of any kind on school property. The law further prohibits any person under the influence of alcohol to be on school property.

Spectators shall respect and obey all school officials, supervisors, security and police at all athletic contests.

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

## Misconduct Rule

### Section VIII Misconduct Rule

Any member of the squad ruled out of a contest for unsportsmanlike conduct, including taunting, or for a flagrant foul shall not participate in that sport in the next previously scheduled contest with a member school or in NYSPHSAA tournament play. In individual sports, a multi-day contest is considered to be a contest. The contest in which the athlete was disqualified must count in the total maximum number of contests permitted. Disqualifications from one season carry over to the next season of participation.

Any member of the squad who strikes, shoves, kicks, or makes other physical contact with the intent to annoy, harass, or intimidate an official shall be expelled from the game immediately and banned from further participation in all sports for a period of time to be determined by the section not to exceed one year from the date of the offense. NOTE: Members of the squad includes players, manager, scorekeeper, timers, and statisticians.

## *Middle School Modified Sports Teams*

This program is available to all students in the seventh and eighth grades. Sport activities offered are determined by the existence of leagues 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 growth, physiologically appropriate demands on the adolescent body, and healthy competition.

In order for the desired development of the adolescent athlete and team to occur, practice sessions are vital. Practice or contests can be scheduled on Saturdays. Opportunities for meaningful contest participation for each team member will exist over the course of a season.

At this age it is common for many student athletes to have religious commitments that can affect attendance at practice and games. It is the responsibility of the middle school athlete to clearly communicate these religious commitments with the understanding that it can effect playing time. When a student athlete misses practice, they miss out on important conditioning and game strategy sessions which ultimately can affect the safety of the student athlete and the players around them.

Projecting the number of 6<sup>th</sup> grade students that intend to play versus the actual number that do play is a difficult task. Students are surveyed at the conclusion of the 6<sup>th</sup> grade in an attempt to account for scheduling, equipment and staffing needs. 7<sup>th</sup> and 8<sup>th</sup> grade teams versus combined district teams will be designated depending upon these survey results.

## *Junior Varsity Program & Expectations*

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

Junior varsity programs work toward 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 to a successful junior varsity team player. For all team members, meaningful contest participation will exist over the course of a season, however, a specified amount of playing time is never guaranteed.

Participants at this level are preparing themselves for the six-day-a-week commitment that is expected at the varsity level. While contests and practice sessions are scheduled during school vacation periods. With the goal of becoming a varsity athlete clearly in sight, a high level of dedication and commitment is expected at the junior varsity level.

## *Varsity Program Expectations*

Varsity competition is the apex of each sports program. Normally, seniors and juniors make up the majority of the roster. Occasionally, a sophomore and infrequently a freshman may be included on the team providing that evidence of advanced levels of physical development, athletic skill and appropriate socio-emotional development is demonstrated. It is possible, but rare, for a middle school level student to be included on a varsity roster. The opportunity for such selection is the sole decision of the varsity coach. The process for middle school students to try out for varsity a program is called, "Selection Classification".

Squad size at the varsity level is limited. The number of participants on any given team is a function of those needed to conduct an effective and meaningful practice as well as fielding a competitive squad. It is vital that each team member has a defined role and is informed of its importance. The number of roster positions is relative to the students' acceptance of their individual roles in pursuit of the team's goals. While contest participation over the course of a season is desirable, **a specified amount of playing time at the varsity level is never guaranteed to any player.**

A mature attitude and advanced level of skill are prerequisites for a position on a varsity team, as is the realization that a varsity sport requires a **six-day-a-week commitment**. This commitment is often extended into vacation periods for all sport seasons. While contests and practices are rarely held on holidays and Sundays, the dedication and commitment needed to conduct a successful varsity program should be taken seriously.

Participation on travel club teams and/or other extra curricular school clubs during a varsity season is not recommended. Varsity student athletes need to be committed to their perspective sports program first. The rigors of daily practice, academic responsibilities, and game preparation are more than enough for any student athlete to endure. Any potential conflicts regarding daily attendance at practice should be discussed PRIOR to tryouts. Ultimately, an individual that takes on too many commitments can affect the goals of the entire team.

The varsity coach is the leader of that sport's program and determines the system of instruction and strategy for that program. The communication among the modified, junior varsity, and varsity programs is the responsibility of the varsity coach. Preparing to win, striving for victory in each contest and working to reach the group's and individual's maximum potential are worthy goals of a varsity level team.

## Expectations of the Student Athlete

The opportunity to participate on a Plainview Old Bethpage team is a privilege afforded to our student athletes by the Plainview Old Bethpage District. With every privilege comes an inherent responsibility. A Plainview Old Bethpage student athlete is a representative of the Plainview Old Bethpage school district. As such, it is expected that all student athletes will conduct themselves in an exemplary manner, which will bring credit to the team, school, and the district.

Student Athletes from Plainview Old Bethpage will:

- Respect and abide by the rules of their sport.
- Display behavior that reflects good sportsmanship, ethical and fair play.
- Demonstrate self-control, respect for coaches, teammate, opponents, officials and spectators at all times.
- Be accountable for actions on and off the field of competition.
- Not use drugs, tobacco, or alcohol.
- Not participate in hazing or bullying of any kind.
- Maintain the best possible grade point average.
- Accept victory with grace and defeat with dignity.
- Aspire to be the best they can be in all that they do.

## Uniforms

All uniforms and equipment issued to a student athlete are to be returned to their coach at the conclusion of their season. Any articles that are not returned will require reimbursement to the district.

## Academics

Student athletes must keep in mind that only academically eligible students can participate in competition. To that end all students should keep academic priorities first and athletics second. Any time that student athletes have after these two priorities should be spent wisely.

## Attendance

No student athlete may participate in a practice, scrimmage or contest on a day when the student was absent from school unless a school administrator grants special permission for the absence.

No student athlete excused from a physical education class for medical reasons may participate in a practice, scrimmage or contest on that same day. Note that

Commissioners Regulations dictate that a student athlete is ineligible if he or she is medically excused from participation in a physical education class. **Any contest that an ineligible athlete participates in is deemed a forfeit.**

In order for a student to participate in extra-curricular activities, the student must be in attendance at school for at least half the day. Students, who demonstrate problems with school absences or tardiness, excused or unexcused, are subject to suspension and/or dismissal from the team, Athletes are expected to get to school on time, make a commitment to classroom attendance, and demonstrate appropriate behavior.

Varsity and Junior Varsity team practices and games are scheduled on a six day per week basis, and during vacation periods. Student athletes are required to participate in all practice sessions and contests.

Excused absences from practice or games (Illness, family issues, academic studies, etc..) are to be communicated with the head coach in a timely manner. Unexcused absences from practice or games do not exist. Team rules will dictate any consequences for unexcused absences.

When a student athlete is injured, he or she will attend practice sessions until ready to participate.

Playoffs are scheduled BEYOND the normal season schedule.

## Expectations of Parents

### **Parental Support:**

Teaching children the value of responsibility and commitment helps assist and support our coaching staff. We encourage all parents to attend games and to model constructive support and guidance when students experience success or failure in game situations. As spectators, parents must extend to our guests, officials, players, coaches, and security personnel the courtesy, respect, and good sportsmanship we would wish to have extended to us during away visits. Parent conduct is a reflection of the Plainview Old Bethpage community and educational system. A positive role model is the ultimate objective.

### **Code of Conduct:**

Of utmost importance is that we ask all parents to reinforce the inherent values outlined in the **Athletic Participation Pledge/Agreement** that all athletes and parents are required to sign prior of every season.

Any violations will be reviewed by the coach and Athletic Director to determine if any disciplinary action is required.

### **Disagreements with Officials or Coaches:**

Because coaches, officials, and administrators hold authoritative positions during athletic events, they deserve the utmost respect and consideration. They are essential towards running an organized interscholastic athletic program.

- If you disagree with an official or a coach's decision during a contest, treat all inquiries with respect and due protocol. Their decisions are based upon game decisions as they observe them.
- Treat visiting teams and officials as guests, extending to them every courtesy and mutual respect.
- Bells, horns and other devices are not tolerated at contests.
- All spectators must refrain from making derogatory comments toward a player, coach, official or spectator. Be courteous, profanity or abusive language or gestures are a sign of poor sportsmanship, and a poor reflection upon our community and student athletes.
- Remember, an athletic contest is **ONLY A GAME**.
- Demonstrate self control and encourage leadership by initiating good judgment.
- Recognize that the purpose of athletics is to promote the physical, moral, social and emotional well being of the individual player.

## **Sportsmanship:**

As parents, you represent our school just as the players do, and therefore have an obligation to demonstrate practices of good sportsmanship, which include approving and applauding good team play, individual skill, outstanding examples of sportsmanship, fair play exhibited by either team, being modest in victory and gracious in defeat. Spectators (Students or adults) who display poor sportsmanship or improper behavior before, during or after an athletic contest may be asked to leave the field or gym. Based on circumstances, the athletic director, principal or administrator on site all have the authority and responsibility to monitor spectators and to bar parents from attending any games for the remainder of the season because of poor sportsmanship or improper behavior.

## **Practice and Tryouts Sessions:**

Parents will not attend tryouts, and are encouraged not to attend practice sessions.

## Expectations of Coaches

If you ask people who participated in athletics to name an adult, other than a family member, who influenced their childhood – chances are they will name a coach. In conjunction with parents and schools, coaches are instrumental in developing character in our children. Children who are coached responsibly in sports achieve better grades, are less likely to engage in dangerous behavior, and live longer and healthier lives. Sports can provide the ideal “virtual classroom” for teaching life lessons.

The profession of coaching is a profession of teaching and therefore demands highly qualified coaches. In addition to teaching the mental and physical dimensions of their sport, coaches, through words and example, must strive to build the character of their athletes by teaching them trustworthiness, respect, responsibility, fairness, caring and good citizenship.

### **Coaches will:**

- Attend all meetings related to their sports as coordinated by section VIII.
- Outline all team expectations as well as reinforce the Athletic Agreement/Pledge prior to the beginning of their season.
- Reinforce goals and expectations throughout the season.
- Promote individual skill development.
- Always strive to develop the qualities of leadership, initiative, sportsmanship and good judgment in each team member.
- Be positive. Coaches must realize that their positive actions and behavior play an important role and relate directly to the behavior of their athletes. Coaches should be role models of good sporting behavior and should lead by example by demonstrating commitment, fairness, respect, and self control. Modeling good behavior should occur on and off the field.
- Help create an atmosphere of friendly competition wherein sportsmanship and honor transcend victory or defeat.
- Oversee a safe environment for practice and competition.
- Strive for excellence in coaching skills and techniques through professional development.
- Create training rules for athletes that reflect the positive values of abstaining from the use of drugs, alcohol and tobacco. Coaches should never use tobacco or alcohol in front of students.
- Always respect opposing coaches and players as well as officials. Instruct players to respect the officials and not to argue, demonstrate, or be abusive. Any questions concerning the interpretation of rules should be made by the coach or the coaches’ designee. If a coach is unhappy with an official, use the rating system to register your discontent.
- Implement the **no cell phone use** during practices or contests.
- Encourage a healthy respect for the overall athletic program and its vital role in education by encouraging the highest standards of academic achievement among all student athletes.

- Encourage daily attendance in and out of season.
- Advise student athletes to have realistic participation expectations according to their skill level. Participation at the Junior Varsity and Varsity level may be limited for effective and meaningful contests. Specified playing time is never guaranteed, and is always left to the discretion of the coach.
- Consult with the Athletic Director to establish a realistic range of players needed in a given season. When elimination becomes necessary, the coach will discuss alternative possibilities in other areas of the athletic program.
- Have a working knowledge of their prospective sports.
- Will improve their skills and expand their knowledge by participating in educational programs, including but not necessarily limited to attending classes, clinics, camps, motivational seminars and workshops, and by reading materials within their prospective sporting community.

### **In addition the Varsity Coach will:**

- Define to their team the responsibilities and privilege of being a team captain.
- Serve as the instructional leader of their sport program. The Varsity coach will be responsible for the development of skills and progressions to be taught at each level. This will be communicated to all coaches through meetings and a coordinated system of goals, objectives, instruction, and supervision.
- Be available and in communication with the middle school and junior varsity coaches.
- Communicate and participate in the college recruitment of their athletes.

### **In addition the Junior Varsity Coach will:**

- Have the top priority of skill development and position placement for their athletes.
- Make a concerted effort to give playing time to all team members, but keep safety as a major factor before placing any athlete in a competitive arena.
- Provide an effective training program to prepare JV players for future V competition.

### **In addition the Middle School Coach will:**

- Attend Varsity and Junior Varsity practices to observe and discuss appropriate skills and strategies for their team.
- Provide a positive learning environment to encourage and promote continued participation in their sport.

## ✓ Coaches Checklist

The focus of Plainview Old Bethpage Athletic Program is for continuous student athlete development through a total program approach (Grades 7-12). Goals and objectives will clearly be developed to enhance communication and consistency throughout each program. The guidelines set forth in this handbook provide a framework of expectations, district philosophies, rules and regulations that must be followed. It is the responsibility of each coach to enforce these rules throughout their season and clearly communicate each team's rules, goals, objectives and philosophy at the start of each season.

The coach will communicate the following information in written format to student athletes and parents at the beginning of each season:

- ✓ **Contact Information** – Each coach will detail how to get in touch and what the best times are to do so.
- ✓ **Athletic Handbook** – Make certain that parents and athletes familiarize themselves with the expectations, philosophies, and rules that will be referred to throughout the season.
- ✓ **Goals** – Specify goals and objectives for the year and how they will be achieved.
- ✓ **Commitment** – The coach will spell out their definition of commitment and expectations for every member of the team.
- ✓ **Rules** – Provide clear rules and consequences.
- ✓ **Playtime** – Each coach will communicate their philosophy regarding playing time so players and parents know their roles and what they can expect during the season.
- ✓ **Vacation** – Each coach will establish vacation guidelines for their team - specific to their team schedule. Enforcement will be consistent for all team members regardless of ability or position.
- ✓ **Athletic Pledge / Code of Conduct** – Collect agreement signed by the student athlete AND the parent.
- ✓ **Practice** – A coach will notify players of the practice schedules, length of practice and practice location. Winter/Spring sport times and locations may change due to facility availability and weather.
- ✓ **Team Captain(s)** – Each coach will explain the role of the captain and how captains are selected.
- ✓ **Financial and Community Service** – Each coach will detail any financial (Fundraising, etc...) and community service responsibilities they will have as members of the team.
- ✓ **Schedule and Directions** – Each coach will provide a season schedule of practices, games, and directions to all competitions.

## **Conflicts of Interest**

Coaches may not privately train a POB student athlete for compensation in the sport in which they coach. Coaching is an extension of teaching, and coaches are teachers of their sport. Coaches will adhere to the same guideline as other teachers; they will not tutor their own student athlete in the sport they are coaching. This guideline ensures that coaches remain objective, and avoid obligation or favoritism.

- Written notification must be given to the Athletic Director if coaches:
  - Participate in business arrangements with parents of POB students resulting in financial compensation.
  - Receive individual gifts in excess of \$75 (NY State Municipal Law, section 805-a established June 13, 2000).

According to NY State educational law, a public entity cannot be used for private enterprise. As such, camps or clinics that are “for profit” are not permissible. Only Non-for-Profit organizations can use public school grounds for camps and programs.

## Lines of Communication

When students participate in athletics clear communication and understanding is expected from the coach to the student athlete and the parent. To help establish the lines of clear communication we have developed these guidelines for you, the parent and your child, the student athlete, to follow.

### Communication You Should Expect From Your Child's Coach

- Philosophy of the specific team program
- Expectations the coach has for the team and the individual players
- Location and time of practices and games
- Team Rules
- Injury Procedures
- Disciplinary actions resulting from team violations

### Communication Coaches Expect From Parents

- Concerns expressed directly to the coach, **only after the athlete has discussed these with their coach**
- Specific concerns related to the emotional and/or physical safety of the student athlete
- Schedule conflicts, well in advance

### Appropriate Concerns To Discuss With Your Child's Coach

- Treatment of your child with regard to cognitive, physical, and/or emotional (Mind, Body, Spirit)
- Ways to help your child improve as an individual and as a member of the team
- Concerns about your child's behavior and performance

### Issues Not Appropriate To Discuss With Your Child's Coach

- Playing time
- Team strategies, play calling, substitutions, game management, etc...

- Other students athletes and/or team members

It may be difficult to accept your child's playing time, role on the team, or other expectations if they are less than you desire. Coaches make decisions based on their judgment of what is in the best interest of the team. Many factors influence a coach throughout a season. It is important to not only respect and support these decisions, but understand the impact they play in the overall success of any athletic program.

**Do not approach a coach before or after a practice or a game, to discuss concerns that you may have. These are times that coaches are focused on their team. Emotions can sometimes interfere with clear and constructive communication at these times.**

### So to Re-cap-

- Any conflicts with a coach should first be discussed by the athlete with the coach, if unresolved....
- Parent contacts coach to set a meeting with the athlete, parent and coach, if unresolved...
- Parent contacts the Athletic Office to set up a meeting with the athlete, parent, coach and Athletic Director if it is deemed necessary.

## Policies & Procedures

### Affiliations – NYSPHSAA Section 8

([www.section8.nassauboces.org](http://www.section8.nassauboces.org))

The Plainview Old Bethpage school district is a member of The New York State Public High School Athletic Association. Nassau County is designated as Section VIII. The NYSPHSAA and Section VII provides regulations, policies, standards, guidelines, and recommendations for all aspects of our athletic program for all sports and also enforces uniform eligibility rules as well as standards for practices, scrimmages, and contests.

### Transportation to Away Events

If a student athlete plans to attend or leave a contest with a parent, rather than take the provided bus transportation, the student needs prior approval from the Athletic Director's office. This can be obtained by having the parent, with their drivers license, get a letter signed by the Athletic Directors office. This note will then be presented to the coach. This practice is not encouraged and should only be used on an emergency basis. Coaches use bus trip time as "Coachable" time to prepare teams for competition as well as post game discussions.

### Schedules

Schedules and directions for all interscholastic contests will be distributed by coaches at the beginning of the season and are posted on the BOCES website ([www.section8.nassauboces.org](http://www.section8.nassauboces.org)). All schedules are subject to change.

### Religious Holidays

When schools are closed due to religious holidays, only the most necessary practices will be scheduled, and these shall be approved by the Athletic Director. Such practices are voluntary – attendance is not required. Students who cannot attend practices because of religious observances shall be excused, but must speak to the coach prior to the date of practice.

### Vacations

Taking a vacation during a sport season at the Junior Varsity and Varsity levels is strongly discouraged. Attendance is mandatory for all scheduled practices, scrimmages, and games. Students who miss practice or games because of a vacation will not be excused and the athlete must accept the consequences. It must be understood that missed practice time can affect an entire team, its chemistry, personal conditioning, loss of

instructional time, and the overall success of the team. Commitment during the vacation period involves self-sacrifice on the part of the coach and the athlete.

If an athlete chooses to take a vacation during an athletic season he or she will:

- Notify the coach the first day of tryouts
- Be aware that their position on the team may change after an extended absence due to vacation.
- Be aware that the coach will implement clear cut consequences. Implementation of consequences will be consistent for all team members regardless of playing ability. \*Vacation policies may differ between teams.
- Be aware that excused absences from practices or contests will be defined the same way that they are for school absences; including school sponsored trips or activities as well as religious observances. Students may return to athletic practices or contests after an excused absence.
- In the event of extenuating circumstances, such as medical situations, religious observances, court appearances, legal matters, personal tragedy, etc...exceptions will be made by the coach.

## Tryouts & Team Selection

Team selections will be held in a closed environment with only the coaches and the student athletes permitted. Parents are asked not to attend tryouts. In accordance with our philosophy of athletics and our desire to see as many student athletes as possible in the athletic program in POB, we encourage coaches to keep as many student athletes as possible on each team. The number of teams and participants on any given team depends on several factors, including but not limited to space limitations, safety, available coaching staff, competition available, financial resources and the number of participating athletes. Coaches set a realistic number of players needed for a given season. When elimination becomes necessary, the coach will discuss alternatives with the Athletic Director and seek other areas of participation within the athletic program.

## Selection/Classification

It is rare but possible that a 7<sup>th</sup> or 8<sup>th</sup> grade student athlete can make a Junior Varsity or Varsity roster. This process is called Selection and Classification. Coaches, parents, and athletes need to consider the emotional implications and maturation level of the middle school student being a member of a high school team. Criteria that must be met in order to play at an advanced level includes parent approval, medical approval, appropriate developmental rating (maturation test), passing athletic performance tests, coaches skill evaluation and a high degree of socio-emotional maturity.

Coaches can initiate the process by contacting the Athletic Director and providing evidence that the student athlete has the advanced skills requisite to be an impact player at this higher level of competition. Consultation with the middle school student's principal, guidance counselor, physical education teacher, and parents is recommended to

be sure the student is up to the rigors of high school athletics while maintaining high academic standards.

If all criteria are met then the Athletic Director will initiate the testing process. All medical tests and athletic performance tests must meet NYSPHSAA requirements.

## Changing Sports

In accordance with the athletic philosophy of encouraging and allowing as many students as possible to participate in athletics, if a student is cut from a team during tryouts, that student will be permitted to tryout for another team IF:

- The corresponding coach agrees
- The corresponding team has open slots available
- The student leaves the current team in good standing and was not cut from the team for ANY disciplinary reasons

The preceding conditions will be available until the end of the second week of the start of each season. At that point no other changing of sports will be accommodated.

## Athletic Awards

Athletic awards are granted to Varsity team members who participate in accordance with the POB athletic program. These awards are a privilege and should not be taken lightly. Each coach is responsible for the consideration and selection of any team awards. Student athletes must be in good standing to receive any awards for their participation on an athletic team.

All County, All Division, All State, All American, etc...are sport specific awards and fall under the guidelines of their specific sport as it relates to Nassau County and the sports coaching association.

## Administrators Responsibilities

According to the NYSPHSSA Nassau County Section VIII Guidelines and Recommendations for Codes of Behavior for Coaches, Participants, Spectators, and Administrators in Interscholastic Competition:

- The Athletic Director will work together with the Building and Central Office Administrations to ensure these guidelines are upheld by all participating parties.
- The Athletic Director is responsible for the conduct of coaches, players, spectators and other employees of the school.
- The Athletic Director assumes the responsibility for informing these groups of the code of behavior expected during participation in Section VIII Athletic Events.

## Intramurals

Throughout the school year and depending on coaching/supervision availability intramurals for various sports may be offered. These will typically occur as “Open Gym” opportunities with specific or general instruction. The environment will be geared more towards a fun and healthy environment. It will be less rigorous than team practices and may incorporate some competitive and non-competitive games.

Intramurals will be run in coordination with the Physical Education department and will only be open to students currently enrolled in the POB district.

## Medical Clearance for Student Athletes

Prior to ALL seasons ALL student athletes are required to have an updated physical on file with the nurse’s office. Upon receipt of this physical the nurse’s office will clear the student athlete to participate in tryouts by forwarding a **COACHES AUTHORIZATION FOR TEAM MEMBERSHIP** to the coach of their perspective sport. **Under no circumstances will any student athlete be allowed to participate in any tryouts without this form.**

The clearance forms will be kept on file with the coach for any emergency situations that require immediate contact with parents.

Forms for physicals and clearance for participation are located in the nurse’s office of all schools.

## Coaching Certifications

All Plainview Old Bethpage School District coaching personnel are certified in accordance with NYSPHSAA standards. As per NYS mandates, all coaches employed in our district are certified in CPR, First Aid, and AED. The POB School District will always look to find qualified, certified educators to fill coaching assignments.

## Emergency Plan / Procedures

The Plainview Old Bethpage School District has a comprehensive emergency medical plan in place in the event an accident or injury occurs during practices or games. If the injury or illness requires a high level of care, the EMS system will be activated and emergency services will be called. If the athlete is injured in a practice or a game **on the**

**home site**, and transported to a medical facility, the athletic trainer, a member of the coaching staff, or school personnel will accompany the athlete in the ambulance whenever possible. The coach shall notify the school nurse, and an accident report will be initiated within 24 hours of the incident.

When an emergency occurs at an **away contest**, and there is only one coach, the decision must be made to protect the interests of all the athletes involved. In these circumstances, if the parent or guardian is not present, it is appropriate to send the coach or other school personnel with the injured player to the hospital. Therefore, it is critical that coaches have emergency contact numbers available to all parents and family designees at all practice and games.

## Injuries

### ➤ At Practice / In Contests

Any injuries must be reported to the coach immediately so that the coach can make a doctors referral if necessary and file the appropriate report. Athletes should be aware that parental consent must be available for emergency hospital treatment.

### ➤ Athletic Trainer

A certified trainer is on staff to attend to student athletes prior to practice. When possible this trainer will attend scheduled home contests, and be available by cell phone for emergencies.

### ➤ Returning to Play

Any student athlete that hands in a doctor's note excusing them from athletic participation (PE class, team sports, etc...) must acquire and submit a doctor's note **clearing them to return** to all activities. Communication between PE teachers, nurses, and coaches will be maintained to track all ineligible student athletes.

### ➤ AED

All coaches are required to be aware of the closest AED location at all practice facilities. This includes practices, games, and scrimmages.

## Student Athlete Medical Insurance Coverage / Claims

The student athlete insurance plan is designed to cover enrolled student athletes while participating in athletic practices, scrimmages, games, etc... The plan will reimburse claimants for eligible expenses which are **NOT** payable by your healthcare plan or any other insurance plan providing reimbursement for medical expenses. Therefore, prior to filing a claim against the accident insurance policy, you must first file a claim with your own healthcare plan.

## Risk of Participation

As with any endeavor in life there is an associated risk. By participating in any athletic team tryout, practice, scrimmage, game, etc...you must accept the risk of being injured.

All coaches in the Plainview Old Bethpage School District are New York State certified, trained in CPR, AED, and First Aid. The highest priority is given to insure all activities and drills related to athletics are taught in accordance with acceptable practices related to each specific sport. Coaches will use their professional judgment in allowing students to participate in their designed practices if they are confident that the student athlete is able to complete the desired task(s). Even so, it must be understood and accepted that an inherent risk is always present when participating in any activity.

## Other Required Forms

Medical Form (blue)

Coach's Authorization for Team Membership form (white & pink)

These forms are available at all High School and Middle School Nurse's Offices and the District Athletic Office.

**PLAINVIEW-OLD BETHPAGE CENTRAL SCHOOL DISTRICT**  
**117 CENTRAL PARK ROAD PLAINVIEW, N.Y. 11803**  
**PHYSICAL EDUCATION, HEALTH, ATHLETICS, RECREATION AND DANCE**

*Kevin McDermott, Director*  
516-349-4789 - FAX: 516-349-4792  
e-mail: [kmcdermott@pob.k12.ny.us](mailto:kmcdermott@pob.k12.ny.us)

**ATHLETIC PARTICIPATION AGREEMENT/PLEDGE**

Congratulations! You have achieved a great honor by being selected for a District team. Many try out; only a few are chosen. Please read the agreement below and sign to attest that you have read this document and pledge to abide by the conditions set in same.

This agreement between student-athletes, parents of student-athletes, and the Plainview-Old Bethpage Athletic Department is to insure that those who choose to participate on District teams and their parents understand and accept the policies, rules, requirements, commitment, behavior and conduct which are necessary to provide the District with a successful athletics program. If athletes are to realize the benefits of athletic participation, then a clear understanding of expectations, code of conduct, academic responsibilities and values must be inherent in the athletics program's educational goals.

**ATHLETE'S AGREEMENT**

As an athlete I agree and promise:

- ▶ To maintain the highest standard of academic performance in all my classes. My responsibility as a future adult relates to both my academic and athletic performance. I promise to remain in good academic standing, promote good citizenship in school, and attend all my assigned classes.
- ▶ To maintain my health and fitness levels by observing the training rules as prescribed by the athletic department and coaches. This includes full participation in physical education class, strength and conditioning training, and meeting with the District athletic trainer regularly to improve my physical ability.
- ▶ To reflect the knowledge that a commitment to victory is nothing without the commitment to hard work in practice. I understand that I am expected to attend all practices, meetings and games. I also understand that I am responsible for myself and my timely arrival to all practices, meetings and games. Practices will be held during holidays and vacations and every athlete is expected to attend without exception. (We understand that family emergencies may occur from time to time, and each case will be handled and evaluated on an individual basis.) I will always be properly equipped and ready to play at all team sessions.
- ▶ To demonstrate maturity and sportsmanship by showing my teammates, coaches, athletics department personnel, officials, opponents, and spectators proper respect. I will be a worthy representative of my school, teammates and coaches by abiding by rules and values of my team, school and community.
- ▶ To refrain from any participation in bullying or hazing both as an athletic team member and as a student of Plainview-Old Bethpage Central School District.
- ▶ To accept the responsibilities of team membership: cooperation, positive and mature attitude (even when things are not going exactly as I would like), shared responsibilities, loyalty to my teammates and coaches, mutual respect, support of my teammates during tough times, and my personal commitment to keep my promises.
- ▶ I will not blame others for my shortcomings, and I will work hard to correct them. I will take constructive criticism correctly and in the manner in which it was intended, to help my future performances and to improve as an individual.
- ▶ To abstain from the use of illicit drugs, tobacco and alcohol.

I agree to work hard to attain these goals and keep my promises. I realize that failure to do so constitutes a breach of promise on my part and I fully understand that disciplinary action, including suspension and/or dismissal from the team, may result.

(see reverse side)

**PARENT'S AGREEMENT**

As the parent of an athlete in the District, I promise:

- ▶ To support the work and efforts of the Athletics Department, school personnel, and coaching staff to assure a positive experience for all the children involved in the athletics program.
- ▶ To acknowledge the ultimate authority of the coach to determine strategy, player selection, playing time, and use of team personnel. These are judgment issues and not subject to discussion or any other review. The athletic department conducts official reviews of each coaching position with each assigned individual at the completion of the season. These are comprehensive reviews and not subject to public scrutiny as outlined by Board of Education policy not to discuss personnel issues in public.
- ▶ To assist my child in meeting all of his/her team obligations regarding attendance at practice, meetings and games. To further assist my child by requiring him/her to abide by his/her commitment to observe training rules, academic eligibility, school attendance requirements, and good citizenship.
- ▶ To promote sportsmanship by example at all contests I attend. I realize it is more beneficial to cheer for my child's team than to verbally abuse any opponent, coach, or official.
- ▶ To attend as many games, contests or matches as my schedule will permit. My showing an interest in my child's interests will go a long way toward promoting a positive relationship within the family.
- ▶ To work cooperatively with other parents to support the athletic program and assure a wholesome and successful experience for all athletes.
- ▶ To accept my child's performance abilities and limitations and to constantly encourage them to keep trying. I will accept a realistic assessment of my child's future as an athlete based on his/her coach(es) and the athletics department expertise.

**Please sign below to attest that you have read this agreement and will abide by its conditions, policies and regulations.**

Sincerely,

Kevin McDermott, District Director of Physical Education, Health, Athletics, Recreation and Dance

Parent's Signature	Date	Student-Athlete's Signature	Date
Coach's Signature	Date		

This agreement was approved and endorsed at the May 4, 1998 meeting of the Board of Education by: POB Board of Education, POB Athletic Booster Club, PCT Teacher/Coaches

Amended September, 2004 (updated 4/7/05)