

# Hadley-Luzerne Central School

*HOME OF THE EAGLES*



**INTERSCHOLASTIC ATHLETIC CODE**

## **PRINCIPLES OF THE INTERSCHOLASTIC PROGRAM**

We believe interscholastic athletics serve as a miniature model of life 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. Winning games has often been considered the measure of success. This is not to say that the will to win is not important. It is very much a part of the total development of an athlete, but of considerably greater importance is the development of the person, and affording each student the opportunity of becoming all that he/ she is capable of being. Thus, the athletic program which is centered on the welfare of the students is a vital part of the total Hadley-Luzerne curriculum.

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

- A. Is regarded as an integral part of the *total* educational program and conducted so that it is worthy of such regard.
- B. *Supplements* rather than serves as a substitute for basic physical education programs and instructional programs.
- C. Is subject to the same administrative control as the total educational program.
- D. Is conducted by persons with adequate training either in physical education or through coaching certification programs.
- E. Is conducted so that the physical welfare and safety of participants is protected and fostered.
- F. Is conducted in accordance with the letter and spirit of the rules and regulations of the Adirondack League, Section 2, and NYSPHSAA.

This Athletic Code will apply to all student athletes and will be in effect ***AT ALL TIMES (start of Fall Sports season – conclusion of Spring Sports season), IN ALL LOCATIONS (on school grounds) and INCLUDING NON-SCHOOL ACTIVITIES (off school grounds).***

## **NYSPHSAA CODE OF ETHICS**

It is the duty of all concerned with high 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 by of sports officials.
- To achieve a thorough understanding and acceptance of the rules of the game and standards of eligibility.
- To encourage leadership, use of incentive, and good judgment by the players on the team.
- To recognize that the purpose of the athletics is to promote the physical, mental, moral, social and emotional well-being of the individual players on the team.
- 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.

## ADIRONDACK LEAGUE SPORTSMANSHIP CODE

In the belief that good sportsmanship on the part of spectators at high school athletic contests is as important as good sportsmanship on the part of the 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.

*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.
- Verbal abuse of any athletes or officials by team members or spectators shall be considered unsportsmanlike conduct.
- 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 and 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.

### Chain of Command for Athletic Concerns

#### Chain of Command:

Team Coach  
Varsity Coach  
Athletic Director  
School Principal  
Superintendent Board of Education

It is the recommendation of the Athletic Department that the above chain of command be followed when there is a problem. Whether the problem is personal or otherwise, we feel that the above procedure will help clarify the event in question and will possibly solve the problem at the grassroots level. We prefer that all parties involved insist that the chain be followed. Please check to confirm that the person has been contacted for information prior to your getting involved. **If you feel that a resolution to the problem has not been achieved, then and only then should the next higher person be involved.**

### CONDUCT OF AN ATHLETE

**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 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.

**Player Ejection Policy**- Any player on a varsity, junior varsity, freshman or modified team in Section II shall be suspended for the next scheduled contest if he/ she is ejected from a contest for unsportsmanlike behavior by an official. The next contest is defined as the next contest in which the disqualified athlete is eligible to play, whether it is that sport season, the next sport season, or the next year. A player who might be injured (for example, during a fight for which he was ejected) would be ineligible for the first contest for which he/ she is medically cleared. **Sectional, regional, or state games are NOT exempt from this rule.** If a disqualified player plays illegally in a contest, that contest is subject to forfeiture pending decision of the sportsmanship committee.

**In the Classroom**- In the academic area, a good athlete becomes a good student. A person cannot be a classroom laggard and think he/ she can be an outstanding athlete. As an athlete, you must plan your schedule so that you give sufficient time and energy to your studies to insure acceptable grades.

*In addition to maintaining good scholarship, an athlete should give respectful attention to classroom activities and show respect for other students and faculty at all times.*

Any student athlete who receives IN SCHOOL SUSPENSION (ISS) or OUT OF SCHOOL SUSPENSION (OSS) shall NOT be allowed to participate in any sports activities that day / evening. ISS and OSS are assigned at the discretion of the HLCS Administration.

**In School**- The way we act and look is of great importance. Athletes should be leaders, and fellow students should respect and follow them.

**In summary, All student participants in HLCS athletics commit themselves to act in in a sportsmanlike / civil manner at all times, reflecting the pride and self - discipline that is expected in our athletics program.**

## **TRAINING RULES FOR PARTICIPATION IN INTERSCHOLASTIC ATHLETICS**

### **I. Good Conduct At All Times**

Team members are expected to be good citizens of our school and community. School citizenship, homework, class participation and conformance to all school regulations are as important as personal conduct at practices and contests.

### **II. Late Hours**

Any team member must have sufficient rest to perform at their maximum efficiency. Following coach and parental guidelines, each athlete must receive their needed sleep.

### **III. No Use of Tobacco Products, Vaping products, Alcohol or Illegal Drugs**

Students interested in developing their athletic talents and achieving their potential will not subject themselves to using, possessing tobacco products, vaping products, alcohol or illegal drugs or drug paraphernalia.

If an athlete is believed to be in violation of Part III or the Training Rules above, an investigation will be conducted by the appropriate school personnel. During this time, a temporary suspension may be instituted pending the results of the investigation. If an athlete is found to be in violation, a meeting will be held with the athlete and may include the parent/ guardian, the athletic director, building principal, and coaches. The following penalties will be:

**First Offense:** Athlete will be suspended from competing in 20% of the remaining contests for that sports season. The suspension will be at least one full contest. Athletes are expected to continue participation in practice to maintain their eligibility.

**Second Offense:** Athlete will be suspended for the remainder of that sports season. The athlete may be expected to continue practice.

**Third Offense:** Any further violation while participating in another sport during the same school year will result in complete suspension from athletic participation for the remainder of the school year.

***“Offenses” are a progression and continuation throughout the school year, thus they do NOT start over at the beginning of a new sports season.***

During the investigation of any student-athlete violation, the student-athlete must be truthful and forthcoming with information or the Athletic Director has within his/ her power to impose a greater level of consequence if it is determined that the student-athlete has lied, been deceptive, or untruthful prior to or after the determination of guilt and/ or consequences.

### **EXTRACTION FROM TEAMS**

After a team roster has been finalized (7 practices for JV and Varsity and 10 for Modified levels), any student athlete who leaves that team (quits or is removed) at any point during the season will then be required to appear before an Athletic Committee that *may* include the following: Coach of that team, Parent(s), School Administrator(s), and Athletic Director among others. The meeting shall take place on the first possible school day after knowledge of the student athlete departing the team is known. The purpose of the meeting will be to bring closure to the situation. The student athlete shall not be allowed to participate in any further HLCS Eagles Athletic program during current, ensuing, or following school years without approval of the “committee.”

### **SCHOOL ATTENDANCE POLICY**

The attendance office will maintain a list daily of those students who were absent for all or part of a school day. Any such student not specifically excused by the administration or not having a *legal excuse*, i.e., appointment, college visitation, will be ineligible for any sports activity that day. If an absence occurs on a Friday, participation in contests the following day must be approved by the *Athletic Director or Hadley Luzerne Administration*.

### **ATHLETIC ATTENDANCE**

Being part of a team is a commitment. Athletes are expected to attend all practices, scrimmages, and contests. This may include weekends and school vacations. Failure to comply with attendance expectations may result in forfeiture of participation in contests and removal from the team.

### **STUDENT ELIGIBILITY**

According to the Commissioner's Regulations, a pupil shall be eligible for inter-school 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 number of practices before being eligible for competition. Your coach will inform you of these rules.

## **SCHOLASTIC ELIGIBILITY**

As students enter secondary school they are faced with an atmosphere that requires greater independence and offers increased opportunities to make choices from a variety of courses and activities. At the same time, students must begin to establish priorities in their lives and goals for the future.

Involvement in athletic programs, music groups, clubs and other social activities are of intense interest to the typical secondary student and sometimes demands a large investment of time and energy. The following guidelines are suggested to help determine whether a student should cut back on extracurricular activity in order to enhance academic performance:

### **1 Identifying Potential Problems**

- a. Adverse interim reports or report card grades are not up to expected level of ability.
- b. Excessive late or long hours, causing fatigue and inability to complete assignments.
- c. Excessive tardiness or absences from school
- d. Communications from teacher, coaches or administration regarding academic or social difficulties.

### **2. Gaining Additional Information**

- a. Call teachers, counselors, or coaches regarding problems or for a progress report.
- b. Look over your child's work, tests, papers and assignments.
- c. Ask your child on a regular basis to comment on how things are going or whether they may be having a problem.
- d. Talk with the parents of other students involved in the same activity to see how they are handling time demands.

### **3. Potential Options**

- a. Students having difficulty may arrange for extra help during study hall time, resource periods or before or after school by appointments.
- b. Teachers may be able to suggest specific activities that parents can use to help students improve their class work.
- c. All concerned should continually stress the need for students to achieve their potential, academically, athletically and in all areas of their interest and endeavor.

**Athletes need to be aware of and must adhere to the current academic ineligibility policy implemented by the Hadley-Luzerne Central School Board of Education.**

## **SPORTS PHYSICALS**

A physical examination by a doctor must be on file with the school prior to their participation. Insurance coverage for injuries sustained in practice or games, is provided to supplement your family health insurance. All injuries must be reported immediately to the coach in charge.

### **STUDENT ACCIDENT INSURANCE**

Should a student at the Hadley-Luzerne Central School be injured at an approved school function, i.e., sporting event, the parent/ guardian needs to notify the appropriate Health Office and acquire appropriate insurance forms. The forms must be completed by the family and sent to their carrier.

The school district provides a Student Accident Insurance policy which provides Excess Coverage. This coverage is initiated after the parents' or guardians' family health plan has been used. Therefore, all bills related to the injury will first be paid by the family health insurance carrier. Should a balance remain, it should then be submitted to the school's Student Accident Insurance carrier.

The benefits payable for school related claims are shown on the fee schedule. Any balance will be the patient's responsibility.

Any questions regarding the benefit payable for school related claims should be directed to the Business Office at 696-212 x 136.

### **RISK FACTOR IN SPORTS**

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

### **TRANSPORTATION**

Athletes are required to travel to and from contests and scrimmages conducted at opposing schools via district provided transportation. With approval, athletes may secure private transportation from athletic contests after completed. Requests for private transportation must be in writing, signed by the parent/ guardian, and approved by the coach.

It is the athlete's responsibility to arrive in a timely manner for district provided transportation to scrimmages and games. Failure to do so may result in loss of district provided transportation privileges for that contest and possible forfeiture of athletic participation.

Athletes are expected to follow all rules set forth by the district department of transportation and to be courteous and respectful at all times.

### **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 of Athletics' office and forwarded to the building principal involved.

***Students NOT turning in uniforms may risk their opportunity to play another sport at HLCS.***

## ATHLETIC AWARDS

### I. General Requirements for all Awards

1. ***A player must complete the season;*** the coach with approval of the principal and athletic director may make exceptions in unusual cases. The coach reserves the right to recommend the granting of a letter to any team member, who in his judgment has demonstrated extra-ordinary effort or improvement.
2. Any athlete must be a good representative of the school and must display the qualities of a lady/ gentleman and good sportsmanship.
3. An athlete must return all issued equipment prior to receiving any athletic award.
4. Only one letter will be awarded a varsity athlete; a certificate and pin will be given for each succeeding season of varsity competition.
5. All sub-varsity members of a team shall receive the appropriate certificate award upon successful completion of that sports season.
6. Any high school student who is a first year member, statistician, or scorekeeper on a varsity team is eligible to receive a participation certificate. A senior who is a varsity manager for the first time may receive a varsity letter at the discretion of the coach.

### II. Requirements for Varsity Letter

1. Based on each responsible coach's recommendations, criteria should include amount of participation, practice, attendance, attitude, individual progress, and any other factors each coach may wish to include.
2. Seventh and eighth graders who participate on upper level teams under the Selection Classification Program are eligible to receive whatever award is appropriate to their participation.
3. Volleyball, Soccer, Field Hockey, Boys & Girls Basketball, Tennis, Golf, Bowling –In each of these sports, you must compete in a minimum of one-half of games, meets or matches played.
4. Boys & Girls Cross Country, Baseball, and Softball—in each of these sports, you must participate in a minimum of one-third of team meets or games played.
5. Cheerleading—Participate in all games unless ill or injured and fulfill all general requirements.
6. Managers, Statisticians and Scorekeepers—fulfill all duties assigned by the coach and participate on a regular basis.

## COMMUNICATION

As athletics is an integral element of a student's overall educational experience, appropriate communication among athletes, coaches, parents, and administration is vital. Ideally, as a part of the learning process, athletes should work to resolve any questions or concerns that he/she may have directly with the coach. Further questions or concerns that athletes or parents may have should again be addressed with the coach first. Coaches will be available to meet at an appropriate time. If the questions or concerns continue then the athletic director should be contacted next.

**The interscholastic athletic code serves all athletes and athletic teams. Additional rules and expectations for each sport may be indicated by the coach. However, all athletes are expected to adhere the code herein.**



# Parent/Athlete Concussion Information Sheet

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

## WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports **one or more** symptoms of concussion listed below after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it’s OK to return to play.

### Did You Know?

- Most concussions occur without loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

### SIGNS OBSERVED BY COACHING STAFF

- Appears dazed or stunned

### SYMPTOMS REPORTED BY ATHLETES

- Headache or “pressure” in head

- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or "feeling down"

### **CONCUSSION DANGER SIGNS**

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

### **WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?**

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. **They can even be fatal.**

### **WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?**

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

Rest is key in helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

## **Remember**

Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

It's better to miss one game than the whole season.

For more information on concussions, visit: [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion)

# **STEP BY STEP RETURN TO PLAY**

**As of July of 2012, NYSED has mandated all schools create a protocol for concussion management based in accordance with the concussion management and awareness act.**

Once a diagnosis of a concussion has been established by a medical provider, our school concussion protocol will be implemented. ***There are NO exceptions to this policy.***

**STEP 1** Clearance by medical provider to begin the return to play process

**STEP 2** The school nurse will then contact the A.D and the physical education teachers. The A.D. will then notify the proper coach.

**STEP 3** The *physical education teacher* will begin the 5 step return to play process. The athlete will be responsible for having the physical education teacher sign off on each step using the RTP/RTA check list. A period of 24 hours between the 5 steps is MANDATORY.

**STEP 4** Once the student has progressed through steps 1-4 on the RTP/RTA check list they then move on to step five which is final clearance by the school medical provider. Parents will be notified that they ***need to set up the appointment with Evergreen Health Center for final clearance.***

**STEP 5** Students provide proof of clearance from the school medical provider to the nurse. The nurse will then inform physical education teachers and the A.D.



**HADLEY LUZERNE CENTRAL SCHOOL**  
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*“Exploring Possibilities and Expanding Potential”*

*Gary Wilson*  
*Director of Athletics*

**Interscholastic Athletic Code**

The interscholastic athletic code serves all athletes and athletic teams. Additional rules and expectations for each sport may be indicated by the coach. However, all athletes are expected to adhere to the code as noted. All athletes must review and sign acknowledgement and understanding of said rules, along with their parents(s) / guardians(s).

**THIS FORM TO BE RETURNED TO YOUR TEAM COACH PRIOR TO FIRST PRACTICE**

\_\_\_\_\_  
Athlete's Name

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

\_\_\_\_\_  
Phone #

\_\_\_\_\_  
Address

\_\_\_\_\_  
D.O.B / Age

\_\_\_\_\_  
Sport / Level

\_\_\_\_\_  
Date of physical

**I have read and understand the guidelines, procedures, training rules, and concussion management information sheets. I give my son/daughter, \_\_\_\_\_, permission to participate knowing the expectations outlined above.**

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

\_\_\_\_\_  
**Athlete's Signature**

\_\_\_\_\_  
**Date**



Do you have any medical conditions we should know about? (Ex: Anemia, diabetes, seizures, heart condition)

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Please list any medications / supplements / vitamins that you are currently taking with dosages:

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