

Hilton Cadets

Sportsmanship... Be A Cadet Fan!

Hilton Central Schools



Athletic Handbook 2009-2010

For Coaches, Student Athletes and Parents

Mike Giruzzi
Athletic Director



Hilton Cadets

Sportsmanship... Be A Cadet Fan!

Dear Cadet Coaches, Student-Athletes and Parents,

Welcome to another fantastic year of Interscholastic Sports... Cadet Style!

The Hilton Central School Districts Athletic Department in cooperation with the Monroe County Athletic Association and Section V believes that good sportsmanship is a major part of athletic competition. It is our goal to create a healthy, safe, and exciting atmosphere where good sportsmanship is encouraged. Please extend your respect to the officials, coaches, players, and other spectators.

High school athletics is an important part of the overall educational program. It affords students the opportunity to challenge themselves both physically and mentally. We believe athletic participation plays an integral role in our districts mission of "Maximizing the Potential of the Individual Learner". Athletes develop skills that they will use throughout their lifetime. Dedication, commitment, sacrifice, determination, perseverance, and teamwork will be important elements in successful seasons and also serve them well in whatever career path they choose.

Parents, Thank you! Your contributions to Interscholastic Sports over the years have not gone unnoticed. We invite you to stay involved and invite others to join you in supporting our student-athletes.

Most importantly, come out and enjoy a game! You will be seeing athletics at it's finest... Cadet Style.

Yours in sports,

*Mike Giruzzi
Athletic Director*

Interscholastic Athletic Department Information

How May We Help You...?

| | |
|------------------------|---|
| Director of Athletics: | Michael P. Giruzzi |
| Office Professional: | Laurie Diedrich |
| Team Physicians: | Dr. Blackburn, Dr. Zoghlin |
| Athletic Trainer: | Jeff, Zink - University Sports Medicine |

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Assistant Superintendent for Business

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Our Mission

The mission of the Hilton Central School District Department of Athletics is to establish and maintain a World Class Interscholastic Athletic Program.

Our Decision Making Filter

The filter that will be used to make all decisions in this World Class Interscholastic Athletic Program will be:

“What is the best for the student-athlete?”

Purpose

The purpose of this Athletic Handbook is to provide our coaches, student-athletes and parents with uniform information regarding the policies and procedures of our Interscholastic Athletic Program.

Our Vision

“Maximizing the Potential of the Individual Learner”

Hilton Cadet Sport Offerings

Fall

Boy's

Cross Country
Football
Soccer
Volleyball

Girl's

Cheerleading
Cross Country
Field Hockey
Gymnastics
Soccer
Swimming
Tennis
Volleyball

Winter

Boy's

Basketball
Bowling
Ice Hockey
Indoor Track
Swimming
Wrestling

Girl's

Basketball
Bowling
Cheerleading
Indoor Track
Ice Hockey
(Intramural)

Spring

Boy's

Baseball
Golf
Lacrosse
Tennis
Track

Girl's

Field Hockey (modified)
Softball
Track
Lacrosse

Cadet Hotline – 392-1049

(Schedule Changes or cancellations updated daily at 2:00 p.m.)

Schedulesonline.org

(Schedule changes made automatically Online as we make them.
Directions are also available on this site.)

Interscholastic Athletic Program Philosophy

Varsity

The varsity level of athletic competition is the culmination of each sport's program. Obviously the goal at the varsity level is to prepare to win and to strive for victory in each contest. However, it is also important to know there is focus on team play and sportsmanship.

A sound attitude and an advanced level of skill are prerequisites for a position on the varsity team. The number of participants on any given team is based on the needs to conduct appropriate practices and to play the contests. Further, the number of roster positions is relative to the student-athlete's acceptance of their individual roles in pursuit of the team's goals. It is to be understood that the dedication and commitment needed to participate on a varsity team needs to be taken seriously. Practices and contests require a six-days-a-week commitment, with an understanding that this commitment is often extended into vacation periods throughout the school year. A specified amount of playing time at the varsity level is never guaranteed.

Junior Varsity/Freshman

At the Junior Varsity and freshman level, emphasis continues to be placed upon team play, sportsmanship, physical conditioning, and refinement of basic skills. These two programs prepare student-athletes for the varsity level of competition by working towards an achievement of balance between team and player development and striving for victory. At this level, the outcome of the contest becomes a consideration. Adequate playing time for all team members is strongly encouraged, however a specified amount of playing time is never guaranteed.

Modified A

Currently the only Modified A level sport is cheerleading. The Modified A level is primarily designed and made available to student-athletes in Grades 7, 8 and 9. This program prepares student-athletes for the junior varsity level of competition by placing emphasis on sportsmanship, learning athletic skills and game rules, fundamentals of team play, socio-emotional growth, physical conditioning, and healthy competition.

Our goal is to maximize participation and playing time for student-athletes. However, if the number of students trying out for the team creates a situation that is difficult to manage, poses a safety problem, or is problematic because of facility considerations, reducing team size by "cutting" may be necessary. Ultimately, the number of teams and size of the team rosters in any sport will be determined by the availability of league schedules, financial resources, qualified coaches, and suitable facilities.

Modified B – Grades 7 and 8

The Modified B level is primarily designed and made available to student-athletes in Grades 7 and 8. This program prepares student-athletes for the next level of competition by placing emphasis on sportsmanship, learning athletic skills and game rules, fundamentals of team play, socio-emotional growth, physical conditioning, and healthy competition.

Our goal is to maximize participation and playing time for student-athletes. However, if the number of students trying out for the team creates a situation that is difficult to manage, poses a safety problem, or is problematic because of facility considerations, reducing team size by “cutting” may be necessary. Ultimately, the number of teams and size of the team rosters in any sport will be determined by the availability of league schedules, financial resources, qualified coaches, and suitable facilities.

Physicals

The first requirement that needs to be completed prior to trying out for or playing on an Interscholastic Sport’s Team is to have a physical examination. These sport’s physicals are given annually on three different dates at the end of the summer, prior to the beginning of tryouts and practices.

Remember, student-athletes may not tryout or participate if they have not had a physical. Also, a Health History Update is required if the physical is not within thirty (30) days before the start of a sport’s season. These forms may be obtained in the Nurse’s Office in the High School, in the Nurse’s Office in Merton Williams, or in the Athletic Office, located at the High School.

Cuts

Unfortunately there are times a student-athlete may face a situation where he/she does not make the team. When this happens, coaches will meet with each of the students individually to explain to them why they did not make the squad. It is understood that this is a very difficult time for coaches, players, and families. We feel these meetings are vital so that there is a good understanding of why this decision was made.

Preseason Meetings – “Congratulations – Your son/daughter made the team!”

One of the most important ingredients for a successful sport season is effective, open and appropriate communication between the coach, parents and student-athletes. In order to ensure that communication takes place, preseason meetings are scheduled by the Athletic Department at the beginning of each sport’s season. Topics of these meetings include athletic department policies, individual team expectations and rules, the health and safety of the student-athlete and a variety of other subjects. Attendance at these meetings is required for coaches and student-athletes. Likewise, the parents are invited and strongly urged to attend. At this meeting the pledge to uphold the *Interscholastic Sport’s Rules* is signed.

Practice Sessions

Student-Athletes are expected to attend all scheduled practice sessions and games unless excused by the coach in conjunction with the parent. The importance of practice is clearly stated in the philosophy statements. It is also important to note that fall practices for Junior Varsity and Varsity teams usually begin in the second or third week of August. Please plan accordingly.

Changing Sports

It is important that the student-athlete try out for the right sport, particularly at the Junior Varsity and Varsity level. A student-athlete may not change from one sport to another once a team has been selected, without permission from the Athletic Director. If she/he has been cut from one team, it is legitimate to try out for another sport.

Questions or Concerns

From time to time during the course of an athletic career in our school, parents may have questions or concerns that need to be discussed. To appropriately address these questions or concerns we have established a protocol, or if you will, a chain of command to be followed to make sure we have everyone included in the communication loop as follows:

- Your Child
- Coach
- Athletic Director
- Superintendent of Schools
- Board of Education

Thank you in advance for adhering to this protocol.

Sportsmanship

Student-Athletes, Coaches, Parents, and Fans must recognize the importance of being a “Good Sport” when participating in or attending athletic contests. Remember to treat our visiting team members, students, and adult spectators as guests and we will expect the same when we visit other schools. Officials are the proper authorities to make decisions regarding rules. Their interpretations and decisions are to be accepted. Remember that an athletic contest is only a game and should be treated as such for the well being of players, coaches, school, official, fan or community. Please be a ...”Cadet Fan.”

Sports and the Athletic Program

Athletics are an integral part of a well-balanced education program. Therefore, the Board supports within its resources a broad sports program with equal access for both males and females, with emphasis on maximum participation, through interscholastic and intramural activity.

The interscholastic athletic program shall conform to the Regulations of the Commissioner of Education as well as the established rules of the New York State Public High School Athletic Association and the State Education Department.

Eligibility for interscholastic athletic competition requires that students:

- Provide written parental/guardian consent;
- Pass satisfactorily the medical examination administered by the school physician; and
- Meet the requirements for interscholastic competition as set forth by the Commissioner's Regulations and the New York State Public High School Athletic Association.

Student Athletic Injuries

No student-athlete should be allowed to practice or play in an athletic contest if he/she is suffering from an injury. The diagnosis of and prescription of treatment for injuries is strictly a medical matter and should under no circumstances be considered within the province of the coach. A coach's responsibility is to see that injured players are given prompt and competent medical attention, and that all details of the athletic trainer's or physician's instructions concerning the student's functioning as a team member are carried out.

No student-athlete will be allowed to practice or compete if there is a question whether he/she is in adequate physical condition.

A physician's certificate may be required before a student-athlete is permitted to return to practice or competition.

Safety

The District will take reasonable steps to see that physical risks to student-athletes participating in interscholastic athletic programs shall be kept at a minimum by:

- Requiring medical examinations of participants;
- Obtaining appropriately certified and/or licensed officials to coach all varsity, junior varsity, and modified games.
- Ensuring that equipment is both safe and operative within approved guidelines.

Supervision

Student-athletes must be supervised by the coach in charge of the sport. Coaches are responsible for:

- Supervision of the locker room.
- Supervision of student-athletes at the end of practice. This may entail bus duty, or making sure student-athletes have transportation home.

Selection Classification

The Selection Classification program is a process for screening student-athletes to determine their readiness to compete at a higher level in interscholastic athletic competition than their current grade level. **The intent of this program is to permit the truly accelerated student-athletes the opportunity to participate safely at an appropriate level of competition based upon readiness rather than age and grade.** This program has been designed to assess a student-athlete's physical maturation, physical fitness, and skill, so the student-athlete may be placed at a level of competition which should result in increased opportunity, a fairer competitive environment, and greater personal satisfaction. Also taken into consideration is the socio-emotional maturity of each student-athlete.

The Varsity Coach of each sport recommends to the Athletic Director those student-athletes who should be considered for this process. Requests directly from parents or student-athletes will not be honored.

Transfer Rule

As part of Section V, it needs to be very clear we intend to strictly follow the NYSPHSAA's Transfer Rule and the Regulations of the Commissioner of Education, 135.4 as it pertains to all transfer requests.

Athletic Eligibility

Any student-athlete who wishes to participate in interscholastic sports, grades 7-12, must maintain an overall academic average of 73%.

Grades are calculated on a 5-week basis for all subjects taken during that period of time, not the overall academic average for the year. Student-athletes failing to maintain a 5-week average of 73% or above will be placed on “probation” for the following 5 weeks. “Probation” is defined as a period of time that student athletes will be allowed to practice and participate/play in interscholastic sports. However, they will need to attend extra help sessions either during or after school. They will also need to do a weekly grade check sheet. If at the end of the 5-week “probation” period the student athlete raises his/her overall academic average to 73% or above, he/she is off “probation”. If at the end of the 5-week “probation” period the student athlete fails to raise his/her overall academic average to 73% or above, he/she is declared “academically ineligible” for the next 5 weeks. “Academic Ineligibility” is defined as a period of time that student-athletes will be allowed to practice but will not be allowed to play/participate in games or contests. The student-athlete remains ineligible until there is a 5-week academic average of 73% or above. The first 5 weeks after becoming eligible, the student athlete remains on “probation”. (The fall season would be based on the 4th quarter grade for the previous year.)

Student athletes who have been declared academically ineligible shall have the right to appeal for extenuating circumstances to the Director of Athletics. An appeal will be heard as quickly as possible upon the written request being initiated from the student. Students will be allowed only one (1) appeal during their school career, grades 7-12.

Interscholastic Sport’s Rules

Participation in Interscholastic Sports is a privilege and carries with it responsibilities to our school, teams, student body and community. The Interscholastic Sport’s Rules covers two very specific areas, Training Rules and Citizenship/Sportsmanship Rules.

The Student Athlete’s conduct both in and out of season can result in either positive or negative consequences. The consequences for violation of either the Training Rules or Citizenship/Sportsmanship Rules will apply on a career basis beginning in the seventh grade.

Training Rules

The use of tobacco (smoking and chewing), alcohol and illegal drugs are detrimental to one's health and physical condition. The Board of Education and Hilton Central Schools do not condone the use of these substances and upholds the Interscholastic Sports Training Rules.

Citizenship/Sportsmanship

Student-athletes are expected to live by the laws of our country, state, county, and town. Rules and policies of our school district and the athletic department are also expected to be followed at all times. Further, our student-athletes are expected to demonstrate good sportsmanship during all contests and practices.

Application of Rule Violations

Violations have been broken down into two categories, the first category is *Training Rules and Citizenship/Sportsmanship Rule Violations*; the second is *Other Major Violations*. For each of these categories is a description of the levels of consequences. These levels are determined by the seriousness of the violation and by the number of offenses for a particular student-athlete.

Category I - Training Rules and Citizenship/Sportsmanship Rule Violations

This category includes but is not limited to the following violations:

- **Assault**
- **Attending gatherings where underage drinking or use of illegal drugs is taking place or transporting athletes to this gathering**
- **Cheating**
- **Consumption/possession of Alcohol**
- **Endangering**
- **Fighting**
- **Forgery**
- **Harassing/Taunting**
- **Insubordination**
- **Lying**
- **Truancy**
- **Unsportsmanlike Conduct**
- **Use of Anabolic Steroids**
- **Use/possession of Tobacco (smoking or chewing)**
- **Use/possession of Illegal Drugs**
- **Vandalism**
- ***Other similar offenses or persistent offenses**

Consequences

The following are the consequences for a Category I violation:

- Level 1:** Student-Athlete may be suspended from participation in Interscholastic Sports for a period of time up to **30** days. Student may practice with the team, but may not dress for or participate in contests.
- Level 2:** Student-Athlete may be suspended from participation in Interscholastic Sports for a period of time from **30** up to **60** days. Student may practice with the team, but may not dress for or participate in contests.
- Level 3:** Student-Athlete may be suspended from participation in Interscholastic Sports for a period of time from **60** up to **185** days. However, student may not practice with the team, or dress for or participate in contests.

Category II - Other Major Violations

This category includes but is not limited to the following violations:

- **Sexual assault**
- **Being convicted of a felony**
- **Hazing**
- **Need to have intervention by police**
- **Organizing or hosting gatherings where drinking or the use of illegal drugs takes place**
- **Possession of a dangerous or concealed weapon**
- **Selling, distributing or providing alcohol or illegal drugs**
- **Theft**
- ***Other serious or persistent problems**

Consequences

The following are the consequences for a Category II violation:

- Level 1:** Student-Athlete will be suspended from participation in interscholastic sports for a period for up to 1 year (185 school days). Student may not practice with the team, or dress for or participate in contests.
- Level 2:** Student-Athlete will be suspended from participation in interscholastic sports for a period for up to 2 years (370 school days). Student may not practice with the team, or dress for or participate in contests.

Level 3: Student-Athlete will be suspended from participation from interscholastic sports for the remainder of High School career.

Procedures

Upon receiving a report of an Interscholastic Sports Rule violation, the following procedures will be followed.

- Validation of Report
- Discussion with student-athlete
- Determination of Consequences
- Notification of Parents

Definitions/Interpretations **Consequence Timelines**

In-Season

If a student athlete is In-Season the consequence timeline begins immediately. If the duration of the consequence goes beyond the end of the current season, it will carry over into the next season **in which the student-athlete previously participated**. The beginning date for calculating this carry-over would be the official practice start date of that particular season.

Out of Season

If a student athlete is Out of Season the consequence timeline begins in the next season **in which the student-athlete previously participated**. The beginning date for calculating this carry-over would be the official practice start date of that particular season.

Educational Component

As part of an educational component of the consequence phase, Student-Athletes have an option to complete a program to assist them in dealing with any of the issues that led to the violation of the Athletic Code of Conduct. This educational component may include the following:

- **Substance Abuse Program**
- **Smoking Cessation Program**
- **Anger Management**
- **Community Service**
- **In-School Service**
- **Other Intervention Services as needed**

Upon selection of the educational component, the Student-athlete must meet with the Athletic Director for approval of the plan. This needs to be done within (5) school days of incident. Upon approval and completion of the prescribed plan, a reduction in the consequence of up to 50% would be put into place.

Honesty Provision

If a student-athlete comes forward and freely admits to the Athletic Director a **first-time** violation of the Training Rules and agrees to complete the educational component, the consequences would be reduced up to 25%.

Self-Referral

Any **first-time** code violations that are self or family reported prior to district awareness of the violation will result in up to a 50% reduction of the normal suspension consequence.

Appeal Process

Should there be a need for an appeal, an Athletic Hearing Committee, comprised of the Athletic Director, a Varsity Coach, Building Administration, and a Counselor will be convened to hear the appeal.

Student Responsibilities

- **Class Attendance** – Every student-athlete must attend classes regularly and on time. Student-athletes will be governed by any and all policies regarding medical and academic eligibility that are in place in the district as approved by the Board of Education.
- **Team Practices and Games** – All team members are expected to attend all practices and games unless excused by the coach. To be excused, the student-athlete must be in direct contact with the coach prior to the practice or game from which the athlete wishes to be excused. Team members will not be excused from athletic contests or practices for work-related reasons. Parents and student-athletes are required not to schedule non-emergency appointments during practice and game time. Unexcused absences will result in disciplinary action by the coach.
- **Absences and suspensions** – All student-athletes must be in attendance by 9:00 a.m. on the day of practice or contest unless otherwise legally excused.
- **Squad Morale** – Any student-athlete whose attitude, in the opinion of the coach and the Athletic Director, has an adverse effect on the squad morale may be dismissed from the team.
- **Dismissal After Athletic Contests** – Each team members is expected to stay until the end of the contest. Dismissal will be made by the coach.
- **Transportation** – Buses are provided for all away contests. Student-athletes are expected to ride the buses to and from away contests unless there is an extenuating circumstance. In that case, alternate means of transportation must be requested in writing and approved by their coach.
- **Care of Equipment** – All student-athletes are responsible for equipment issued to them and will be subject to replacement costs of any equipment that has been assigned to them and lost or damaged.

Athletic Trainer

The Athletic Trainer holds a bachelor's degree and possesses a valid certificate from the National Athletic Trainer's Association. Further, the trainer is certified in cardiopulmonary resuscitation and standard first aid.

The Athletic Trainer may apply the principles, methods and procedures for managing athletic injuries, which shall include the preconditioning, conditioning and reconditioning of an individual who has suffered an athletic injury through the use of appropriate preventive and supportive devices, under the supervision of a physician. Athletic training includes instruction to coaches, athletes, parents, medical personnel and communities in the area of care and prevention of athletic injuries.

Duties and Responsibilities

Deliverer of Emergency Care

- Provides initial evaluation of athletic injuries and gives initial first aid as appropriate, contacts parent or guardian and establishes necessity to refer the athlete to other medical personnel.
- In collaboration with other health services personnel, established emergency action procedures.

Manager of Health Care Pertaining to Athletic Injuries/Illness

- Athletic Trainer assists school health personnel in providing appropriate follow-up procedures for injured student-athletes who may require medical care.
- Maintains records on student-athlete participation-related injury and illness data, and cooperates with school nursing personnel in the sharing of data.
- After consultation with the treating physician and in collaboration with school health personnel, assists in the development of a plan to restore an injured student to full participation status, supervises exercises necessary to attain that status, evaluates the effectiveness of the plan and reports progress to teachers, coaches and health care professionals.
- In collaboration with school health personnel and the treating physician, gathers necessary medical clearance as required under school policy.
- Advises students in the proper use of braces, taping and other devices used to prevent re-injury or future injury.
- Supervises the strength and conditioning programs for injured student-athletes who have approval to resume workouts.
- Instructs the student's family on procedures that can be implemented in the home to prevent injury or prepare the student-athlete to return to full participation.
- Provides instructions in strength and conditioning programs both during the season and during the off-season to maximize the readiness of our student-athletes and to minimize the likelihood of athletic injuries.