

Eastchester



Athletic Handbook

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**Eastchester Athletics
580 White Plains Road
Eastchester, New York 10709**

**Jason Karol
Director of Athletics,
Physical Education and Health**

Dear Parent and Student/Athlete:

Congratulations on making the decision to participate in the Eastchester Central School District Interscholastic Athletic Program. This handbook was developed to assist you and your parents in becoming more aware of our overall excellent athletic program. It includes everything you will need to know in order to become a highly successful student/athlete.

The Eastchester School District has excellent and dedicated coaches. They will assist you both on and off the playing fields. They will help develop your skills, knowledge of the sport, your character and pride in yourself and your team. Remember they will also be following your academic progress. All of this makes for an excellent student/athlete.

When your daughter/son chooses to participate in one of our sports programs, we feel they have committed themselves to certain responsibilities and obligations. This guide will acquaint you with specific policies that are necessary for a well organized program of interscholastic athletics.

Eastchester High School is a member of the New York State Athletic Association competing as a Class A school.

If you have any questions or concerns regarding the Eastchester Athletic Program or this guide, please do not hesitate to call: Jason Karol, Director of Athletics, 914-793-6130 ext 4230.

Sincerely,

Jason Karol

Philosophy of the Eastchester Central School Districts Interscholastic Athletic Department

It is the basic philosophy of the Eastchester Central School district to prepare our students to become productive and contributing citizens of our community and society. We believe that a comprehensive program of student activities is vital to the educational development of our students. The athletic program is an extension of this philosophy.

The Athletic Program at Eastchester is an integral part of the school's educational program. Interscholastic competition provides students with physical, mental and emotional experiences, which benefit not only the individual but the school and total community as well. Participants have an opportunity to acquire qualities of total fitness, self-discipline, loyalty and a sincere devotion to a cause greater than themselves. Winning will always be kept in the proper perspective at Eastchester High School.

Participation in the athletic program is a privilege granted to students in return for compliance with certain rules and conditions. This guide and its contents represent the efforts of the Athletic Department to provide the student athletes and their parents a resource, which will foster a better understanding of the Eastchester athletic program. Please familiarize yourself with the rules and regulations which govern participation in our program and do your part to support them, including attending as many athletic contests as possible.

Athletic Goals and Objectives:

The ultimate goal of athletics at Eastchester is to see each participant become an effective citizen in a competitive and democratic society through the accomplishment of specific objectives.

1. **Learn teamwork** – Develop self-discipline, respect for authority, and the spirit of hard work; place the team and its objectives higher than the personal desires.
2. **Strive for success** – Learn to accept defeat by striving to win through earnest dedication; develop a desire to strive to the best of one's ability.
3. **Display good sportsmanship** – Learn to treat others as one would wish to be treated by developing emotional control, honesty, cooperation and dependability.
4. **Continue to improve** – Establish a goal by diligently practicing skills and consistently adhering to desirable habits and characteristics.
5. **Enjoy athletics** – Acknowledge the personal rewards derived from sports and give sufficiently in order to preserve and improve the athletic program.
6. **To educate** the student body to enjoy sports while maintaining good sportsmanship.
7. **To promote** morale, school spirit and loyalty by providing activities that the whole community can support.

The Role of the Parent in School Sports

A very important goal for interscholastic athletics at Eastchester is to make the athletic experience a positive one for the athletes, parents, and those who choose to watch our teams perform. To achieve that goal we must all work together to support the following ideals:

1. As a parent I recognize that it is vital that I support the efforts and decisions of the coaching staff.
2. As a parent I also recognize the importance of being a positive role model. Therefore, I agree to conduct myself in a manner consistent with what good sportsmanship means, both at Eastchester as well as opposing school sites. I agree to cheer in a positive fashion for outstanding play and will refrain from criticizing the efforts of the officials, the players, (both teams) and the decisions made by the coaches.
3. To encourage your child to do his/her best on and off the playing fields.
4. To have respect for officials, coaches, other parents and athletes.
5. Attendance at practice is a priority for all team members. As a parent/guardian of a team member I will make every effort to assure that my child will be able to attend all practices and contests.
6. Parents/guardians should praise athletes for just participating, regardless of their athletic skills.
7. Look for positives in athletes; avoid ridicule or sarcasm.
8. Parents should not be obsessed with their child's involvement in sports. Athletics is just a small part of your student's over-all educational experience.
9. Parents should remain calm when mistakes are made, and please help our athletes learn from their mistakes.
10. I will support and endorse all the rules, policies and procedures that are discussed in this handbook.

Parent and Coach Communication:

Parenting and coaching are both extremely challenging vocations. We must establish an understanding of each position and the acceptance of the other's actions, so that we can provide a greater benefit to the student/athlete. As a parent of an athlete, you have a right to understand the expectations placed on your child. Opening the lines of communication between the parent and coach can do this.

Communication Parents should expect from the Coach:

- ✓ Philosophy of the coach.
- ✓ Expectations the coach has for all players.
- ✓ Locations & Times of all practices and contests.
- ✓ Team requirements (fees, equipment, off-season expectations)
- ✓ Injury procedures.
- ✓ Discipline that may result in the denial of your child's participation.

What coaches expect from parents:

- ✓ Concerns about appropriate topics should be expressed directly to the coach and or athletic director.
- ✓ Notification of any schedule conflicts well in advance (family events, trips, appointments).

As your child becomes involved with Eastchester Athletics, they will experience some of the most rewarding and valuable moments of their life. It is important to understand that there may also be times when things do not go as your child wishes.

Concerns that are Appropriate to Discuss with Coaches:

- ✓ The mental and physical treatment of your child.
- ✓ Ways to help your child improve.
- ✓ Concerns about your child's behavior.

It can be very difficult to accept your child's not playing as much as you may hope. Coaches are professionals, and their judgments are based on what they believe is best for all students involved. Certain things can and should be discussed with your child's coach. Other issues, such as ones listed below, must be left to the discretion of the coach.

Issues not Appropriate to Discuss with Coaches:

- ✓ Playing Time
- ✓ Team Strategy
- ✓ Play Calling
- ✓ Other Student Athletes

There may be situations that require a conference between the coach and the parent. These conferences are encouraged, and it is important that both parties have a clear understanding of the other's position. When a conference is necessary, there is a procedure that should be followed, to properly address the area of concern.

Procedures for Discussing a Concern with a Coach:

- a. Call to set up an appointment with the coach.
- b. If the coach cannot be reached, call the Athletic Director, Jason Karol, he will arrange a meeting for you.
- c. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both parties, and meetings of this nature do not promote resolution

The Next Step:

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

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

Parents are encouraged to discuss issues/concerns with Athletic Director, after a meeting with the coach has proven unsatisfactory. If there are specific complaints regarding a coach, the coach must have the opportunity to be present.

Coaching Code of Ethics:

As a professional educator and leader, the high school coach or athletic director will:

- ✓ **Exemplify the highest moral character as a role model for young people.**
- ✓ **To recognize coaching as teaching in its truest form.**
- ✓ **Recognize the individual worth and reinforce the self – image of each member.**
- ✓ **Encourage and assist team members to achieve their highest academic potential.**
- ✓ **Create a set of training rules for athletes that reflect the positive values of abstaining from the use of drugs, alcohol, tobacco, and any other destructive behavior.**
- ✓ **Strive to develop the qualities of leadership, initiative and good judgment in each team member.**
- ✓ **Communicate and interpret program goals and objectives to parents and community.**
- ✓ **Provide a safe environment for practice and competition.**
- ✓ **Gain an awareness of the importance of prevention, care and treatment of athletic injuries.**
- ✓ **Respect the integrity and judgment of the game official.**
- ✓ **Teach and abide by the rules of the game in letter and spirit.**
- ✓ **Build and maintain ethical relationships with coaches, administrators, and teachers.**
- ✓ **Strive for excellence in coaching skills and techniques through professional improvement.**
- ✓ **Promote personal fitness and good nutrition.**
- ✓ **Be modest in victory and gracious in defeat.**
- ✓ **Encourage a healthy respect for the over-all athletic program and its vital role in education.**

Responsibilities of a Eastchester Athlete:

Being a member of a Eastchester athletic team is a privilege and an honor. To many athletes, it is a fulfillment of an early ambition. The attainment of this goal carries with it certain traditions and responsibilities that must be fulfilled. A great athletic tradition has been developed by the hard work of many people over the years. As a member of an athletic team at Eastchester, you have inherited a great tradition. Your actions will reflect not only on those with whom you are associated with now, but those who have contributed so much to our school in the past, and those who will follow you.

Many of our athletes have gone on to collegiate or professional fame. Many others have established league, section and state records. Because of this fine tradition a challenge is set for you to work hard and to make sure that your actions reflect the standards that are set up by the athletic department.

In today's society you will be asked to make sacrifices that will benefit yourself, your team and your school. Never before has the pressure of peer groups been so strong. You must learn to say "NO" to risky lifestyle choices. In the long run you and your family will be proud of the sacrifices and dedication that you will put forth to be a member of our athletic teams. If you take this opportunity to make yourself a better individual, it will be truly a gratifying educational experience. The experiences of athletic competition are the result of hard work, dedication and discipline and are rewarded with the culmination of fond memories and personal achievements.

The most important of these responsibilities is to broaden yourself and to develop strength of character. You owe it to yourself to get the most from your high school experiences. Your studies, your participation in other school activities, as well as in athletics, will prepare you for your life as an adult.

Another responsibility you assume as a team member is to your school. Eastchester cannot maintain its position as an outstanding school unless you do your best in whatever activity you wish to engage. By participating in athletics to the maximum of your ability, you are contributing to the reputation of the school.

You have a responsibility to your parents to always do the best you can. When participating in athletics, we sometimes feel that we have failed if we have not won. By trying the best that you can and following all rules set up by your squad, you can feel justifiably proud of yourself no matter what the win-loss record dictates. Younger students will look up to you and it is your responsibility to set a good example for them. They will imitate many things that you do just to be a member of your group. They will need attention and guidance, so always take a few minutes to encourage them in whatever way possible.

Eastchester Program Design:

Our school district believes that a comprehensive program of student activities is vital to the educational development of the student. We believe the primary objective of a well-designed program is to be challenging and enjoyable. We further realize that our student athletes expect coaching, teaching, responsibility and discipline.

Our program is designed to allow for the individual to participate at their level of readiness and be able to achieve satisfaction and enjoyment. This program shall emphasize fun, enjoyment, and opportunities for all students and a strong emphasis on the building of skills at all levels.

The following guidelines have been developed to help students, parents and coaches understand the objectives and guidelines of participation in athletic activities at each grade level.

Modified Program Philosophy:

The modified program is available to students in the seventh and eighth grades. At this level the focus is on learning athletic skills and game rules, fundamentals of team play. Socio-emotional growth, physiologically appropriate demands placed on the adolescent body and healthy competition.

The modified/freshman program's primary objective is to provide a conducive learning environment that promotes positive self-esteem and teaches life skills and basic athletic techniques. This program is designed to encourage maximum participation and opportunities for our young athletes to experience sport and de-emphasize winning as a main goal. However, it does recognize that "winning" is important and enjoyable if kept in its proper perspective. When "winning" becomes our most important goal, it often results in poor judgment and unsportsmanlike conduct.

At the modified the procedure of cutting student/athletes is not desirable. However, if the number of students trying out for a team creates a situation that is difficult to manage, poses a safety problem, or is problematic because of facility consideration, reducing team size may be necessary. Ultimately, a number of teams and the size of the squad in any sport will be determined by the availability of financial resources, qualified coaches, suitable indoor or outdoor facilities, and a safe environment.

Selection Classification:

It is possible for certain seventh and eighth grade students to participate at the High School level under certain conditions followed by our Selection Classification Guidelines. The Selection Classification Program was designed for mature and exceptionally skilled students to advance to a higher level of competition. The program is not to be used to fill positions on teams. It is aimed at the few select students who can benefit from such placement because of their level of readiness. All guidelines and procedures must be followed in order to play at an advanced level.

Besides fulfilling our school requirements, a student would also need parental approval, medical approval, appropriate development rating, passing the athletic performance test

and the coach's skill evaluation. Additionally, students must display an advanced degree of socio-emotional maturity before a try out is granted.

Further information can be obtained by calling Athletic Director Jason Karol at 793-6130 x 4230

Junior Varsity Program Philosophy:

The junior varsity level is intended for those who display the potential for developing into productive varsity level performers. Although team membership varies according to the structure of each program, sophomores occupy the majority of roster positions.

At this level, the 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 achieving a balance between continued team and player development striving for victory.

The realization that practice sessions are important is a premise that is vital to a successful junior varsity team and 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 a six-day-a-week commitment that is expected at the varsity level. While contests and practices are rarely held on holidays and Sundays, practice sessions and games are scheduled during school vacation periods. With the goal of becoming a varsity athlete clearly in sight, students participating at this level are expected to demonstrate a high degree of dedication and commitment.

Varsity Program Philosophy:

Varsity competition is the culmination of each sports program. Seniors and juniors generally make up the majority of the roster. At the varsity coach's discretion, sophomores and freshman (possibly 7th and 8th grade) may be included on the team, provided that evidence of advanced levels of physical development, athletic skill, and appropriate socio-emotional development are demonstrated.

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 and to play a contest. It is vital that each team member has a 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.

The varsity coach is the leader of that sports 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.

Leaving a squad:

Individuals leaving a squad without the coach's permission or because of an Athletic Training Rule violation forfeits all awards and may not participate on any other athletic team that same sport season and may be prohibited from playing during the next season as well. If an individual leaves the team before final cuts, he/she may try out for another team, only if permission from the team he/she is leaving and the coach of the team he/she would like to try for approve the move. (Reminder) that practices are sports specific and cannot count from one sport to the other. If no cuts are made for that particular team, any moves have to be approved before final team rosters are sent to the athletic office prior to the first game.

Vacation Practice Policy:

When athletes commit to a team in the Eastchester Athletic Program, they should assume that practices and/or contests may take place over school vacations. Since it is the policy of the Eastchester athletic department to schedule contests during some vacations, our athletes are required to attend all games and practices during these periods.

Athletes who must go away and miss practice and/or contests during vacations can expect that there could be some effect on their standing on the team, playing time, their chance of making the team when cuts take place. Being on an athletic team at Eastchester is a privilege and all athletes are expected to fulfill their commitment to the team.

Fundraising:

- **Teams that wish to fundraise for personal and or team equipment may do so as long as the coach submits a fundraiser approval form in to the HS/MS School principal and or athletic director.**
- **Team fundraising may be held on or off school grounds as coordinated and supervised by team coaches and assistants**
- **EHS does not approve or disapprove of independent fundraising. Parents are not restricted from taking action that they deem appropriate so long as they do not represent that EHS has provided permission for such activities.**
- **If during the course of fundraising, the EHS name, images of EHS or its facilities, images of EHS Student Athletes, or related information is used in any manner or for any purpose, that such use will not tend to tarnish, diminish, defame, disparage, besmirch or denigrate the reputation of the EUFSD or EHS, any other school, or any Athlete, Student or Player from EHS or any other school.**
- **Any independent fundraising must be performed outside of the facilities of EUFSD**

Rules and Regulations for Student/Athletes at Eastchester

Eligibility:

- 1. A student athlete must take at least four subjects and Physical Education.**
- 2. A student must be in grade 9, 10, 11 or 12 to participate on a Varsity or J.V. team.**
- 3. A student in grade 7 or 8 who is selected to participate at the Varsity, J.V. or freshmen level must pass a selective/classification before being able to compete.**
- 4. A student athlete must receive an adequate health examination and may not practice or participate without approval of the school medical officer. A physical examination is good for a period of 12 months.**
- 5. A student turning 19 on or before July 1 is ineligible to participate in interscholastic athletics.**
- 6. All other N.Y.S.P.H.S.A.A. rules pertaining to eligibility must be adhered to.**

Attendance:

- 1. A student/athlete who has been absent from school all day may not practice or participate in a game after school. All extenuating circumstances will be given special consideration by the Athletic Director.**
- 2. A student athlete must be in attendance at least six periods on the day of a game.**
- 3. A student/athlete who misses five consecutive days of practice and/or games due to injury or illness must be re-certified by the school medical officer before returning to competition.**
- 4. Any student/athlete who is assigned a detention or receives an in-school suspension may not be permitted to participate in practice or a game that day.**
- 5. Our coaches will receive a daily attendance sheet to monitor their player's attendance.**
- 6. All Student/athletes must make a commitment to attend all practices and contests on time.**
- 7. If an athlete is going to be late or absent from practice it is his/her responsibility to notify the coach.**
- 8. An excused absence is for family emergencies only (illness or death of a family member or a legally mandated absence)**
- 9. Absence on a day preceding a contest may be reason for not participating in the contest.**
- 10. Dental and/or medical appointments should be made after school hours whenever possible.**

Academic Eligibility:

Any student athlete who receives either a failing grade or in danger of failing notice on his/her report card or interim report, must report for extra help at least twice a week until he/she has returned to passing status. If a student athlete does not attend these extra help sessions, he/she will be deemed ineligible to participate in interscholastic athletics.

Any student who receives two failing grades on his/her report card will be deemed ineligible to participate in athletics. A student is allowed to apply for one appeal in their time in Eastchester. An appeal board will be assigned to hear why the student will benefit from participating on an athletic team. The student will present their case to the board and then will be deemed eligible or ineligible.

Fall eligibility may be based on June grades unless they have been approved by the satisfactory completion of summer school courses.

TRAVEL:

1. Student athletes are required to travel to and from contests on the same bus under the supervision of a coaching staff member.
2. If a parent wishes to take a student home from an athletic contest, permission must be requested in writing in advance to the Athletic Director. We would ask that parents only request to drive an athlete home in the case of an emergency.
3. A member of the athletic team may not drive himself/herself to or from an athletic contest.
4. An athlete is a representative of the Eastchester School District. When traveling to or from a game, athletes should dress appropriately.
5. Proper decorum is a must when traveling to and from all athletic contests or scrimmages.
6. Athletes must respect the bus driver at all times.

No profanity at any time.

No yelling or screaming on the bus.

Once the bus is in motion all athletes must be seated.

Unless there are extenuating circumstances, there will no eating or drinking on the bus.

If a trip is coming back late and food is allowed, the athlete must clean up before leaving the bus.

No radios, etc., on the bus. A walkman is permissible.

Cell phones should be used for emergencies only or to contact a parent regarding a ride home.

Training Rules:

Our coaching staff believes that athletes perform best when they follow intelligent training rules that include restrictions on tobacco, alcohol and drugs. Medical research clearly substantiates that the use of tobacco, alcohol and any type of mood modifying substance produces harmful effects on the mind and body: such use will not be tolerated in the Eastchester High School athletic program. Therefore any student athlete found guilty of possession, possession for sale, or holding of illegal drugs, alcohol or tobacco will be held accountable and disciplined according to the CODE OF CONDUCT that is enclosed in this handbook.

Eastchester School District

Athletic and Co-Curricular Code of Conduct

This Athletic and Co-Curricular Code of Conduct is written with the understanding that athletic and co-curricular activities at the Middle School and High School are integral parts of the overall educational program of the Eastchester Central School District. Participation in these activities is a privilege granted to students who maintain scholarship and citizenship within the rules and regulations of the District. The District believes that it is imperative that parents and the school district work together to set high expectations for student behavior both on and off campus, regardless of whether the athletics and co-curricular activities are in season/session.

The District expects that all students who participate in athletics and/or co-curricular activities will uphold the high standards of academic eligibility and abide by the rules specified by their coach/advisor. As participants in athletic and/or co-curricular activities, students must comply with all the provisions in the District's Code of Conduct and, in addition, pledge to act in season/session and out-of-season/session as follows:

- 1. Not to use, possess, buy and/or distribute tobacco products in any form, including, but not limited to, cigarettes, cigars, chewing tobacco and/or snuff.**
- 2. Not to consume, possess, buy and/or distribute alcoholic beverages.**
- 3. Not to use, possess, buy and/or distribute illegal drugs, controlled substances and/or related paraphernalia.**
- 4. Not to use, possess, buy and/or distribute prescription drugs without a prescription.**
- 5. Not to use, possess, buy and/or distribute over-the-counter drugs, household products and/or other products with the intent to "get high".**
- 6. Not to use, possess, buy and/or distribute performance-enhancing drugs or steroids.**
- 7. Not to commit a crime (misdemeanor and/or felony).**
- 8. Not to engage in hazing of other students.**
- 9. Not to engage in behavior that brings dishonor to the District.**

Any violation found after a proper investigation by school authorities will result in disciplinary action in accordance with this Athletic and Co-Curricular Code of Conduct. Penalties are listed on the chart that follows.

ATHLETIC AND CO-CURRICULAR PLEDGE

The athletic and co-curricular activities at the Middle School and High School are integral parts of the overall educational program of the Eastchester Central School District. Participation in these activities is a privilege granted to students who maintain scholarship and citizenship within the rules and regulations of the District. The District believes that it is imperative that parents and the school district work together to set high expectations for student behavior both on and off campus, regardless of whether the athletics and co-curricular activities are in season/session.

The District expects that I will uphold the high standards of academic eligibility and abide by the rules specified by my coach/advisor. As a participant in an athletic and/or co-curricular activity, I will comply with all the provisions in the District's Code of Conduct and, in addition, I pledge to act in season/session and out-of-season/session as follows:

1. Not to use, possess, buy and/or distribute tobacco products in any form, including, but not limited to, cigarettes, cigars, chewing tobacco and/or snuff.
2. Not to consume, possess, buy and/or distribute alcoholic beverages.
3. Not to use, possess, buy and/or distribute illegal drugs, controlled substances and/or related paraphernalia.
4. Not to use, possess, buy and/or distribute prescription drugs without a prescription.
5. Not to use, possess, buy and/or distribute over-the-counter drugs, household products and/or other products with the intent to "get high".
6. Not to use, possess, buy and/or distribute performance-enhancing drugs or steroids.
7. Not to commit a crime (misdemeanor and/or felony).
8. Not to engage in hazing of other students.
9. Not to engage in behavior that brings dishonor to the District.

I understand that any violation of this pledge found after a proper investigation by school authorities will result in disciplinary action in accordance with the Athletic and Co-Curricular Code of Conduct. I understand that I am expected to conduct myself both in school and in the community in a manner which demonstrates personal integrity and positively reflects on me and the District.

1. The use of **tobacco products** will result in the following action:

- A. First offense:
 - I. One game suspension
 - II. Parental notification
 - III. Meeting with student-assistance counselor
- B. Second offense:
 - I. One week suspension (five school days)
 - II. Parental notification
 - III. Meeting with student-assistance counselor
- C. Third offense:
 - I. Dismissal from team
 - II. Parental notification
 - III. Meeting with student-assistance counselor
- D. Fourth offense:
 - I. Athletic suspension for the remainder of the school year
 - II. Parental notification
 - III. Meeting with student assistance counselor

2. The possession and/or use of **alcohol** will result in the following action:

- A. First offense:
 - I. One week suspension (five school days)
 - II. Parental notification
 - III. Meeting with student-assistance counselor
- B. Second offense:
 - I. Dismissal from team
 - II. Parental notification
 - III. Meeting with student-assistance counselor
- C. Third offense:
 - I. Athletic suspension for the remainder of the school year
 - II. Parental notification
 - III. Meeting with student assistance counselor

3. The possession and/or use of **non-prescription drugs/performance enhancing drugs** will result in the following action:

- A. First offense:
 - I. Two week suspension (ten school days)
 - II. Parental notification
 - III. Meeting with student assistance counselor
- B. Second offense:
 - I. Dismissal from team
 - II. Parental notification
 - III. Meeting with student-assistance counselor

C. Third offense:

- I. Athletic suspension for the remainder of the school year
- II. Parental notification
- III. Meeting with student assistance counselor

***The possession of non-prescription drugs/PEDs with the intent to sell** will result in the *immediate* dismissal from interscholastic athletic participation for the remainder of that season. The Athletic Eligibility Committee will be convened to determine the student-athlete.s eligibility for the remainder of the school year.

NOTE: Students may also be subject to disciplinary action by the school administration and/or civil authorities.

Procedures to be followed:

1. The Athletic Director shall be notified immediately of any violation.
2. The Athletic Director shall hold a conference with the coach and athlete to afford due process.
3. The Athletic Director shall notify the parents of the athlete as soon as possible of any action taken as a result of such violation.

Right to Appeal:

Any student/athlete, who has been suspended, may appeal the suspension within two school days from the date of the action to the Building Principal.

Behavior:

Any student athlete who is assigned a detention or suspended from school for cutting a class may not be permitted to practice or play in a game on the day of that detention/suspension.

Outside Competition:

All students who choose to participate on an outside team (A.A.U., Travel Teams, O.D.P. programs, etc.) while playing on a Eastchester athletic team must honor their commitment to the Eastchester team first and attend all games and practices or they will risk being removed from the team.

Equipment:

Student athletes are responsible for returning all equipment issued during their sport season.

1. The student athlete will be financially responsible for any lost equipment.
2. No student athlete will receive an athletic award, nor will further equipment be issued, until all outstanding equipment has been returned and all financial obligations have been met.
3. All equipment must be returned to the athlete's respective coach, or to the Athletic Director.

Conduct of an Athlete:

The conduct of an athlete is closely observed in many areas of life. Your conduct is a reflection of the total educational institution that you represent. It is important that your behavior be above reproach in all of the following areas:

On the field – In the area of athletic competition, a real athlete does not use profanity or illegal tactics, learns fast that losing is part of the game, and is gracious in defeat and modest in victory. The student athlete is always courteous and congratulates the opponent on a well played game after winning or losing.

ANY STUDENT ATHLETE WHO IS EJECTED FROM A GAME FOR UNSPORTSMANLIKE CONDUCT WILL AUTOMATICALLY BE SUSPENDED FROM HIS/HER NEXT CONTEST, UNDER N.Y.S.P.H.S.A.A. RULES.

In the Classroom – In the academic area, a good athlete becomes a good student. If you are lazy in class, you will be lazy on the field and never reach your full potential. 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 must show respect for other students and faculty members at all times. A student athlete should have a good attendance record, and never cut class or school.

In School – The way we act and look in school is of great importance. Athletes should be leaders so that fellow students and faculty can be proud of you.

Sportsmanship: The Combining of Character & Skills:

It is a tradition that sports and Athletes at Eastchester attempt to achieve excellence, striving for success each year. Eastchester has had many successful programs throughout the years. But success cannot always be judged by the record or championships alone, we pride ourselves on the conduct of our athletes both on and off the field. Our athletes are viewed as contributors to our community and we hope that their sportsmanship exhibits respect for themselves and others.

Good sportsmanship is viewed as a commitment to fair play, ethical behavior and integrity. Individuals, regardless of their role in activities are expected to be aware of their influence on the behavior of others and model good sportsmanship.

Athlete Behavior Expectations: To be a good host by treating visitors as guests.

- ✓ To treat opponents with respect, remembering to respect their effort to win.
- ✓ To respect the judgment of the contest officials and coaches.
- ✓ To avoid profane language or abusive language and behavior.
- ✓ To honor obligations and accept accountability for my behavior and its outcome.

“Teamwork is the fuel that allows common people to produce uncommon results”.

Team Unity:

There are many contributions to the overall sense of unity when competing in sports. The greatest impact is created through sportsmanship. A good sport is a positive influence on the game being played, as well as the players playing it. A good sport is a team player, follows the rules, has a positive attitude, respects others, and shows good judgment.

Sportsmanship Starts with You:

- ✓ **Fairness:** Observe the spirit & letter of the rules.
- ✓ **Civility:** Be gracious in victory as well as defeat.
- ✓ **Responsibility:** Take charge of your actions & words.
- ✓ **Respect:** Acknowledge good efforts by opponents, officials, and teammates.
- ✓ **Courage:** Have the heart and courage to always do the right thing.

“Be Somebody You Would Be Proud To Know”

Spectator Code of Conduct:

The Athletic Department recognizes the role of interscholastic athletics in defining ethical behavior and developing personal character of our students.

Therefore we ask that all spectators become active participants by;

- ✓ Demonstrating a high degree of sportsmanship by modeling appropriate behavior and by also monitoring the behavior of our crowd.
- ✓ Showing team support by making only positive comments and by using appropriate language.
- ✓ Showing positive respect for judgement of coaches, officials, and referees.
- ✓ Acknowledging that fields, courts, bench area and equipment are the player’s domain during a contest. Spectators should remain within the designated areas.
- ✓ Monitoring the safety of children at all times.
- ✓ The Athletic Director or any school personnel has the right to ask a fan, parent or spectator to leave the premises if he/she crosses the line of good spectator behavior. It is truly a privilege to watch our students participate during a game and as such, the Eastchester school district expects all of our fans to behave in a very positive manner.
- ✓ Noisemakers, air horns and any other items that can be a nuisance or a safety concern to spectators and athletes during a game are prohibited during all athletic contests.

Eastchester Athletic Offerings

<u>Fall:</u>	Varsity	JV	Modified
Cheerleading	X	X	X
Boy's Cross Country	X		X
Girl's Cross Country	X		X
Football	X	X	X
Boy's Soccer	X	X	X
Girl's Soccer	X	X	X
Girl's Tennis	X	X	
Girl's Volleyball	X	X	X
Girls Swimming	X		
<u>Winter:</u>			
Girl's Basketball	X	X	X
Boy's Basketball	X	X	X
Cheerleading	X	X	X
Ice Hockey	X		X
Indoor Track Boy's	X		X
Indoor Track Girl's	X		X
Wrestling	X		X
<u>Spring:</u>			
Baseball	X	X	X
Golf	X		
Boy's Lacrosse	X	X	
Girls Lacrosse	X	X	
Softball	X	X	X
Boy's Tennis	X	X	
Boy's Track & Field	X		
Girl's Track & Field	X		

Athletic Award System: Each Student /Athlete Receives

**Varsity – Eastchester Letter – Eastchester Sports Pin - Championship Pins
 Captain Pins – Manager Pins – Stats – Awarded to Participating Students for Team
 Service**

Getting Ready to Play:

Attend Sign-Up Meeting:

The coach of his/her team will hold a pre-season player's meeting prior to the beginning of the next season. At this time, the coach may distribute important information that must be completed prior to the first practice.

You must go to the Eastchester Athletic Website and sign up via the clearance link in order to become cleared to play

Becoming Medically certified or recertified:

Student/athletes must be medically cleared **Before** beginning practice each season. The athletic physical is required before a student may participate in practice and/or competition. Athletic physicals are provided at no charge to interested students. These physicals will be arranged by the school nurse.

Physical exams must be completed by the school or family physician and are considered current for 12 continuous months. Student/athletes are required to obtain a completely new physical exam if the previous physical date expires before or during the upcoming season.

Medications:

If your child needs to carry an inhalant medication for asthma or an Epi-Pen for bee/insect allergies, a medication permission slip and self-medication slip must be filled out and signed by a doctor and parent for the current school year. This must be on file in the health office before the student is allowed to try out for sports.

Awareness of Risks:

The participation in interscholastic sports, as in most of life's physical activities, carries a degree of risk of injury that cannot be ignored. While these risks do exist in all athletic programs, our coaches, school nurses, teachers and administration are committed to reducing the possibilities of such occurrences through the emphasis on sound training and adherence to the procedures and guidelines contained in this Athletic Handbook. It is extremely important to report any injury an athlete suffers immediately to his/her coach.

Eastchester's Precautionary Measures:

The Eastchester Athletic Department prides itself in being as safety conscious as possible. Our program takes every precaution to insure that our facilities are as safe as possible and that our athletes have the opportunity to be the best they can be. These measures include:

- The pre- season physical examination by a school or family physician as well as a parent permission slip.
- The medical staff makes coaches aware of any special restrictions required for your child.
- The athletic trainer is available to all of our athletes before practice, during practice and at all games played on the Eastchester campus.
- All coaches are certified in first aid and cpr/aed training and have first aid supplies at all practices and games.
- All equipment utilized by our athletes is top grade quality and meets all safety standards.
- Fields and other playing areas are continually inspected to remove safety hazards.
- The nursing staff is informed of all sports related injuries and appropriate medical follow-up is required before students are permitted to return to participation.

Injuries:

Should an injury occur, please be aware of the following points.

1. Make sure that the injury has been reported to the coach, school athletic trainer and school nurse.
2. If the injury occurs during a game or practice, the coach will notify parents as soon as possible when appropriate.
3. If your child should have any illness or injury that would limit his/her activity, you must notify the coach, school athletic trainer and school nurse immediately to stop sports and physical education. If he/she is absent for five or more days due to illness or injury, a new physical may be required to continue in sports. A Doctors note is required from each athlete once he/she returns from this absence.

Keys to success:

Goal Setting:

In order to be successful on the field or in the classroom a number of steps must be followed. Everyone wants to be successful, but not everyone is willing to do what it takes to reach their goals. It is important to remember that everyone needs a plan. A plan that is precise and follows a step by step goal setting approach that allows the student/athlete the opportunity to establish a strong foundation that can lead to tremendous success.

Guidelines for setting goals are fairly simple. First and foremost the goals must be stated and written down. This allows you to have concrete focus for the task at hand. Goals need to be realistic and stated in a positive form and be as specific as possible. Goals should be measurable and not up to subjective interpretation.

Setting and resetting goals is important. However, a key ingredient in the achievement of goals is the preparation necessary for achievement. An athlete must be disciplined and consistent in the pursuit of goals. Dedication and dependability are other key factors. Be aware that reaching stated goals takes time and hard work. Beyond a strong work ethic, you must have a plan in order to achieve the goal. This plan will keep you focused and will eliminate any extra work and effort that might keep you from achieving your goal in a timely manner.

You must believe in your goals as well as have the strength and positive outlook that your stated goals are achievable and worth striving for. Once you have achieved a stated goal, you will realize that with hard work, a stated plan and help from people who care about you and believe in your ability, you will be able to do just about anything. Each time you reach a goal, you are establishing a foundation that will last with you forever.

Learning to set goals is a simple process, but like all valuable skills, it must be monitored from the beginning. Ask your coach or teacher for help with the preparation of your goals.

Goals can be listed as short term, medium or long term. It is up to the individual to decide which goals he/she is going to use for specific situations. A few examples of a short -term goal might be arriving to practice on time for the entire week or by doing extra running at the end of practice to improve over-all stamina. These short- term goals are stated positively and do not depend on another individual's performance. They are measurable. At the end of the time period, the athlete and the coach will have a good idea of whether or not these goals are achieved. Keep a copy of your goals and review them on a regular basis.

Individual goal setting can be done to improve a student/athletes position on a team or to get better grades and this definitely leads to some very positive individual results. Goal setting can also play a big part in the success of a team over the course a full season. It is

very important for a coach to meet with his player's individual and then as an entire team. These meetings will allow the coach and athletes to come up with team goals as well as gives them the opportunity to discuss how these goals will be achieved. When you have individuals working on personal goals and an entire team working on team goals, chances are that both players and team will be very successful. This will create a very positive atmosphere during games and practices as players strive to be the best they can be as individual athletes and team members.

Time Management:

In order for an athlete to be successful on the field and in the classroom, he/she must be aware of the many ways to manage their time in a very efficient way. This will allow them to list and prioritize all of the things that an athlete will need to do in order to be successful.

First of all, you must set priorities. What is most important to you? Your family should always be your number one priority. They are the ones you will be able to always count on and trust. Try to talk to your parents each day and keep them informed of what is going on in your life, whether it is in regards to academics, athletics or social interactions.

Secondly, your academics should be very important to you. This is where you lay the foundation and get the necessary skills that you will need in order to be successful as you continue your education. How you do academically in school will definitely be a determining factor on the quality of the occupation you are allowed to choose for life. Always work hard and ask for help when you need it. Take advantage of our quality teachers and all of the things they have to offer you as a student in the Eastchester district.

School usually takes six hours a day. Time with family involves another two hours a day. Most of us need eight hours of sleep. That means we have another eight hours to divide among practice, homework, friends, jobs, free time, recreation and eating. From start to finish, practice may take two hours on the average. Now you are down to six hours and you still have a million things to do. Homework still has to be done and somewhere along the way you must find time to relax. How can you do all of this?

Very simply, you must plan out each and every day. You must create a detailed plan that you must follow each day. This plan should be done daily as well as weekly and monthly. This will allow you to see what needs to be done immediately as well as in the future. This type of structure will discipline you to complete all of your priorities in a timely manner. Just as you would create a training schedule for athletics, create a time schedule. Try to follow this schedule as closely as possible, but remember when things start to get hectic, back off and take a break and take a look at what needs to be done. This might force you to restructure your time schedule in order to get everything done on time. Your plan should be committed to writing, where you can check your progress. Make a homework list, a list of activities you need to do daily in school as well as at home. You will be truly amazed of how much more you can get done when you have a plan.

Most Athletes are able to organize their day. They are able to come up with a viable plan that works for them and this usually allows them to be very disciplined in the classroom and on the athletic fields. A true student/athlete is the one who can take all of the lessons he/she learns from being on a team and apply those same intangibles to his academics and his/her everyday life.

Nutrition:

As important as it is to organize your time and come up with a plan, it is just as important to take care of your body with proper nutrition and plenty of rest. If you do not give your body the proper rest and appropriate nourishment, you are denying yourself the opportunity to perform at your maximum level.

Foods differ greatly in the amount of energy they will supply to the body. If you want to give yourself a quick start, check the foods you eat regularly. Most authorities recommend that you maintain a balanced diet using the following food groups daily.

- ✓ Leafy, green and yellow vegetables.
- ✓ Dark bread and whole grain cereal.
- ✓ Potatoes or other starches.
- ✓ Dairy products.
- ✓ Meat, fish and/or poultry.
- ✓ Citrus fruit and tomatoes.
- ✓ Beans, peas or corn

A correct daily balance of these foods will greatly aid you in conditioning. You will need enough of the proper food groups to produce the energy needed for practice and competition. Maintaining the proper diet will give you the opportunity to be at your best on and off the playing fields.

Diet Tips:

- ✓ Eat broiled, baked or boiled foods rather than fried foods.
- ✓ Eat three meals a day.
- ✓ Eat plenty of fruits and vegetables.
- ✓ Drink plenty of water.
- ✓ Consume an adequate amount of calcium and iron.
- ✓ Eliminate sugary snacks in between meals.
- ✓ Check your weight weekly. Be concerned with rapid weight loss or a large increase in weight.
- ✓ Rest and relax for brief periods during the day.
- ✓ Your athletic performance will be greatly affected by tobacco, drugs and alcohol.
- ✓ Smoking reduces physical efficiency. Studies show that athletes who smoke have a greater tendency to get injured. Obviously, drugs and alcohol have an even greater negative effect on your performance.

Rest:

Proper rest is essential for athletes to be at their best. Rest is important in order to intensify workouts and improve performance. It allows the brain to relax and the body to recover.

The need to rest on a daily basis can have a huge impact on an athlete's ability to perform at an optimal level. It can also greatly affect your academic performance as well as how you handle stressful situations. Many teens deprive themselves of much needed rest by not getting enough sleep. This can negatively affect all areas of your life.

It is extremely important that you get enough sleep. Budget your time and stick to your schedule. Studies have shown that the levels of metabolic enzymes in the structural muscles are greatly lowered when the body does not get enough sleep. This affects the muscle's

ability to relax and as a result athletic efficiency suffers greatly. It is important to know that you cannot catch-up on sleep. Sleeping all day Saturday will not make up for staying up until midnight every weekend. Establish a bedtime and a wake-up time and stick with them. If you need extra sleep, go to bed a couple of hours early and wake up at your regular time. This will allow your body to catch-up in a very deliberate manner and give you the opportunity to be at your best during academic and athletic functions.

Athletic Contract Agreement

****This agreement must be e-signed before a student may compete in an interscholastic athletic contest for the Eastchester Union Free School District.****

The Eastchester UFSD recognizes academic excellence as the first priority of the students. All constituents must realize that participation in the athletic program at Eastchester Middle/High School is an honor and privilege, earned by maintaining academic and discipline standards. The Eastchester UFSD reserves the right to limit, restrict, or suspend athletic privileges to any student not in compliance with the rules and regulations set forth herein.

We (guardian and athlete) have read, understand, and agree to abide by the Eastchester High School Athletic Handbook. In addition, the athletic department operates under the supervision and guidance of the policies established by the Student Handbook and Code of Conduct.