

Home of the 2006, 2007, 2008 New York State Girls' Basketball  
2007 New York State Girls' Bowling Champions  
2010 New York State Football Champions

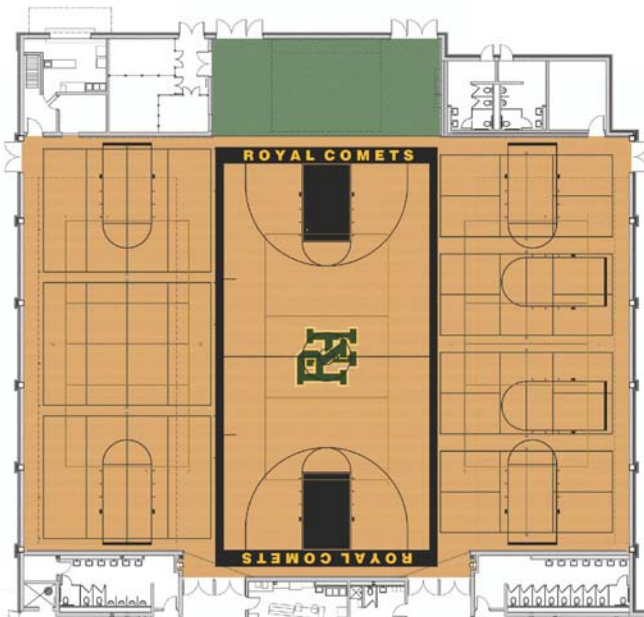


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## **RUSH-HENRIETTA CENTRAL SCHOOL DISTRICT**

### *Parent/Student* **ATHLETICS HANDBOOK**



# 2013-2014



***2013-2014 BOARD OF EDUCATION***

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Thomas Stewart

***INTRODUCTION***

Welcome to the Rush-Henrietta Central School District Interscholastic Athletic Program! **For your convenience, we continue to update this handbook. For up-to-date schedules, check our web site at [www.rhnet.org/sports](http://www.rhnet.org/sports) or call the sportsline at 359-5176.**

If you have any questions or concerns about this booklet or our interscholastic athletic program, please do not hesitate to call me at 359-7809. I look forward to seeing you during the upcoming 2013-14 seasons.

Thomas Stewart, E.d.D.  
Director of Athletics

A handwritten signature in black ink that reads 'Thomas Stewart'.

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**District Athletic Office**

1799 Lehigh Station Rd., Henrietta, NY 14467

(Fax) 359-7802

Director of Athletics	Tom Stewart	359-7809
Secretary	Jody McShea	359-7808
Athletic Trainer (SHS)	Daren Crane	359-5295

### High School Program Offerings: Varsity and JV

<b>Fall</b>	<b>Winter</b>	<b>Spring</b>
Football V/JV	(B/G)Basketball V/JV	(B/G)Lacrosse V/JV
(B/G)Soccer V/JV	Ice Hockey V	Baseball V/JV
(B/G)Volleyball V/JV	Wrestling V/JV	Softball V/JV
(B/G)X-Country V/JV	(B/G)Winter Track V	(B/G)Track V/JV
(G)Tennis V/JV	Cheerleading V/JV	Golf V/JV
(G)Swimming V/JV	(B/G) Bowling V	(B)Tennis V/JV
(G)Gymnastics V	(B)Swimming V/JV	
Cheerleading V/JV		

### **2013-14 R-H Athletics Calendar**

#### Fall 2013

- August 19: All Varsity/JV sports start  
**August 26: (JV & Varsity only) Parent/Student Information Night @SHS 6:30 PM**  
August 29: Mod. B football start  
September 3: All other Mod. B programs start  
October 12: Homecoming

#### Winter 2013-14

- November 4: V/JV wrestling starts  
November 6: V ice hockey starts  
November 11: All V/JV sports start  
November 18: freshman boys' basketball starts  
November 25: All Modified B (grades 7/8) start

#### Spring 2014

- March 3: Boys' and Girls' Varsity LAX start  
March 10: All other V/JV sports start  
March 17: Mod A softball and baseball and Modified B LAX start  
March 24: All Modified B sports start  
**Wednesday, June 4: R-H Booster Club Royal Comet Dinner**  
**(End of the year sports banquet for all seniors and varsity award winners)**

### Modified B Program Offerings: Grades 7 & 8

<b>Fall</b>	<b>Winter</b>	<b>Spring</b>
Football	(B/G)Basketball	(B/G)Lacrosse
(B/G)Soccer	Wrestling	Baseball (Mod A & B)
(B/G)Volleyball		Softball (Mod A & B)
(B/G)X-Country		(B/G)Track

## Levels of Competition

### **Modified B:**

The Modified B athletic program is available to students in the seventh and eighth grades. Sports activities offered at this level are determined by the existence of leagues, student interest, and relationship to the high school program. While our intention at R-H is to involve as many students as possible, the number and size of teams in any sport is determined by the availability of safe and suitable indoor and outdoor facilities, qualified and certified coaches, and financial resources. It may be necessary at this level to cut students based upon skill and attitude. The Mod. B program focuses on the fundamentals of the game, rules, training, development of individual skills, team play and sportsmanship. Emphasis is not placed on winning and every effort will be made to maximize each individuals playing time. Monroe County Schools must follow the modified playing time format.

### **Junior Varsity:**

At the JV level, emphasis continues to be placed upon team play, physical conditioning, and the refinement of basic skills. Although teams are usually comprised of ninth and tenth graders, exceptional seventh and eighth grade students may participate. Eligibility for seventh and eighth grade students to try out for a high school team is determined by the *Selection/ Classification process* (see Parent/Student Athlete Handbook). The JV program goals are to prepare student athletes for varsity level competition. *At this level, competitiveness is increased and while adequate playing time for all is encouraged, the amount of playing time is influenced by skill level.*

### **Varsity:**

The varsity level of athletic competition is the culmination of the high school athletic program experience. Although teams are usually comprised of eleventh and twelfth grade students, those ninth and tenth grade students with appropriate ability can compete at this level. Very exceptional seventh and eighth grade students may participate (see selective classification). A sound attitude coupled with an advanced level of skill determine playing time on a varsity team. ***Our varsity teams play to win and try to qualify for post-season play. All team members will not receive equal playing time.*** R-H coaches believe it is important for each team member to understand his/her role and importance to the team.

## IMPORTANT SPORTS CLEARANCE INFORMATION

A complete physical exam which is signed by a licensed practitioner and dated on or after August 2012 (or September 2012 for modified B sports) is required in order for athletes to both try out for and participate in the 2013 Fall Sports season. Physicals are good for 12 months, unless there is a change in the student's health status following the physical exam. According to the latest NYSPHSAA ruling, physical exam dates which expire once a season is underway will not need to be updated until the next season.

### Other requirements are:

1. A new “**Interval Health History**” form must be completed and signed by a parent or guardian each time a student participates in any sport. All forms are available in the nurse's office or main office as well as the following pages of this document. Head injury information will be attached to all Interval Health History forms as well as our code of conduct form (see next page).

(Please note: Any student who signs in place of their parent/guardian signature will be faced with disciplinary action for forgery.)

2. Any student wishing to participate in interscholastic sports must have a tetanus vaccine every ten years. The school physician shall withhold sports clearance for a student whose tetanus is overdue. Please ask your private physician to provide your student's current immunization record.

3. Students who have been injured or had an extended illness or absence since their last physical exam will need updated physician clearance for sports participation.

4. The school health office staff are not present at voluntary before or after school activities, therefore, personal medications cannot be provided through the school health office. If your child requires medication during these times (rescue inhaler, epi pen, etc.), the parent must make provisions with the School Nurse-Teacher.

We cannot guarantee same day processing of sports clearances, especially when they arrive after the preseason tryouts & practices have started. Similarly, doctors' offices in Monroe County quickly become overwhelmed by the volume of last minute requests for verification of physical exams for sports teams in Section V and are often unable to respond in less than 1 week's time.

*Risk Factors: Participation in sports involves a certain degree of risk for injury. Such physical injury can occur in any type of sports activity and vary in nature. Athletic injuries can vary from minor injuries such as bruises and scrapes to more serious injuries such as fractures, dislocations, concussions, and even catastrophic injuries like paralysis, permanent disability, and even fatalities.*

**Definition:** A concussion is a type of traumatic brain injury (TBI) which alters the functioning of the brain. A concussion can occur with any bump, blow, or jolt to the head or body that causes the brain to quickly move back and forth. Concussions can occur as a result of a fall, motor vehicle accident, accident on the playground, during athletic participation, or during many other activities. All concussions are serious and need to be evaluated by a health care professional.

**Signs and Symptoms:** Look for the following signs and symptoms of concussion for any student who suffered a bump, blow, or jolt to their head or body:

- Headache or head “pressure”
- Nausea and/or vomiting
- Dizzy and/or problems with balance
- Blurry vision or double vision
- Light and/or noise sensitivity
- Feels “foggy”
- Hard time concentrating
- Hard time remembering
- Confused
- Just “doesn’t feel right”
- Unable to remember events before or after the injury
- Loss of consciousness
- Appears dazed or out of it

**Prevention:** Below are ways to help reduce the risk of sustaining a concussion:

- Wear a seat belt every time you are driving or riding in a motor vehicle.
- Never drive or ride in a vehicle with someone who is under the influence of drugs or alcohol.
- Wear appropriate safety equipment, including properly fitted helmets, such as, but not limited to, when:
  - riding a bike, motorcycle, snow mobile, or ATV;
  - playing contact sports (examples include football, soccer, hockey, and lacrosse);
  - skiing, snowboarding, and sledding;
  - horseback riding; or
  - batting during baseball or softball
- During any athletic participation including practices and games:
  - Always use the recommended protective equipment for that sport (all equipment should be fitted appropriately and maintained according to manufacturer’s recommendations);
  - Safety rules need to be followed by all participants as well as proper techniques for safe playing;
  - Learn and follow the rules of the sport being played and promptly and honestly report injuries to an adult; and
  - Any student with a head injury must be removed from participation, will be referred to their healthcare provider for follow-up, and will remain out of play until proper medical documentation is submitted.

**Returning to Sports/Athletics:** The District follows the International Consensus Conference Guidelines for Return to Play (RTP) to team sports in a monitored and graduated progression of activity over six phases once the athlete is symptom free for at least 24 hours and medically cleared by their physician\*. Your physician RTP clearance is a return to our protocol, not games. The process is detailed below.

#### **International Consensus Conference Guidelines for Return to Play Following Head Injury/Concussion**

**Phase 1** low impact non-strenuous light aerobic activity for short intervals, such as easy walking, biking, swimming in three ten minute intervals with rest in between; no resistance training

**Phase 2** higher impact, higher exertion activity in two 15 minute intervals, with rest in between, such as running/jumping rope, skating, or other cardio exercise; may be sports specific if available (e.g. skating without collision meaning suited up, but skating when the team is not doing drills; running without impact in soccer or football, suited up), no resistance training

**Phase 3** repeat phase 2 progressing with shorter breaks, and add additional 10 to 15 min. stationary skill work, such as dribbling, serving, tossing a ball (balls should not be thrown or kicked in the direction of the student); low resistance training if available with spotting

**Phase 4** repeat of phase 3 without breaks in cardio, but add skill work with movement (allowing balls to be thrown/kicked in the direction of student) and add additional 10-15 minutes; non-contact training drills

*Student will complete post-injury ImPACT computer-based neuro-cognitive testing to compare with baseline pre-injury test results in combination with the athlete’s current overall neuro-cognitive symptoms and physical presentation. Collaboration between the ATC, RN, District Physician and/or NP, and private medical provider, as needed, will determine whether to advance, hold, or regress.*

**Phase 5** repeat phase 4 as a warm up; weight lifting with spotting; full contact training drills for full practice session

**Phase 6** warm up followed by full participation as tolerated

\*For purposes of the head injury RTP protocol, an appropriate physician evaluation is completed by a practicing MD or DO within the following specialties: family medicine, pediatrics, sports medicine, neurology, or neurosurgery, with preference given to the individual’s primary care physician. Family members and friends of the family who are medical providers may not serve as an appropriate physician. The physician completing the physician’s evaluation form should document name, degree, specialty, practice name (if applicable), address, and phone number.

**For additional information on traumatic brain injuries (TBIs), please visit the following websites:**

<http://www.cdc.gov/concussion/HeadsUp/> or

<http://www.cdc.gov/TraumaticBrainInjury/> or

[http://www.health.ny.gov/prevention/injury\\_prevention/concussion.htm](http://www.health.ny.gov/prevention/injury_prevention/concussion.htm)





## ***Introduction***

### ***To the parent:***

We would like to take this opportunity to acquaint you with specific policies that are necessary for a well-organized program of athletics.

It is the role of the department of athletics to make rules that govern the spirit of competition for the school. These rules need a broad basis of community support, which is achieved only through communication to the parent. It is our hope to accomplish this objective through this athletic publication for students and parents, as well as the communication that will take place with your son/daughter's coach.

All R-H student athletes may take advantage of community youth sports programs. Your child may choose any off-season program and will not be penalized in any way by our athletic program. This includes club programs in other sports as well. For example, you may choose to participate in soccer during the summer or basketball.

On the varsity and JV/Freshman levels student athletes do not receive equal playing time. This philosophy is consistent with all school programs in Monroe County as well as schools throughout the state of New York.

Our handbook also covers parent/athlete/coach communication protocols (see page 13). It is not appropriate to discuss team strategy, play calling, other student-athletes and playing time with our coaches. Please understand that coaches must make decisions based on the overall team. We understand that every parent wants to see his/her child play in a game. Some sports have very limited opportunities for student participation, due to the number of players on the court/field. We do offer sports that guarantee full participation for all student athletes. For example, in our cross-country program, every student may participate in the meets.

Coaches also must make decisions on team selection. Once the team has been selected, the coach's decision is final. These difficult decisions may not be agreeable to you. There is no appeal process for playing time and/or team selection.

Thank you for your support of our athletic program.

How can you get involved in our athletic program? Join the RH Sports Booster Club!

### ***R-H Booster Club***

***The R-H Boosters Club is looking for interested parents to help promote our program.***

***Anyone interested in becoming a member, please call 359-5183, ext. 2530***

## RUSH-HENRIETTA SPORTS BOOSTER CLUB

### FACT SHEET

#### **PURPOSE:**

The purpose of the Rush-Henrietta Sports Booster Club is to support the RHCS D athletic program. Fund-raising is a major part of the activities of the club along with public relations, spirit initiatives, and recruiting memberships.

**All money raised goes directly back to the sports program ... not to the school district.**

#### **ACTIVITIES/CONTRIBUTIONS:**

#### **Our goal is to help teams achieve their goals!**

Money raised has been used in many ways such as:

- \$5,000 donation for the High School Weight and Fitness Room
- Donation made toward the purchase Trophy Display Cases (near the HS entrance by the gym)
- Donation of a Scorers' Table in the gymnasium
- Contributed toward 40 Team Chairs for the HS gym
- \$8000 donation made toward the purchase of the Stadium Scoreboard
- Donation made to purchase Swimmers Record Board
- Purchased Outdoor Batting Cages

Ongoing uses of money:

- Pays for all Seniors, Sectional Winners and Award Winning Athletes to attend the Royal Comet Dinner
- Pays for flowers for all seniors at the senior day/night game
- Awards a scholarship of \$300.00 to a graduating senior (up to 3 are awarded)

Club Activities:

- Sell R-H sports apparel, blankets, decals, etc
- Provide concession stand for many home games/meets as well as school district sports related tournaments
- Supports homecoming weekend
- Host the Section Five hockey season kick-off breakfast serving over 700 players and coaches
- Sponsor team fundraisers and pre-season events
- Provide support at the Monroe County Special Olympics

**This year we will continue to focus on supporting our sports teams.**

#### **DUES:**

The annual dues for a school calendar year is \$20 per person, with \$5 going to sport of choice. The card entitles a member to attend five home games at no charge excluding sectional, home R-H vs. Fairport boy's basketball and all hockey games and son/daughter is eligible to apply for the Carol Mancari Scholarship.

#### **COMMITTEES:**

Standing committees, which are optional to join, are: fund raising, membership, spirit, planning/facilities, and public relations.

#### **2013-2014 MEETINGS:**

Scheduled meetings are on the following Mondays at 6:30 PM in the Senior High School small cafeteria:  
Sep 9, Oct 7, Nov 4, Dec 2, Jan 6, Feb 3, Mar 3, Apr. 7, May 5 & Jun 2.

#### **MEMBERSHIP:**

All active members of the Club shall be qualified to vote, serve on committees, and hold office. Membership renews each calendar school year.

#### **JOINING:**

If you would like to become a member, please fill out a membership form (next page) and send along with your membership fee to:

Rush-Henrietta Sports Booster Club  
PO Box 634  
Henrietta, NY 14467  
Email: rh\_boosters@yahoo.com



Membership Year \_\_\_\_\_ - \_\_\_\_\_  
 # of Memberships \_\_\_\_\_  
 Amount Paid \_\_\_\_\_

**RUSH-HENRIETTA SPORTS BOOSTER CLUB**  
**2013~2014 MEMBERSHIP FORM**

**MEMBERSHIP FEE: \$20 PER MEMBER**  
 (\$5 of every membership will be given to your sport of choice)

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ZIP CODE \_\_\_\_\_ STATE \_\_\_\_\_

PHONE \_\_\_\_\_

\*E-MAIL ADDRESS \_\_\_\_\_

(Please print clearly)

\*This is our major form of communication for meeting information, announcements etc.  
 You will not be contacted for any other purpose unless requested.

**MEMBERSHIP FEE INCLUDES:** --- FIVE (5) **FREE** HOME GAMES (*EXCLUDING SECTIONAL, HOME R-H VS. FAIRPORT BOYS BBALL AND ALL HOCKEY GAMES*)  
 --- ELIGIBILITY FOR CAROL MANCARI SCHOLARSHIP  
**NEW THIS YEAR**.....--- \$5 OF EVERY MEMBERSHIP FEE GOES TO SPORT OF CHOICE

FEE ENCLOSED: (Please circle) YES or NO (check made out to RH Sports Boosters)

SPORT OF CHOICE(specify boys/girls) \_\_\_\_\_  
 (If one is not selected, \$5 will go to the scholarship fund)

**OPTIONAL DONATION TO SCHOLARSHIP FUND \$ \_\_\_\_\_**  
 (Get a T shirt with \$10 donation or RH blanket with \$20 donation, *while supplies last*)

**PLEASE RETURN TO:**

**RUSH-HENRIETTA SPORTS BOOSTER CLUB**  
**PO BOX 634**  
**HENRIETTA, NY 14467**

Email: [rh\\_boosters@yahoo.com](mailto:rh_boosters@yahoo.com)

# ***Parent/Athlete/Coach Relationship***

## ***Communications***

Both parenting and coaching are extremely difficult vocations. Coaches and parents want the athletes to have a positive experience as they participate in the sport or activity.

Communication is the key to making the positive experience become a reality. Athletes, parents, and coaches are all responsible for effective communications.

## ***Communication coaches expect from players***

- Athletes should express concerns immediately and directly to the coach.
- Notification of any schedule conflicts well in advance.
- Specific concerns in regard to a coach's philosophy and/or expectations.

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

## ***Communication you should expect from the coach***

- Expectations the coach has for your child as well as all of the players on the squad.
- Locations and times of all practices and contests.
- Team requirements (special equipment, off-season conditioning).
- Procedures should your child be injured during participation.
- Discipline that results in the denial of your child's participation.

## ***Appropriate concerns to discuss with coaches***

- Concerns regarding your child's mental and physical status.
- Ways to help your child improve in the activity.
- Concerns about your child's behavior.

## ***Issues not appropriate to discuss with coaches***

- Team strategy
- Play calling
- Other student-athletes
- Playing time

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position.

## ***If you have a concern to discuss with a coach***

- Call to set up an appointment with the coach.
- If the coach cannot be reached, call the district athletic office at 359-7809. The athletic director will communicate to the coach your need to meet with him/her.
- Please do **NOT** attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

## ***What a parent can do if a meeting with the coach does not resolve the concern***

- Call and set up an appointment with the Director of Athletics to discuss the situation.

## **RUSH-HENRIETTA / SECTION V**

### **SPECTATOR CODE OF BEHAVIOR/ETHICS**

Any spectator who does not follow the sportsmanship responsibilities highlighted below will be subject to disciplinary action, which could include removal from the contest (or practice), or suspension from future games.

Any spectator who confronts a coach in a negative manner, before or after any game or practice will be subject to disciplinary action, which could include suspension from future games.

It is the expectation of every parent to read and understand the parent/athlete/coach relationship guidelines on the previous page.

**It is the responsibility of the spectator to:**

- **Keep cheering positive. There should be no profanity or degrading language/gestures.**
- **Avoid actions that offend visiting teams or individual players.**
- **Show appreciation of good play by both teams.**
- **Learn the rules of the game in order to be a better-informed spectator.**
- **Treat all visiting teams in a manner in which you would expect to be treated.**
- **Accept the judgment of coaches and officials.**
- **Encourage other spectators to participate in the spirit of good sportsmanship.**
- **Avoid the use, abuse, and resulting negative influence of drugs, including alcohol and tobacco.**

Noise Makers are not permitted at any indoor Section 5 Events

**Be a FAN, not a fanatic**  
**Fan (admirer of a sport)**  
**Fanatic (unbalanced or obsessive behavior)**

***To the student:***

Being a member of a Rush-Henrietta athletic team is a fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight; it takes the hard work of many people over many years. As a member of a Rush-Henrietta interscholastic team, you have inherited a wonderful tradition which you are challenged to uphold.

Our tradition has been to compete with honor. We desire to win, but only with honor to our athletes, our schools, and our community. Such a tradition is worthy of the best efforts of all concerned. Over many years our squads have achieved more than their share of league and tournament championships (Take a look at our championship banners in the high school gymnasium). Many individuals have set records and achieved All-American, All-State and All-Greater Rochester honors.

It will not be easy to contribute to such a great athletic tradition. When you wear the green/black/gold of R-H, we assume that you not only understand our traditions, but also are willing to accept the responsibilities that go with them. However, the contributions you make should be a satisfying accomplishment for you and your family.

- ***Responsibilities to Yourself***

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

- ***Responsibilities to Your School***

Another responsibility you assume as a squad member is to your school. Rush-Henrietta cannot maintain its position as an outstanding school unless you try your best. By participating in athletics to the maximum of your ability, you are contributing to the reputation of your school.

You assume a leadership role when you are on an athletic squad. The student body, the community, and other communities judge our school by your conduct and attitude, both on and off the field. Because of this leadership role, you can contribute significantly to school spirit and community pride.

- ***Responsibilities to Others***

As a squad member, you also have a responsibility to your home. When you know in your heart that you have lived up to all of the training rules, that you have practiced to the best of your ability everyday, and that you have played the game “all out,” you can keep your self-respect and your family can be justly proud of you. Younger students look up to you and it is your responsibility to set a good example for them. They will copy you in many ways. Set good examples for them.

***Please note: All R-H student athletes may take advantage of community youth sports programs. You may choose any off-season program and will not be penalized in any way by our athletic program. This includes club programs in other sports as well. For example, you may choose to participate in soccer during the summer or basketball.***

**Rush-Henrietta Central School District Athletic Code of Conduct**  
***(Rules, Regulations, and Requirements Governing Participation)***  
***(Head Injury Information Attached)***

***Participation in our program is not a right, but rather a privilege earned by meeting certain eligibility standards, in both academic and conduct terms.***

***Team Rules***

The student-athlete is expected to comply with the established team rules, procedures, and instructions as communicated by the coach. Coaches have the authority to suspend an athlete from the team, temporarily or permanently, for failure to comply with the rules and procedures or when the athlete's safety or safety of others requires such action.

***Citizenship/Sportsmanship***

It is expected that Rush-Henrietta student-athletes will exhibit a high standard of conduct at all times to positively represent the school district. All aspects of the Secondary Code of Conduct (see student agenda) apply during any athletic participation, whether on or off campus, including at all times during away travel. In the case that a student-athlete exhibits poor citizenship and/or sportsmanship, appropriate action will be taken by the coach and administration.

***Substance Abuse***

The health and safety of all student athletes is at the heart of our Athletic Department substance abuse policy. The provisions of the policy strictly prohibit any use of physician prescribed medication in a manner that departs from physician prescribed instructions. The policy further outlaws all recreational use of mood-altering substances throughout the entire course of the season. Any violation of this policy may result in suspension from participation in that sport for any portion, of a particular season, including the full duration of eligibility. The team coach will have input regarding the recommended length of a suspension. The final decision, however, rests with the athletic director. This process is designed to provide objectivity and consistency to final outcomes. Coaches are required to report violations or suspected violations to the athletic director. The athletic director will conduct an investigation and determine the appropriate disciplinary action. In such an event, student athletes may be required to meet with a certified substance abuse professional in-house or in the community, and to follow through with any and all recommendations pertaining to treatment. Substance abuse amongst student athletes is unhealthy behavior, that if left unchecked, often leads to health and performance problems as well as morale problems on a team level. For all of these reasons, student athletes are expected to adhere to these standards, in order to represent the Rush Henrietta District with a dual spirit of dignity and wellness.

***Hazing***

Student initiations and the practice of "hazing" on or off school grounds is prohibited. "Hazing" refers to any activity expected of someone joining a group (or to maintain full status in a group) that humiliates, degrades or risks emotional and/or physical harm, regardless of the person's willingness to participate.

***Attendance***

1. To be eligible for participation in an interscholastic athletic activity a student must be in attendance for at least one-half of the school day on which that activity takes place.
2. An unexcused absence on the day prior to a weekend or holiday team activity will cause the student to be ineligible to participate.
3. For extraordinary circumstances, exceptions to items 1 and 2 above require the approval of the building principal or the athletic director.

4. Emergency or extraordinary situations that require late arrival to, or absence from school must be approved by a building administrator.
5. Tardiness or truancy on the day following an event is subject to disciplinary action by the coach.
6. A student who has been suspended may not participate in any team activities until the first day following the suspension.

### ***Transportation***

1. When district approved transportation is provided for the team it is expected that all team members will travel to and from the event with the team.
2. Under extraordinary circumstances, parents may obtain permission from the coach and/or athletic director, to drive their own son/daughter home from the game. A written request, signed by a parent and/or guardian, must be presented to the coach/athletic director.
3. Under no circumstances are students to obtain transportation with coaches, district employees, or other students. (A coach may transport students on a temporary basis, with prior approval, using a district DOT approved vehicle.)
4. Under extraordinary circumstances, parents/students may obtain permission from the coach and/or athletic director, to drive to events where transportation is provided by the district. A written request, signed by a parent and/or guardian, must be presented to the coach/athletic director.

**As a student-athlete at Rush-Henrietta I have read the above code of conduct and understand the expectations and responsibilities that go along with being a part of an athletic team in this district. (This includes the attached head injury information and the return to play procedures.) I promise to abide by these rules and regulations.**

Student:\_\_\_\_\_ Date:\_\_\_\_\_

Parent:\_\_\_\_\_ Date:\_\_\_\_\_

Board approved:March 28, 2006

Head injury information added July 1, 2012

Substance abuse section updated December 2012

### ***Academic Eligibility Policy***



*All students must follow our academic eligibility policy to participate in any extra curricular activity*

*The Academic Eligibility (as outlined below):*

During the season of the sport or activity, any student-participant who is...

<u>Situation</u>	<u>Remedial Effort</u>
● failing one course or earning grades below 70% in two or more courses will be	● referred to coach or advisor who will provide intervention counseling. ● required to attend academic eligibility study period until the grades improve.
● failing two or more courses, will be	● placed on probation for two weeks. During that time he or she may continue to fully participate, compete or perform. ● required to attend academic eligibility study period until the grades improve.
● still failing two or more courses after two week's probation, will be	● ineligible to play or perform. He or she may continue to participate but not compete or perform. ● required to attend academic eligibility study period until grades improve (less than 2 failing grades).

*SH/NGAS Incomplete grading practice 2013-2014:*

*An incomplete for grading and reporting purposes is defined to be unfinished course work that is essential to accomplishing learning standards. Such course work is typically major assessments, projects, and/or papers through which students demonstrate mastery of content.*

*Any incomplete grade(s) without special circumstances will impact students' participation in our athletic program. Participation in sports, clubs, and other extra-curricular activities will be suspended until work is completed.*



**Rush-Henrietta TRYOUT Guidelines**

The coach has the ultimate authority to determine the number of participants to make each team. It is imperative that we support the coach throughout this process. When determining the size of the team, many factors must be considered, such as: skill level, safety, quality of the program, facility space, time constraints, budget, playing time, team chemistry, and additional factors.

The athletic department recognizes these concerns and is striving to maximize the options available for student athletes in the athletic arena as participants or supporters of the program.

### **TRYOUT PROCEDURES:**

- Choosing the members of the various athletic teams is the responsibility of the coach.
- Before tryouts begin, coaches will provide team information to all candidates. Such information shall include:
  - Length of tryout period.
  - Objectives used to select the members of the team.
  - Number of positions that will be selected and criteria involved in selection-positions needed, etc.
  - Distribution of practice and competition schedule. The coach will explain the commitment necessary to join the team.
  - Clear notification that tryouts are based on the performance during the selection period. Tryouts are not based on summer participation or coaching camps the athletes participated in, previous to selections.
  - Students must tryout each year and no one is guaranteed a position due to previously making the team.

All athletic sports teams will implement the following procedures in selecting team members:

- (1) Try-outs will be open to all eligible students interested in trying out.
- (2) There will be no "invitation only" policy used by any sport to determine who may try out for any team.
- (3.) The coach will use a skills test (rubric) to judge and rank the skills of each player. Some additional factors coaches will look for when choosing the team will be attitude, grades, personality, playing ability, and character qualities.
- (4) There will be a minimum of three practices before any student will be cut from the team.
- (5) Parents may not request that their son or daughter be moved up to varsity or to a higher-level team. If a coach wants to promote a player to the varsity level, he/she will ask parents for their permission. RH coaches will not move a player from the JV squad to the Varsity squad unless the player will be a starter or major role player at the varsity level. The quality of our athletes is continually improving and players just showing up for tryouts will not guarantee a spot on any team Athletes should be working during the off-season at open gyms, camps, clinics, etc. to improve their fundamental skills in order to make the cut.

## **REQUIREMENTS FOR PARTICIPATION**

*Participation in our program is not a right, but rather a privilege earned by meeting certain eligibility standards, in both academic and conduct terms.*

### **ATHLETIC DEPARTMENT RULES AND REGULATIONS**

**(See Code of Conduct.) All student athletes and parents will read and sign the code of conduct document at each team's parent/student information meeting at the beginning of each season.**

### **A. Physical Exam**

It is required that all students have a physical examination prior to participating in the sports program.

- Physicals are good for 12 months, unless there is a change in the student's health status following the physical exam. According to the latest NYSPHSAA ruling, physical exam dates, which expire once a season is underway, will not need to be updated until the next season.
- A student who does not have a physical prior to the first day of practice will not be eligible to participate on that team until the physical has been completed and the nurse signs the physical card.
- Students changing dates on physical or medical excuses will be subject to discipline action by the coach. This will range from suspension to dismissal from the squad. This is viewed as a very dangerous procedure. The student is subjecting himself/herself to the possibility of injury and litigation.

### **B. Dropping or Transferring Sports**

Once a student's name is placed on the eligibility list for a sport, that student is not eligible to try out for, practice or participate in any other interscholastic athletic activity until the end of the sports season covered by the original eligibility list. If an athlete is cut from one sport and wishes to try out for another sport this may be done if:

- The second sport has had no formal cuts to determine their squad.
- The coaches of the second sport are receptive to this procedure.

### **C. Conflict in Extracurricular Activities**

An individual student who attempts to participate in too many extracurricular activities will undoubtedly be in a position of a conflict of obligations. The athletic department recognizes that each student should have the opportunity for a broad range of experiences in the area of extracurricular activities and to this end, will attempt to schedule events in a manner so as to minimize conflict. When conflicts do arise the coaches/advisors will get together and work out a solution so the student does not feel caught in the middle. If a solution cannot be found then the student will have to make a decision (in cooperation with his/her parents) on the following:

- The relative importance of each event
- The importance of each event to the group involved
- The relative contribution the student can make
- How long each event has been scheduled

If it becomes obvious that a student cannot fulfill the obligations of a school activity, he/she should withdraw from that activity.

### **D. Equipment**

School equipment checked out by the student athlete is his/her responsibility. He/she is expected to keep it clean and in good condition. Loss of any equipment is the parent's/athlete's financial obligation.

***Failure to replace or return the items will result in the student being ineligible for any future athletic participation or awards.***

### **E. Selection/Classification**

Students in grades 7 and 8 who are *exceptional athletes* may try out for a freshman, JV, or varsity team.

Prior to trying out, the student must have:

- Approval from the coach/middle school physical education teacher
- Approval from the athletic director

- Approval from the school physician
- Approval from the parent
- Meet or exceed the criteria set in the selection classification process, which includes a sports skill evaluation (completed by the coach), a six-item fitness test (completed by a middle school PE teacher), and a developmental (maturity) rating.

*NOTE: It is very uncommon that a middle school student will be able to participate on a high school team. Coaches will only allow the exceptional athlete to participate in the process (in collaboration with the middle school physical education staff and the school nurse).*

***Students will only be selected to move up if they will contribute to the team as a starter or receive considerable playing time.***

#### ***F. Mixed Competition***

Female students may try out for a team where we do not provide separate competition for boys and girls. The NYS state education guidelines for “mixed competition” include a review panel, consisting of the school physician, physical education teacher, and athletic director. The student’s own family physician may also be a part of the review panel. A physical fitness test (the selection/classification test—from above) is used to determine the fitness level of the student. These procedures only apply to a student’s eligibility to try out for a team of the opposite sex. Males may not participate on teams organized for females.

#### ***G. Games and Practice Sessions***

Team members must be present and on time for all scheduled practice sessions and games. Any athlete who is present in school but absent or late to the athletic events without prior permission from the coach will be subject to appropriate disciplinary action. That action ranges from a warning, to suspension, to dismissal from the team. Practice schedules will be announced at the beginning of each sports season.

To be eligible to participate on an athletic team, an athlete must attend all practices or **precutting sessions** established by the head coach. Exceptions are limited to:

- Sickness
- Emergency appointments (doctor, dentist, court appearance)
- Funerals
- Family vacations or other unusual situations will be given consideration by the coach, who must be made aware of the situation prior to the precutting session.
- Transfers from another district, meeting NYSPHAA (and Section V) regulations.
- Religious obligations.

A player who misses practice **during the season** for a prolonged period of time will be reviewed individually by the coach and/or athletic director, with consultation with the athletic trainer and/or the school physician when necessary. A reasonable amount of practice time and playing time will be established based on the athlete’s readiness for safe return to competition. Excuses from practice for an extended period of time during a season will be limited to:

- College visitations
- Family vacations where the athlete must attend at parents request
- Emergency situations
- Religious obligations
- Sickness or injury (If medical attention is required, a written physicians approval to return to practice must be submitted to their coach through the S.N.T. prior to participation.)

*All of these excuses must be submitted to the coach prior to the absence.*

All players will sit with their own team for the **entire** athletic event.

No athlete will leave the site of an athletic activity without permission from the coach.

A player who misses a scheduled bus for an away athletic activity will not be permitted to participate in that activity. A player must use school transportation **to** athletic events except when the athlete has secured **prior** written permission from the school administration, his parents and the coach to ride with his/her parents. A coach may approve written **parental** permission requesting alternate transportation home **from** an athletic event.

Conduct of players while riding school transportation will be subject to regulations for regular bus students.

### SPORTS BUS RULES

1. During field trips and sports trips, no students will be allowed to sit any further back in the bus than the coach.
2. The back seats will only be used if absolutely necessary. If equipment is carried inside the passenger area of the bus (rather than in the luggage compartment under the bus) this equipment should be carried in the rear seats.
3. **Under no circumstances will metal spikes or cleats be allowed to be worn on the bus.** Also, soccer and football shoes that have the hard rubber cleats on them are not to be worn on the bus. Wear a pair of sneakers or sandals so that you can change after you get off the bus.
4. Eating on the bus is O.K. for sports trips, but remember, the driver is not a custodian. Students are expected to clean up after themselves. Coaches must take responsibility for making sure the bus is clean.
5. If a sports group wants to stop and eat somewhere on the way home from an event, that is O.K. But we do ask that a person in charge call the Transportation Dept. in advance of the trip at 359-5370 to let us know. This way, the driver is aware and prepared prior to their trip.
6. Entering or exiting the bus from the rear of side doors is NOT allowed. These are emergency exits only. However, if sports equipment needs to be loaded through the back door of the bus (i.e. Hockey bags) then a person on the ground should pass them up to another person inside the bus. This is for the safety of all.
7. Every sports trip driver has a sheet with emergency numbers on it in case there is a problem. Sports trip drivers also have access to cell phones and pagers for use in long distance trips.
8. It is important for the coaches to verify the exact drop-off and pick-up location of the event with the drivers.
9. Once the bus leaves the pick-up point, students need to remain in their seats. Getting up and moving around on the bus is a distraction to the driver and it is also very unsafe. The Rush-Henrietta Transportation Dept. has an excellent safety record on the road and we want to maintain our good record.

*Remember that having a driver's license is a privilege, not a right.*

*Riding the bus for sports is also a privilege. Don't lose it!*

All schedules are subject to change. For updated information about games, times, cancellations or postponements, please call the

**SPORTSLINE @ 359-5176.**

The sportsline is updated daily.

(Includes postponements/cancellations by 2 PM.) Also, try our web site @

**www.rhnet.org**

Click on *sports*

All Monroe County Schools are current subscribers of the same athletic scheduling program. Our website is directly connected to this program, which includes *driving directions* to all events as well as all MCPSAC sports schedules.



**RH Information Directory**

Superintendent of Schools	Dr. J. Kenneth Graham, Jr.	359-5012
Principal, Senior High School	Beth Patton	359-5208
Principal, Ninth Grade Academy	Tim Heaphy	359-5558
Principal, Burger Middle School	Greg Lane	359-5308
Acting Principal, Roth Middle School	Denise Zeh	359-5108
Director of Transportation	Rick Pollock	359-5380

**District Athletic Office**

1799 Lehigh Station Road, Henrietta, NY 14467

(Fax) 359-7802

Director of Athletics	Dr. Thomas Stewart	359-7809
Secretary	Jody McShea	359-7808
Athletic Trainer	Daren Crane	359-5295

please check 4 where appropriate: \_\_\_ Parent \_\_\_ Student Sport \_\_\_\_\_ Mod \_\_\_ JV \_\_\_ V \_\_\_  
Male \_\_\_ Female \_\_\_ Grade \_\_\_\_\_ School \_\_\_\_\_

### Athletic Program Assessment

Please use this form to let us know how we are doing. Return it to the District Athletic Office at:  
1799 Lehigh Station Rd., Henrietta, New York 14467  
(Or try the online form on our website at [www.rhnet.org/sports](http://www.rhnet.org/sports))

1. Describe your experience this past season as a participant in our athletic program  
(Parent or student athlete).

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2. What can we do better to enhance our program?

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Additional Comments:

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**Royal Comet Victory Song**  
***(To the Theme of Mighty Oregon)***

***We are here to cheer our Comets  
On to still another win  
We will fight for R-H honor  
As they hear our roaring din  
(FIGHT! FIGHT!)  
We will back our school with spirit  
As we see our team score high  
And we'll cheer the Royal Comets  
And make Victory our cry***





