

Home of the  
2006, 2007, 2008 New York State Girls' Basketball Champions  
2007 New York State Girls' Bowling Champions  
2010 New York State Football Champions  
2015, 2016, 2018 New York State Girls' Track and Field Champions



***RH***



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

***Parent/Student  
HANDBOOK***

***2019-20***

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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	Karen Marchand	359-7808
Athletic Trainer (SHS)	Daren Crane	359-5295



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***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/sportsschedules](http://www.rhnet.org/sportsschedules) or get the free mobile App** at your App store by searching “Activity Scheduler.” Once downloaded, it will ask you what state and then what league. We are the Monroe County Public School Athletic Conference (MCPSAC). The final step is choosing Rush-Henrietta as the school.

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 2019-20 seasons.

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

Thomas Stewart  
Director of Athletics

### **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	Cheerleading V/JV	Golf V/JV
(G) Swimming V/JV	(B/G) Bowling V	(B) Tennis V
(G) Gymnastics V	(B) Swimming V/JV	
Cheerleading V/JV		

### **2019-20 Athletics Calendar**

#### **Fall 2019**

- August 19: All Varsity/JV Sports start
- August 27: Booster Club Fall Kickoff/Food Truck Rodeo @SHS 4:30 PM
- August 26: Modified B Football starts
- August 28: Superintendent's Conference Day
- September 3: All other Modified A/B Sports start
- September 3: First day of school for students
- October 11: Superintendent's Conference Day, No school K-12
- October 12: Homecoming
- October 14: Columbus Day: Schools Closed

#### **Winter 2019-20**

- November 11: All V/JV Sports start
- November 11: Veteran's Day: Schools Closed
- November 18: All Modified A/B Sports start
- November 25-26: Superintendent's Conference Day, No school K-12
- November 27-29: Thanksgiving Recess
- December 23-January 3: December Recess
- January 20: MLK Day, Schools Closed
- January 24: K-12 Grading Day, no school
- February 17-21: Winter Recess

#### **Spring 2020**

- March 9: All V/JV Spring Sports start
- March 18: All Modified A/B Sports start
- April 6-10: Spring Recess
- May 22-25: Memorial Day Recess

### **Modified B Program Offerings: Grades 7 & 8 (Mod A includes Grade 9)**

<b>Fall</b>	<b>Winter</b>	<b>Spring</b>
Football	(B/G) Basketball (Mod A & B)	(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
(G) Tennis (Mod A)		(B) Tennis (Mod A)

## Levels of Competition

### **Modified A/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 individual's playing time. Monroe County Schools must follow the modified playing time format. Modified A is similar to Modified B, except ninth graders may also participate.

### **Junior Varsity:**

At the JV level, emphasis continues to be placed upon team play, physical conditioning, and the refinement of basic skills. 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, ninth and tenth grade students with appropriate ability may compete at this level. A sound attitude with an advanced skill level will determine playing time on a varsity team.

***Our varsity teams play to win and try to qualify for postseason 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.

*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.*

## IMPORTANT SPORTS CLEARANCE INFORMATION

**A complete physical exam signed by a licensed practitioner and dated on or after August 2018 is required in order for athletes to both try out for and participate in the 2019 Fall Sports season. Physicals are good for 12 months, unless there is a change in the student's health status following the physical exam. Physical exam dates which expire once a season is underway will not need to be updated until the next season.**

We are now offering the convenience of online registration for our athletic teams through the FamilyID website. This includes the ability to upload all athletic physicals and perform all interval health reviews (recertification) online.

### *R-H Sports Clearance Step By Step*

1. Student must have a *physical exam* within one calendar year before the season starts.
2. Parent uploads *physical exam copy* to FamilyID and completes the sports questionnaire for the registration process no sooner than 30 days before the start of each season.
3. School nurse clears student for participation.

It is very important to submit all your information within the registration dates to ensure that you can begin the season on time. Anything submitted after this may jeopardize the ability to participate on the first day.

**FALL 2019 START DATES - JV/V -Aug 19; Mod B Football Aug 26; Mod A&B teams – Sep 3.**

A Parent/Guardian should register by clicking on the link, [www.familyid.com/RH](http://www.familyid.com/RH)

- **Var/JV registration is open July 19-August 15**
- **Modified B Football registration is open July 26-August 22**
- **Modified A&B registration is open July 28-August 28**

#### **Follow these steps:**

1. To find your program, click on the link [www.familyid.com/RH](http://www.familyid.com/RH) and select the registration form under the word *Programs*.
2. Next click on the green *Register Now* button and scroll, if necessary, to the *Create Account/Log In* green buttons. If this is your first time using FamilyID, click *Create Account*. Click *Log In*, if you already have a FamilyID account.
3. *Create* your secure FamilyID account by entering the account owner First and Last names (parent/guardian), email address and password. Select *I Agree* to the FamilyID Terms of Service. Click *Create Account*.
4. You will receive an email with a link to activate your new account. (If you don't see the email, check your email filters (spam, junk, etc.).)
5. Click on the link in your activation email, which will log you in to [www.familyid.com/RH](http://www.familyid.com/RH)
6. Once in the registration form, complete the information requested. All fields with a red\* are required to have an answer.
7. Click the *Save & Continue* button when your form is complete.
8. Review your registration summary.
9. Click the green *Submit* button. After selecting 'Submit', the registration will be complete. You will receive a completion email from FamilyID confirming your registration.

At any time, you may log in at [www.familyid.com/RH](http://www.familyid.com/RH) to update your information and to check your registration(s). To view a completed registration, select the 'Registration' tab on the blue bar.

**SUPPORT:**\*If you need assistance with registration, **contact** FamilyID at [support@familyid.com](mailto:support@familyid.com) or **888-800-5583, ext. 1**. \*Support is available 7 days per week and messages will be returned promptly.

## **Concussion/Head Injury/Mild Traumatic Brain Injury (TBI) Information**

**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 healthcare 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 an 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:**

[cdc.gov/concussion/HeadsUp/](http://cdc.gov/concussion/HeadsUp/) or [cdc.gov/TraumaticBrainInjury/](http://cdc.gov/TraumaticBrainInjury/) or [health.ny.gov/prevention/injury\\_prevention/concussion.htm](http://health.ny.gov/prevention/injury_prevention/concussion.htm)

Information adapted from The Centers for Disease Control, *Heads Up Concussion in Youth Sports*, <http://www.cdc.gov/concussion/HeadsUp/>



## 2019-2020 Rush-Henrietta Booster Club Membership Benefits

<b>Diamond Membership</b> <b>\$125</b>	<b>Gold Membership</b> <b>\$75</b>	<b>Silver Membership</b> <b>\$50</b>
<i>season pass for 2 for all regular season football and basketball games at RH</i>  <i>one reserved parking spot for regular season football games at RH</i>  <i>\$50 RH Dollars *</i>	<i>admission to 10 regular season football or basketball games at RH</i>  <i>one reserved parking spot for regular season football games at RH</i>  <i>\$25 RH Dollars *</i>	<i>admission to 10 regular season football or basketball games at RH</i>  <i>\$20 RH Dollars *</i>
<b>Bronze Membership</b> <b>\$25</b>	<b>Booster Membership</b> <b>\$15</b>	<b>Coach/Staff/Senior Citizen</b> <b>\$10</b>
<i>admission to 10 regular season football or basketball games at RH</i>  <i>\$10 RH Dollars *</i>	<i>admission to 5 regular season football or basketball games at RH</i>	<i>admission to 5 regular season football or basketball games at RH</i>

**\*RH Dollars can be redeemed between 8/27/19 through 6/1/20 for Cash & Carry sales of RH apparel and accessories. RH Dollars are not valid for online apparel sales.**





## 2019-2020 Rush-Henrietta Booster Club Membership Form

- Diamond Membership**      \$125
- Gold Membership**            \$75
- Silver Membership**            \$50
- Bronze Membership**          \$25
- Booster Membership**        \$15
- Coach/Staff/Senior Citizen** \$10

**Optional donation to scholarship fund: \$ \_\_\_\_\_**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip Code:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

Please contact me by email/phone (please circle) regarding the following volunteer opportunities:

- Athlete Recognition       Royal Comet Award Night
- Sports Kickoff             Other ideas: \_\_\_\_\_
- Fundraising

**\*\*\*Only students of Booster Club members are eligible for the R-H Booster Club Scholarships!\*\*\***

The R-H Sports Booster Club is grateful for the participation of their member volunteers. Consider helping out in our growing club! Check us out on Facebook – Rush Henrietta Sports Booster Club or on Twitter @RHSportsBooster. Email us at [rhboosterclub@gmail.com](mailto:rhboosterclub@gmail.com)

\_\_\_\_\_ Check (Payable to RH Sports Boosters)      \_\_\_\_\_ Cash      \_\_\_\_\_ Credit Card

Planned for later this summer: ONLINE BOOSTER MEMBERSHIP registration @ [rhnet.org/athletics/family ID](http://rhnet.org/athletics/family ID)

In the interim, mail or drop off the application to **the Rush-Henrietta Senior High School (1799 Lehigh Station Road, Henrietta, NY 14467)** in care of RH. Sports Boosters.

# **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)**

**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 temporarily suspend an athlete from the team for failure to comply with the rules and procedures or when the athlete's safety or safety of others requires such action. Suspensions longer than two days will require authorization by the director of athletics or building-level administrator. Suspensions longer than five school days will require the approval of the assistant superintendent for student & family services. Note: Non-school days will not be counted within any suspension days. (District Code of Conduct, section IX: Disciplinary penalties, procedures, and referrals, page 16, item 3.)

***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 District Code of Conduct 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. 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, applying the process from the district code of conduct for suspension from athletic participation, co-curricular activities and other privileges (Section IX: Disciplinary penalties, procedures, and referrals, page 16, item 3.) 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. (District Code of Conduct, Section VII: Prohibited student conduct, E: Engage in any conduct that endangers the safety, physical or mental health , or welfare of others, page 11, item 9.)

### *Attendance*

1. To be eligible for participation in interscholastic athletics a student must be in attendance for at least one-half of the school day (2 academic blocks) 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 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. For suspensions less than five days, school recess may be taken into consideration for early return to play.

### *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

Updated July 2018

## Academic Eligibility Procedures 2019-20

Student will **print current grades** from **Parent Portal** and submit to his/her coach at specific points during the season to include five week updates and quarter grades.

### Situation

✦ failing one course or earning grades below 70% in two or more courses will be

✦ failing two or more courses, will be

✦ still failing two or more courses after two week's probation, will be

### Remedial Effort

✦ referred to coach or advisor who will provide intervention counseling.

✦ Must print current grades from **Parent Portal** and submit to coach.

✦ placed on probation for two weeks. During that time he or she may continue to fully participate, compete or perform.

✦ Must print current grades from **Parent Portal** and submit to coach.

✦ ineligible to play or perform.

He or she may continue to participate but not compete or perform.

✦ Must print current grades from **Parent Portal** and submit to coach.

Students with two or more failing grades must submit updated (current) grades within the 2 week probation period to be eligible.

### ***Incomplete grading practice 2019-2020:***

***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 High School After-School Guidelines

Our goal is to provide a safe and productive educational environment for our students. Therefore, all students remaining on school grounds after 2:50 PM must be involved in a school related activity and be directly supervised by a staff member. The following are acceptable reasons to remain after school and the behavior expectations for each situation:

**Receiving assistance from a teacher:** Students who remain after school to work with a teacher must be with that teacher by 3:00 PM. Once students have finished receiving assistance they are to obtain a bus pass from that teacher and report to the after school study hall to wait, in an appropriate manner, for the late bus to arrive. If a student does not require bus transportation, he/she may call for a ride and wait in the designated study hall room to be picked up.

**Participating in a club or activity:** Students involved in clubs and activities should report to their designated meeting place by 3:00 PM. And remain there until dismissal at 3:50 PM. Students with a bus pass from their club advisor go directly to the late bus. Students who will not be using school transportation should wait in the designated study hall room until they are picked up.

**Attending practice or athletic competition:** Student-athletes must report to the after school study hall by 3:00 PM. The after school study hall will provide an educational environment for student-athletes to complete homework and other course work. The expectations of the athletic study hall are as follows:

- ✓ All athletes remaining after-school to wait for a practice or inter-scholastic competition to begin, must report to the after school study hall by 3:00 PM and sign in with the supervisor.
- ✓ Student-athletes must remain in study hall unless they provide the study hall supervisor with a pre-signed pass from an academic teacher. Such a pass will provide the student-athlete the ability to leave the study hall classroom and work with a teacher in another location. Once the student has finished receiving assistance from a teacher, it is the student's responsibility to either return to study hall with a signed pass or report directly to practice.
- ✓ Athletic study hall will uphold all components of school-based academic study hall, for example: Students should bring appropriate materials to keep them busy (study materials, homework, library books, etc.). Students may use electronic devices. Students should report to study hall at the designated time and remain in the designated area of the building unless otherwise granted permission by the study hall supervisor.

**It is understood that some after-school activities may take place later in the evening and students may find it more reasonable to take the school bus home and find their own transportation to and from some of these events. The guidelines apply to those students who choose to remain on school grounds for the duration of time leading up to their after-school activity. Students found in violation of these guidelines will be reported to the appropriate administrator for disciplinary action.**

## **Rush-Henrietta Jr. High School After-School Guidelines (Burger and Roth)**

Our goal is to provide a safe and productive educational environment for our students. Therefore, all students remaining on school grounds after 2:30 PM must be involved in a school related activity and be directly supervised by a staff member. The following are acceptable reasons to remain after school and the behavior expectations for each situation:

**Receiving assistance from a teacher:** Students who remain after school to work with a teacher must be with that teacher by 2:35 PM. Once students have finished receiving assistance they are to obtain a bus pass from that teacher and report to the after school study hall in the cafeteria to wait, in an appropriate manner, for the late bus to arrive (M-T-Th only). If a student does not require bus transportation, he/she may call for a ride and wait in the cafeteria to be picked up.

**Participating in a club or activity (M-T-Th):** Students involved in clubs and activities should report to their designated meeting place by 2:35 PM and remain there until dismissal at 3:30 PM. Students with a bus pass from their club advisor go directly to the late bus (M-T-Th only).

**Attending practice or athletic competition:** Student-athletes not practicing directly after school must report to the after school study hall in the cafeteria by 2:35 PM. The after school study hall ends at 3:30 PM. **Students are not allowed to remain in the building after 3:30 PM unless they are involved in a supervised activity.** The expectations of the athletic study hall are as follows:

- ✓ All athletes remaining after-school to wait for a practice or inter-scholastic competition to begin, must report to the after school study hall by 2:35 PM and sign in with the supervisor.
- ✓ Student-athletes must remain in study hall unless they provide the study hall supervisor with a pre-signed pass from an academic teacher. Such a pass will provide the student-athlete the ability to leave the study hall classroom and work with a teacher in another location. Once the student has finished receiving assistance from a teacher, it is the student's responsibility to either return to study hall with a signed pass or report directly to practice.
- ✓ Athletic study hall will uphold all components of school-based academic study hall, for example: Students should bring appropriate materials to keep them busy (study materials, homework, library books, etc.). Students may use electronic devices. Students should report to study hall at the designated time and remain in the designated area of the building unless otherwise granted permission by the study hall supervisor.





## **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/Uniforms***

School equipment and uniforms issued to student athletes are his/her responsibility. He/she is expected to keep them clean and in good condition. Loss of any equipment or uniforms 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 and participation in school activities such as the prom, senior ball, and graduation.***

### ***E. Athletic Placement Process***

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/junior high 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 **Athletic Placement Process**, which includes a sports skill evaluation (completed by the coach), a five-item fitness test (completed by a junior high school PE teacher), and a developmental (maturity) rating.

*NOTE: It is very uncommon that a junior high 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 junior high school physical education staff and the school nurse).*

***Students will only be selected to move up if they will contribute to the team and 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 athletic placement 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 **pre-cutting 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 pre-cutting 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 physician's 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 coach 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 visit:**

**[www.rhnet.org](http://www.rhnet.org)**

Click on *athletics/all schedules*

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.

### **Get the Free Mobile App**

Get the App at your App store by searching “Activity Scheduler.” This mobile calendar allows you instant access to your school’s Calendar, Schedules and Rosters.

It will ask you what state and then what league. We are the Monroe County Public School Athletic Conference. The final step is choosing Rush-Henrietta as the school.

