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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 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 2024-25 seasons.

Jeff Onze

Director of Athletics

High School Program Offerings: Varsity and JV

Fall	Winter	Spring
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	(B) Golf V/JV
(G) Swimming V/JV	(B/G) Bowling V	(B) Tennis V
(G) Gymnastics V	(B) Swimming V/JV	Unified Basketball
Cheerleading V/JV		(G) Flag Football
Unified Bowling		
(G) Golf V		

2024-25 R-H Athletics Calendar

Fall 2024

- August 19: V/JV Football starts
- August 26: All Varsity/JV Sports start
- August 26: All Modified Sports start (or after school starts, depending on sport)
- September 3: First day of school for students
- October 11: Homecoming
- October 14: Columbus Day: Schools closed

Winter 2024-25

- November 18: All V/JV Sports start
- November 11: Veteran's Day (observed): Schools closed
- December 2: All Modified Sports start
- November 25-26: Superintendent's Conference Day: No school K-12
- November 27-29: Thanksgiving Recess
- December 23-January 3: Winter Recess
- January 20: Martin Luther King, Jr. Day: Schools closed
- January 24: Grading Day: Schools closed
- February 17-21: February Recess

Spring 2025

- March 17: All V/JV Spring Sports start
- March 31: All Modified Sports start
- April 14-18: Spring Recess
- May 26: Memorial Day Recess: Schools closed
- June 19: Juneteenth: Schools closed

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

Fall	Winter	Spring
Football	(B/G) Basketball	(B/G) Lacrosse
(B/G) Soccer	Wrestling	Baseball (A/B)
(B/G) Volleyball	(B/G) Swimming	Softball (A/B)
(B/G) X-Country	Cheerleading (Mod A)	(B/G) Track
(G) Tennis (Mod A)		(B) Tennis (Mod A)
Cheerleading (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 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 2023 is required in order for athletes to both try out for and participate in the 2024 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 NYSED ruling, physical exam dates which expire once a season is underway will not need to be updated until the next season.

Use the link below to register your son/daughter for sports:

- [Registration](#)

[Click here for Arbiter Registration \(formerly FamilyID\)](#)

- [Click here for Arbiter Registration \(formerly FamilyID\) Instructions](#)

This is a great resource to help you to register with FamilyID. Following are a few articles to get you started:

[First Time Registration](#)

[Existing Users Registration](#)

- [Video: New User Registration](#)

[Video: New User Registration](#)

Please be sure to upload necessary paperwork such as an asthma action plan and emergency care plan (these forms need to be dated 7/1/2024 or later and signed by both the doctor and parent) to avoid delays in your son/daughter being approved and starting on time. There are apps that work well for creating a PDF file to upload your documents when you take a picture with your phone. Genius Scan is one that works well. Please be aware-There are new guidelines for return to play to PE and sports after COVID-19. They're available at rhnet.org/athletics.

Also, effective 7/1/2022 is the Dominic Murray Sudden Cardiac Arrest Prevention Act. The guidelines can be found on our website at rhnet.org/athletics/health concerns.

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 a 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.

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 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

Information adapted from The Centers for Disease Control, *Heads Up Concussion in Youth Sports*,

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

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)

Academic Eligibility Procedures 2024-25

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

Situation

Remedial Effort

1. 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.
 Must print current grades from **Schooltool** and submit to coach.

2. failing two or more courses (or an incomplete), will be...

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 **Schooltool** and submit to coach.

3. still failing two or more courses after two week's probation (or an incomplete), will be...

ineligible to play or perform. He or she may continue to participate but not compete or perform.
 Must print current grades from **Schooltool** and submit to coach.

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

Incomplete grading practice 2024-2025:

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 athletics program. Students with an incomplete will be placed on probation for two weeks and follow the above procedures for situation 2.



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.



2024-2025 Rush-Henrietta Booster Club Membership Benefits

Diamond Membership \$100	Gold Membership \$50	Booster Membership \$25
<i>one reserved parking spot</i> for regular season R-H football games	<i>RH Logo Stadium Blanket</i>	
<i>RH Logo Stadium Blanket</i>		

*(If membership is purchased online, bring receipt to pick up Stadium Blanket at either the 9/8
Booster Kick-Off Event or at a designated 2023 Home Football Game)*

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2022-2024 Rush-Henrietta Booster Club Membership Form

- Diamond Membership** **\$100**
- Gold Membership** **\$50**
- Booster Membership** **\$25**
- Optional donation to scholarship fund: \$_____**

Name: _____

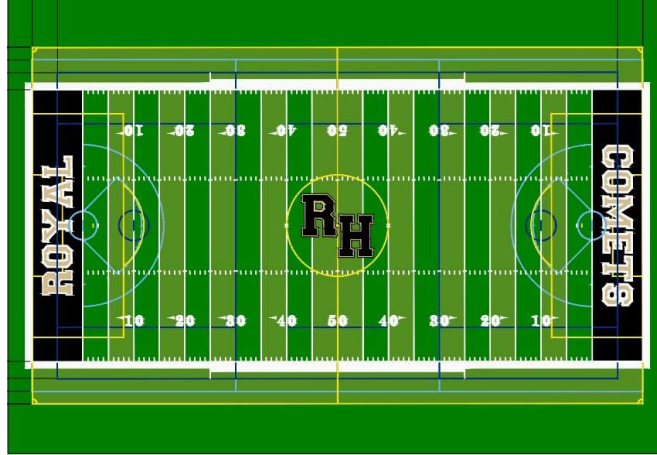
Address: _____

City: _____ **State:** _____ **Zip** **Code:** _____

Phone: _____ **Email:** _____

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

- Athlete Recognition**
- Sports Kickoff**
- Fundraising**
- End of Year Athletic Celebration**



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

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.

Our livestreaming link is HUDL TV:

[Rush-Henrietta High School | High School Sports | Home | Hudl](#)