

HEMPSTEAD UNION FREE SCHOOL DISTRICT



PARENT/ATHLETE HANDBOOK

ATHLETIC MISSION STATEMENT

of the

HEMPSTEAD UNION FREE SCHOOL DISTRICT

“The Department of Athletics at the Hempstead Union Free School District provides opportunities for our student-athletes to receive a quality experience both in the classroom and in interscholastic competition. Athletics enhances the intellectual, social, and personal development of our student-athletes, helping them to grow through their experiences at the Hempstead Union Free School District and to prepare for meaningful careers and lives. Toward this purpose, the Department of Athletics promotes academic achievement, good sportsmanship, ethical conduct and equitable opportunity for students and staff. The guiding principle of the school district is to focus on academics first; therefore we view our successes based not on wins and losses but as linked to the educational mission of the school district and the welfare of our student-athletes.

A GUIDE TO SPORTS PARENTING

BEFORE THE GAME:

- Tell your child to “give it your best shot and have fun!”
- Make commitment to honor the game in action and language no matter what others may do.

DURING THE GAME:

- Don't add to your child's confusion by giving him or her instructions during the game. Let the coach correct player mistakes.
- Cheer and acknowledge good plays by both teams.
- Mention good calls by officials to other parents, but refrain from commenting on officials' mistakes.
- Find ways to gently correct the unsportsmanlike behavior of other parents and spectators.
- Don't do anything in the heat of the moment that you will regret after the game. Ask yourself, “Will this embarrass my child or the team?”

AFTER THE GAME:

- Thank the officials for doing a difficult job.
- Thank the coaches for their efforts. Understand that after a loss it is not the best time to question a coach.
- Thank or congratulate your opponents for a good game.
- Congratulate your child and his or her teammates for their efforts regardless of the result.
- Compliment individual players on their standout plays and displays of sportsmanship during the game.
- Don't give too much advice. Instead, ask your child what he or she thought about the game and be a good listener.

AT HOME:

- Point out a good play, either athletic or sportsmanlike, that your child made during the game.
- Avoid criticizing or correcting mistakes.
- Ask open-ended questions about how the game was played, not how many points were scored. Some good questions are:
 - Did you have fun?
 - Did you give it your best effort?
 - What did you learn from the game?
 - What was the best play you made and how did it feel?
 - Did you bounce back from your mistake?

PHILOSOPHY OF INTERSCHOLASTIC ATHLETICS

Interscholastic athletics in the Hempstead Union Free School district is a component of the health and physical education program and, therefore, is an integral part of the district's total education program. Athletics should be a broadening experience in which harmony of mind-body functions is created through striving for physical and mental excellence. A well-coordinated program is vitally important to the morale of the school and our community.

Everyone involved in the delivery of athletics possesses a unique opportunity to teach positive life skills and values. Therefore, this educational experience demands highly qualified coaches. Desire, dedication, and self-discipline need to be developed in order to ensure the commitment and personal sacrifice required by athletes. Making such a commitment helps nurture integrity, pride, loyalty, and overall character. The final outcome is a better citizenry carrying these values throughout their life.

It is the nature of athletic competition to strive for victory. However, the number of victories is only one criterion when determining a season's success. Guiding the team to attain maximum potential is the ultimate goal. To this end, the coaching staff must teach student athletes to prepare their minds and bodies in order to teach maximum potential, and then to be modest in victory and steadfast in defeat.

MODIFIED PROGRAM PHILOSOPHY

The opportunity to participate in a modified sports program is available to all 7th and 8th graders. Sport activities offered are determined by the existence of leagues, student interest, and the relationship to the high school program. At this level, focus is on learning athletic skills and game rules, fundamentals of team play, social-emotional growth, physiologically appropriate demands on the adolescent body, and healthy competition.

It is not our policy to cut students at the modified level. However, if the number of students trying out for a team creates a situation that is difficult to manage, poses a safety problem, or is problematic because of facility considerations, reducing team size may be necessary.

In order for the desired development of the adolescent athlete and team to occur, practice sessions are vital. The New York State Public Health Association publishes regulations by which practice sessions are governed. Occasionally, practice or contests will be scheduled for Saturdays. Opportunities for meaningful contest participation for each team member will exist over the course of a season.

Exceptional 7th and 9th graders may be permitted to try out for a junior varsity or varsity team under the State Education Department program called *Selection Classification*. Criteria that must be met in order to play at an advanced level include: parent approval, medical approval, appropriate development rating, passing athletic performance test scores, and the coach's skill evaluation. Additionally, students must display an advanced degree of social-emotional maturity before team membership is granted.

PLAYING UP

The *Philosophy of Interscholastic Athletics* portion of this handbook addresses in general terms, what grade level are eligible for membership on varsity, junior varsity, freshman and modified teams. Generally, student athletes should expect to play on the team intended for their grade level. In certain limited situations, student athletes may be allowed to try out for a team *above or below* their grade level.

The key person in these situations is the head coach. The head coach will recommend to the athletic director whether or not a student athlete should be allowed to play "up" or "down". Key factors that will be taken into account are:

1. Coach's skill rating.
2. Physical education teacher's rating of physical, social, and emotional maturity.
3. Whether or not other student athletes will be displaced if student in question is placed on team.
4. If warranted, all steps of the New York State Selection Classification process will be followed.
5. 11th graders can be considered for placement on the junior varsity team with the recommendation of the head coach and approval of the Athletic Director.

JUNIOR VARSITY PROGRAM PHILOSOPHY

The junior varsity level is intended for those who display potential of continued development into productive varsity level performers. In certain situations, juniors who are expected to make contributions at the varsity level will be considered for junior varsity participation.

At this level, athletes are expected to make visible commitment to the program, team and continued self-development. To this end, increased emphasis is placed on physical conditioning, refinement of fundamental skills, elements and strategies of team play in addition to social-emotional development. Junior varsity programs work towards achieving a balance between continued team and player development and striving for victory. The outcome of the contest becomes a consideration at this level.

Realization that practice session is important is a premise that is vital to a successful junior varsity team and player. For all team members, meaningful contest participation will exist over the course of a season; however, a specified amount of playing time is never guaranteed. Participants at this level are preparing themselves for the six-days-a-week commitment that is expected at the varsity level. While contests or practices are rarely held on holidays and Sundays, practice sessions are scheduled during school vacation periods. With the goal of becoming a varsity athlete clearly in sight, a high level of dedication and commitment is expected at the junior varsity level.

VARSITY PROGRAM PHILOSOPHY

Varsity competition is the culmination of each sport's program. Normally, seniors and juniors make up the majority of the roster. Occasionally, a sophomore and infrequently a freshman may be included on the team providing that evidence of advanced levels of physical development, athletic skill and appropriate social-emotional development is demonstrated. It is possible but rare for a middle school level student to be included on a varsity roster. Selection classification occurs more frequently in sports commonly classified as "individual" (track, golf, swimming, etc.).

Squad size at the varsity level is limited. The number of participants on any given team is a function of those needed to conduct an effective and meaningful practice and to play the contest. It is vital that each team member has a role and

knows its importance. The number of roster positions is relative to the students' acceptance of their individual roles in pursuit of the team's goals. While contest participation over the course of a season is desirable, a specified amount of playing time at the varsity level is never guaranteed.

A sound attitude and advanced level of skill are prerequisites for a position on the varsity team, as it's the realization that a varsity sport requires a six-days-a-week commitment. This commitment is often extended into vacation periods for all sport seasons. While contests and practices are rarely held on holidays and Sundays, the dedication and commitment needed to conduct a successful varsity program should be taken seriously.

The varsity coach is the leader of that sport's program and determines the system of instruction and strategy for that program. Communication among modified, junior varsity and varsity programs is the responsibility of the varsity coach. Preparing to win, striving for victory in each contest and working to reach the group's and individual's maximum potential are worthy goals of a varsity level team.

TEAM SELECTION

The following procedures are to be followed by all coaches:

1. All candidates should be given a minimum of five full practices to try out for a team.
2. Each coach should discuss tryouts procedures to be used with the Director of Athletics before the start of the season.
3. Each coach should discuss tryout procedures with candidates and should include the following:
 - a. Minimum and maximum number of players that will be kept.
 - b. What objective test will be used.
 - c. What subjective rating procedures will be used.
 - d. Selection dates
 - e. How candidates will be notified if they have made the team.
4. Coaches should not post who has made the team or who has not been selected.
5. Each player who has not been selected has a right to discuss the decision made with his/her coach. Additionally parents can make an appointment to meet with the coach regarding the decision made.

6. Under no circumstances should a player's or parent's level of participation in fund raising be a factor in the selection of a team.

ATHLETE'S CODE OF BEHAVIOR

Student in Good Standing

To be a member of a Hempstead Union Free School District athletic team is a privilege and each student athlete should strive to perform to the best of his/her athletic and academic potential.

We believe that all student athletes should conduct themselves in a manner that reflects positively upon their school and promotes good health. Because the use of tobacco, alcohol and other drugs prevents normal development of a healthy mind and body, the following code of behavior has been established:

Code of Behavior:

- No student athlete will possess or consume alcoholic beverages **at any time or place** during the sport season.
- No student athlete may use tobacco products during any sport season.
- No student athlete will possess, sell or use illegal drugs at any time.
- No student athlete will use prescription drugs without consent of a physician and/or parent at any time during the sport season.

***TO PROMOTE A HEALTHY LIFE-STYLE, IT IS RECOMMENDED THAT
STUDENT ATHLETES ADHERE TO THE ABOVE CODE OF BEHAVIOR AT
ALL TIMES, NOT JUST DURING THE SPORT SEASON.***

SPORTSMANSHIP/FAIR PLAY

Visiting team members, students and adult spectators are guests to be accorded all the courtesy and consideration that a friendly, well-mannered and well-intentioned host would normally give. Visitors, in turn are to act as invited guests, using the home school's facilities with care and respecting the rules and customs of the home school.

Officials are the proper authorities to make decisions regarding rules and their interpretation; these decisions should be accepted.

Spectators, student athletes and coaches must recognize that their conduct plays an important role in establishing the reputation of their school and that their positive actions can relate directly to the success of their teams.

Remember that an athletic contest is only a game–NOT a matter of life and death for player, coach, school, official, fan or community.

FAILURE TO ADHERE TO CONDUCT AND EXPECTATIONS FOR ATHLETES, STUDENTS, AND SPECTATORS COULD RESULT IN APPROPRIATE DISCIPLINARY ACTION.

STUDENT ATHLETE BEHAVIORAL ELIGIBILITY REGULATIONS

If an athlete on a team breaks the district's "Code of Conduct" (is given a detention or suspension by the classroom teacher or dean, or behaves inappropriately during the team's practice/game), the following punishments must be administered by the coach.

All coaches must keep track of the number of times each athlete has broken the code of conduct during the course of the season.

OFFENSE #1: Athlete attends the day's activity (practice or game) but does ***NOT*** participate.

OFFENSE #2: Athlete attends the day's activity (practice or game) but does ***NOT*** participate. Also, he/she will ***NOT*** participate in the next game the team plays.

OFFENSE #3: Same as Detention #2.

OFFENSE #4: The student is up for review by the coach, athletic director and building principal to determine the future of the student on the team. He/she will not participate with the team until a decision has been made by the coach, athletic director and principal.

BULLYING AND HAZING REGULATIONS

Any form of bullying or hazing is strictly prohibited in the Hempstead Union Free School District and its athletic programs. Any student involved in an act of bullying or hazing will be immediately suspended from their athletic team. That

student's future on that team will be decided by a committee, which includes the student's coach, district athletic director and the building principal.

Bullying: A person is being bullied when he or she is exposed, repeatedly and over time, to negative actions on the part of one or more persons. Bullying includes: physical aggression, intimidation, written aggression, (emails, notes), sexual harassment and racial and ethnic harassment.

Hazing: Any humiliating or dangerous activity expected of someone to join a group, regardless of the person's willingness to participate. Hazing includes: being physically abused, being yelled, cursed or sworn at, deprivation of food, sleep or cleanliness, destroying or vandalizing property, etc. (Punching the new members of the team, carrying water bottles, etc.).

ATTEND PRE-SEASON MEETING

One of the most important ingredients for a successful sport season is effective, open and appropriate communication between the coach, parents and student athlete. In order to ensure that this communication takes place, pre-season meetings are scheduled by the athletic department and coaches. Topics of these meetings include athletic department policies, individual team expectations and rules, health and safety of the student athlete and a variety of other subjects. Student athletes and their parents are required to attend the pre-season meetings. Dates and times of these meetings will vary and be announced.

ATTEND PRACTICE SESSIONS

Student athletes are expected to attend all scheduled practice sessions and games unless excused by the coach in conjunction with the parent. The importance of practice is clearly stated in the Philosophy portion of this handbook. It is important to note that fall practices for juniors varsity and varsity teams begin the third week of August (varsity football begins earlier).

QUESTIONS, CONCERNS, AND COMMUNICATION

From time to time during the course of an athletic career in our school, parents and student athletes alike may have questions or concerns that need to be addressed. Ordinarily, the team coach is the best source of information. If there is a concern, the coach is usually the best place to begin the communication process. However, if you should choose not to speak directly with the team coach, or after speaking with the coach you are not entirely satisfied, the next step is to communicate with the Athletic Director. Almost all questions or concerns can be resolved through the above process. If there is still a concern after following the steps outlined above, parents and/or student athletes may speak with the building principal, Superintendent of Schools, and if necessary, Board of Education in that order.

A PARENT'S GUIDE TO DEALING WITH TEACHER-COACHES

Communication parents should expect from the teach-coach:

- The coach's philosophy
- The coach's expectations for your son or daughter, as well as other players on the team.
- Locations and times of practices and contests.
- Team requirement, such as fees, special equipment needed, school and team rules and off season expectations.
- Procedures if your child suffers an injury during participation.

Communication coaches expect from parents:

- Concerns about their child expressed directly to the coach at the appropriate time and place.
- Concerns about the coach's philosophy or expectations.
- Notification of any schedule conflicts well in advance.

Appropriate concerns to discuss with a coach:

- The mental and physical treatment of your child.
- What your child needs to do to improve.
- Aspects of your child's behavior.

Concerns that are NOT appropriate for discussion and must be left to the discretion of the coach:

- How much playing time each athlete is getting.
- Team strategy.
- Play calling.
- Any situation that deals with other student-athletes.

To discuss a concern with the coach, a parent should follow this procedure:

- Call the coach to set up an appointment
- If you cannot reach the coach, call the athletic director and ask him or her to set up a meeting with the coach for you.
- Think about what you expect to accomplish as a result of the meeting.
- Stick to discussing the facts, as you understand them.
- Do not confront the coach before, during or after a practice or contest. These can be emotional times for both the parent and coach. Such meetings rarely resolve the situation and often worsen it.

What should a parent do if the meeting with the coach doesn't provide satisfactory resolutions:

- Call the athletic director to set up a meeting with the athletic director, coach and parent present.
- At this meeting, an appropriate next step can be determined, if necessary.

ACADEMICS

The Athletic Department recognizes and supports that the primary responsibility of student athletes is educational. Therefore, the Athletic Department endorses the concept that student athletes should work to their potential in the classroom and be committed to achieving maximum academic success. While scholarship achievement is determined on an individual basis, the Administration and the Athletic Department reserve the right to determine his/her eligibility to participate in athletic events. The department of athletics recognizes that occasionally situations may occur where academic responsibilities and athletic responsibilities may conflict. In such an event, the situation should be referred to the athletic director for resolution.

ACADEMIC STANDARDS TO DETERMINE STUDENT ELIGIBILITY TO PARTICIPATE IN EXTRA CURRICULAR ACTIVITIES FOR GRADES 9–12

The Board of Education has the statutory authority to establish reasonable academic standards as a prerequisite for eligibility to participate in extra-curricular activities. It is the policy of the *Hempstead Union Free School District* to provide students with an opportunity to develop their own interests and to work cooperatively in groups through the sponsorship of a variety of extra-curricular activities. While participation in these activities is desirable, it is also important that students maintain an acceptable level of academic performance and behavior. The eligibility requirements discussed in this policy have been established toward the end. For the purpose of this policy, extra-curricular activity is defined as participation in any non-credit bearing club, organization, athletic team or performing group. This policy applies to **ALL** students who attend the *Hempstead Union Free School District* and who participate in extra-curricular activities.

GRADES AND ELIGIBILITY

A student cannot be failing two or more subjects. Any student who is failing two or more subjects will be placed on academic probation. Information concerning failing subjects will be determined by the report cards and progress reports. Each

quarter ALL coaches and advisors will receive a list of students who have been placed on academic probation. Coaches and/or advisors will discuss the importance of maintaining academic eligibility with those students who have been placed on academic probation.

A mark of **ABS** in **ANY** subject will count as a failure. This includes physical education. **ALL** subjects have equal status in determining eligibility status. Probationary or ineligible status will commence on the day following distribution of report cards or progress reports.

STUDENT RESPONSIBILITIES

It is the student's responsibility to meet the standards of academic eligibility. A letter will be sent home to parents detailing the policy and student's responsibilities. The student must be passing all courses at the next mid-quarter appraisal or meet the eligibility criteria at the next report card to be eligible to participate. During the period of probation, the student can practice with the group but **CANNOT** participate in any scheduled games, scrimmages or scheduled events. The student must attend extra help classes during the probationary period. A student who is failing one subject will be required to seek mandatory extra help as per Board of Education policy.

FALL ELIGIBILITY CRITERIA

Final averages for the year will be used to determine eligibility for extra-curricular activities for the following fall. Successful completion of summer school courses will satisfy eligibility shortcomings provided all other eligibility requirements are met.

ACADEMIC STANDARDS TO DETERMINE STUDENT ELIGIBILITY TO PARTICIPATE IN EXTRA-CURRICULAR ACTIVITIES FOR GRADES 7 AND 8

The Board of Education has the statutory authority to establish reasonable academic standards as a prerequisite for eligibility for extra-curricular activities. It is the policy of the district to provide students with an opportunity to develop their own interests and to work cooperatively in groups through the sponsorship of a variety of extra-curricular activities. While participation in these activities is desirable, it is also important that students maintain an acceptable level of academic performance and behavior. The eligibility requirements discussed in this policy have been established toward that end. For the purpose of this policy, extra-curricular activity is defined as participation in any non-credit bearing club, organization, athletic team, or performing group. This policy applies to ALL students grade 7 and 8.

Grades and Eligibility:

A student cannot be failing two or more subjects. Any student who is failing two or more subjects will be placed on academic probation. Information concerning failing subjects will be determined by the report cards and progress reports. ALL coaches and advisors will receive the list of student who are placed on academic probation for their particular sport, club or activity.

All subjects have equal status in determining eligibility status. Probationary or ineligible status will commence on the day following distribution of report cards or progress reports.

Student Responsibilities:

It is the student's responsibility to meet the standards of academic eligibility. A letter will be sent home to parents detailing the policy and student's responsibilities. The student must be passing all courses at the next progress report or meet the eligibility criteria at the next report card to be eligible to participate. During the period of probation, the student can practice with the group but **CANNOT** participate in any scheduled games, scrimmages or scheduled events. The student must attend extra help classes during the probationary period. A student who is failing one subject will be required to seek mandatory extra help as per Board of Education policy.

Fall Eligibility Criteria:

For 8th Grade Students:

Final averages for the 7th grade year will be used to determine eligibility for extra-curricular activities the following fall. Successful completion of summer school courses will satisfy eligibility shortcomings, provided all other eligibility requirements are met.

For 7th Grade Students:

The first review of eligibility status will take place at the end of the first marking period. Therefore, all 7th grade students will be eligible for fall sports and extra-curricular activities.

ATTENDANCE

Full day attendance is expected. A student must be signed into school by the end of his/her first period class to be eligible to participate in any practice, game, scrimmage or performance that day. If a student is absent from school or has not signed into school before his/her first period, he/she will not be permitted to participate in a practice, game, scrimmage or performance that day. (*see extenuating circumstances*).

Athletes who **DO NOT** participate in regularly scheduled physical education class may NOT participate in an after school game that specific day. (*see extenuating circumstances*).

Athletes who consistently sign in late or are consistently absent from school may be dropped from interscholastic activities.

DISCIPLINE

ANY student athlete who received an *In-School Suspension or Out of School Suspension* **WILL NOT** be permitted to compete in practices, scrimmages, or games occurring during the period of suspension. A suitable penalty for all activities outside of athletics will be determined by a building administrator or advisor. For purposes of this policy, the period of suspension begins from the time the student is notified that he/she is suspended.

EXTENUATING CIRCUMSTANCES

In the event of a serious extenuating circumstance, the particulars of the situation will be brought to the attention of a building administrator or the Athletic Director, prior to the day in question, who will make a determination in an individual student's case if the circumstances warrant a modification of the above requirements.

SELECTION CLASSIFICATION

The Selection Classification Program is a process for screening student athlete to determining their readiness to compete in interscholastic athletic competition by evaluating their physical maturity, fitness and skill. The intent of this program is to permit student athletes in grades 7 through 12 the opportunity to participate safely at an appropriate level of competition base upon readiness rather than age and grade. This program has been designed to assess a student athlete's physical maturation, physical fitness and skill so the student athlete may be placed at a level of competition that should result in increased opportunity, a fairer competitive environment, reduce injury and greater personal satisfaction.

The head coach in each sport, in consultation with the student athlete's physical education teacher, recommends individuals to be selectively classified. In addition to the criteria mentioned, the social-emotional maturity of each student athlete is carefully assessed especially in situation where student athletes are attempting to participate on an advanced level.

EQUIPMENT

Athletic equipment becomes more costly each year. It is the responsibility of the student athlete to return to the coach ALL clothing and equipment issued. No one should have any equipment at home after the season without school permission. *Failure to do this will result in the student athlete paying for the missing articles.*

TRANSPORTATION

Student athletes will be transported to and from away contests by school authorized vehicles unless circumstances dictate that other arrangements be made; in which case the student athletes and parents will be notified in advance. In special cases, a parent may request to provide transportation for their child ONLY. In such cases, the request must be made in writing in advance to the building athletic director and coach.

FAMILY VACATIONS

All the varsity and junior varsity level student athletes are expected to attend ALL practices and games scheduled during vacation periods. At the middle school, practice may be held during vacation but attendance is optional.

SCHOOL SANCTIONED PROGRAMS/TRIPS

There are numerous educational opportunities for students in our school system. The athletic department supports school sanctioned programs and trips. Coaches, parents and student athletes have a responsibility to each other to plan and communicate far in advance of each sport season when considering participation in school-sanctioned programs/trips.

DENIAL OF PARTICIPATION IN ATHLETIC ACTIVITIES PROCEDURES

The Board of Education seeks to encourage maximum student participation in the district's athletic program. Toward that end, the district sponsors a comprehensive program of inter scholastic athletics.

Athletes who are privileged to earn a place on a district team are expected to adhere to the District's Athletic Code of Conduct and specific team rules as promulgated and discussed by the coaches with team members. A breach of the Athletic Code of Conduct and/or specific team rules is a serious matter and may cause

a coach to consider the athlete's temporary or permanent denial of participation. The coach is expected to administer reasonable disciplinary action.

1. TEMPORARY DENIAL OF PARTICIPATION

- a. Temporary denial is defined as any suspension less than a permanent denial of participation and lasting for a period not to exceed two weeks.
- b. When a coach denies participation to the student, the student must be informed of the action and reason(s) for same, and the parents must be notified immediately.
- c. Violation of specific team rules may result in temporary denial ONLY.
- d. A copy of specific team rules must be on file in the Athletic Director's office.
- e. A student may appeal a coach's decision by bringing his/her case to the Athletic Director. There is NO provision for appeal beyond the Director in the case of a temporary denial.

2. PERMANENT DENIAL OF PARTICIPATION: i.e. Remainder of Season

The following procedure must be followed before any notice of permanent denial of participation is transmitted to the athlete or his/her parents:

- a. **Suspension** – The coach informs the athlete that he/she is suspended from the team activities until further notice. Such notice must also be conveyed to the parents by the coach.
- b. **Review** – The coach convenes a meeting with the Review Committee consisting of him/herself, the Director of Athletics and the building principal as soon as possible, but no longer than 72 hours after suspension. The purpose of the meeting is to review the reasons for the requested permanent denial of participation. Every effort will be made to achieve a consensus among the committee members. Should a consensus not be achieved, the Athletic Director will bring the matter to the attention of the superintendent for review and decision.
- c. **Permanent Denial** – When a decision dictates that the athlete will receive permanent denial of participation, the coach shall notify the student and his/her parents immediately.

3. STUDENT APPEAL

- a. A student may appeal the decision of permanent denial of participation within 72 hours of the action to the Superintendent.
- b. The Superintendent will convene a meeting of the athlete and his/her parents for the purpose of reviewing the appeal.

- c. The Superintendent will issue a final decision within 24 hours of the appeal meeting.

REQUIREMENTS TO PRACTICE ON THE FIRST DAY OF TRYOUTS

To be eligible to tryout on the first day of practice each student athlete **MUST** have ALL the following information completed and turned in to his/her coach by the start of the first practice. If the student athlete is missing any of the forms listed below he/she **CANNOT** try out until **ALL** forms have been turned in.

1. Sports Physical Form

Each student athlete **MUST** have a sports physical form on file in the nurses' office. The exam may be performed either by the student's physician or by the school physician. The form is valid for one year from the date of the exam. Dates and times that the school physician will be available in each building to perform physicals will be announce.

2. Parent Consent Form

The Parent Consent form **MUST** be returned to your coach at the beginning of each season. It is the agreement between the student athlete, his/her parents to abide by the Athletic Code of Conduct.

ACCIDENTS OR INJURIES

Participation by a student in athletic activities involves some degree of risk of physical injury. Such physical injury can occur in any type of sports activity, be it a "contest" or a "non-contest" sport. Further many injuries are truly accidental in nature and involve no negligence by anyone, including the student athlete. By volunteering to participate in a school-sponsored athletic activity, a student athlete and his/her parent(s) assume the risks for injuries to occur.

If during the course of any athletic practice or contest a player is injured, it is the responsibility of the coach or coaching staff to proceed in the following manner:

1. The coach or coaching staff will determine the seriousness of the injury.
2. In the event an ambulance is needed, phone 911
 - a. Make telephone contact with athlete's parents or emergency person.

- b. If injury is very serious and parents or emergency person cannot be contacted, as assistant coach should accompany athlete to the hospital.
 - c. If no assistant coach is available, the head coach must accompany the student athlete to the hospital. Practice will be ended when this occurs.
3. Upon arrival to the hospital the coach is to:
 - a. Make telephone contact with the athlete's parents or emergency person.
 - b. Stay with the athlete until contact is made with parents or emergency person.
4. If the injury occurs at an away contest, the coach is to proceed as follows:
 - a. The coach will determine the seriousness of the injury.
 - b. If an ambulance is needed, phone 911.
 - c. If parent(s) are at the game they are to accompany the student athlete to the hospital.
 - d. In the event that parent(s) are not at the game, the parent of another athlete may accompany the injured athlete to the hospital.
5. Inform the Athletic Director of the injury at the first opportunity.
6. Complete *Student Athlete accident or Injury Report* and submit to the Athletic Director with 24 hours.

Note: At all times, each coach should have in their possession the emergency information on each athlete. The student athlete and his/her parents must advise the coach if any information, i.e. address, phone number, emergency contact, has changed.

RETURNING TO PLAY AFTER INJURY OR ILLNESS

A coach has the responsibility for the physical well-being of **ALL** of his/her players. If there is any doubt as to the player's complete fitness to participate, the coach should not jeopardize the health of the players. If a student is absent from school five (5) consecutive days of practice and/or contests because of illness or injury, he/she **MUST** have a note from a physician stating that it is permissible to return to activity. This medical permission note must be turned in to the school nurses' office before the student can participate in his/her sport. The school nurse will notify the layer's coach that he/she can participate.

STUDENT INSURANCE INFORMATION

Commercial Travelers Mutual Insurance Company

Medical insurance is provided to ALL athletes through the district's insurance carrier under the following provisions:

- When your child is injured in a school sponsored activity, you have 60 days from the date of injury to seek medical treatment.
- Obtain a Blue claim form from the school nurse and submit itemized bills to Commercial Traveler no later than 90 days from the date of injury, even if treatment is not completed. This plan is a secondary, non-duplicating policy. If you have medical or dental insurance that covers your child, charges must be submitted to your primary insurance first. Submit the explanation of benefits or rejection from your carrier along with itemized bills to Commercial Travelers. In the event that you **DO NOT** have insurance coverage, Commercial Travelers becomes the primary carrier.
- Please answer **ALL** questions on the claim form. Blank spaces will delay payment. Please write legibly.
- Each claim will be reviewed to determine if benefits are payable.

If you need special assistance, please call the Office of Commercial Travelers Mutual Insurance Company claims department at 1-800-422-6200.

DRESS CODE

Since team members are representing the Hempstead Union Free School District, each coach will stress the importance of appearance at ALL contests.

SCHEDULES

ALL league scheduling is assigned by the Nassau County Public High School Athletic Association Office. Non-league contests and scrimmages are scheduled by each team coach. League schedules can be accessed on the internet at <http://section8.nasbooces.org/sportspakonline> .

DIRECTIONS TO AWAY GAMES

Each coach will supply sets of directions to away games.

TEN GUIDELINES FOR PARENTS

1. Make sure your children understand that win or lose, you love them.
2. Be realistic about your child's physical ability.
3. Help your child set realistic goals.
4. Emphasize "improved" performance, not winning.
5. DO NOT relive your own athletic past through your child.
6. Provide a safe environment for training and competition.
7. Control your emotions at games and events.
8. Be a "cheerleader" for your child and other children on the team
9. Respect your child's coaches. Communicate in a positive way.
10. Be A Positive Role Model.

HEMPSTEAD INTERSCHOLASTIC ATHLETIC OFFERINGS

FALL

Sport	Varsity	Jr. Varsity	Middle School
Boys Badminton	X		
Boys Football	X	X	X
Boys Soccer	X	X	X
Girls Soccer	X	X	X
Girls Swimming	X		
Girls Tennis	X		
Boys Volleyball	X		
Girls Volleyball	X		

WINTER

Boys Basketball	X	X	X
Girls Basketball	X	X	X
Boys Bowling	X		
Girls Bowling	X		
Boys Swimming	X		
Boys Winter Track	X		X
Girls Winter Track	X		X
Girls Volleyball			X

SPRING

Boys Baseball	X	X	X
Girls Badminton	X	X	
Girls Softball	X	X	X
Boys Lacrosse	X	X	X
Girls Lacrosse	X	X	X
Boys Tennis	X		
Boys Track	X		
Girls Track	X		