

Smithtown Schoolist



Table of Contents

Introduction	3
Booster Club of Smithtown	4
Governing Bodies	5
High School Program	6
Middle School Program	7
Athletic Program Philosophy	8
Modified Level Philosophy	8
Junior Varsity Philosophy	9
Varsity Program Philosophy	10
Smithtown Code of Conduct	11
Dignity For All Student Act (DASA)	12
Section XI Spectator Code of Conduct	13
Misconduct Rule	14
Sportsmanship	14
Academic Expectations	15
Physical Education Requirements	16
Classroom and School Attendance	16
Commitment Expectations	16
Family Vacations	16
Varsity Vacation Policy	16

Parental involvement is crucial for helping set positive direction for our children. The Booster Club is an organization that enables parents to stay actively involved with their children, yet giving them the independence they need to develop as quality citizens in our community. The Booster Club is a thriving and substantial organization. Their support and impact has been an

GOVERNING BODIES IN ATHLETICS

HIGH SCHOOL (JUNIOR VARSITY AND VARSITY) SPORTS PROGRAMS

<u>Fall</u>	<u>Varsity</u>	<u>JV</u>
Cheerleading	X	X
Boys Cross Country	X	
Girls Cross Country	X	
Girls Field Hockey	X	X
Boys Football	X	X
Boys Golf	X	X
Girls Gymnastics	X	
Kickline	X	X
Boys Soccer	X	X
Girls Soccer	X	X
Girls Swimming	X	
Girls Tennis	X	X
Boys Volleyball	X	X
Girls Volleyball	X	X
<u>Winter</u>		
Boys Bowling	X	
Girls Bowling	X	
Cheerleading	X	X
Boys Basketball	X	X
Girls Basketball	X	X
Kickline	X	X
Boys Swimming	X	
Boys Indoor Track	X	
Girls Indoor Track	X	
Wrestling	X	X
<u>Spring</u>		
Boys Badminton	X	
Girls Badminton	X	
Boys Baseball	X	X
Girls Golf	X	X
Boys Lacrosse	X	X
Girls Lacrosse	X	X
Girls Softball	X	X
Boys Tennis	X	X
Boys Track & Field	X	
Girls Track & Field	X	

**Approximate Start/End Dates
for the Three Sport Seasons
(high school):**

Fall: Monday before Labor Day to the second/third week in November (Football, Cheerleading and Kickline begins two weeks before Labor Day).

Winter: Third Wednesday in November to the last week of February (Post season play includes February break).

Spring: First Monday after the first Saturday in March to the first week in June (includes the Spring break for all teams).

Dates are subject to change and are determined by the NYSPHSAA and Section XI. Contact the coach or the Athletic Office for exact dates.

- x Sport offerings might vary year to year.
- x Some teams are a combined high school team.

MODIFIED (MIDDLE SCHOOLS) ATHLETIC PROGRAMS

Fall **7 and 8**

Cheerleading	X
Boys/Girls Cross Country	X
Girls Field Hockey	X
Boys Football	X
Kickline	X
Boys Soccer	X
Girls Soccer	X
Girls Tennis	X

Early Winter **7 and 8**

Boys Basketball	X
Cheerleading	X
Kickline	X
Girls Volleyball	X

Late Winter **7 and 8**

Girls Basketball	X
Boys Volleyball	X
Wrestling	X

Spring **7 and 8**

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

Approximate Start and End Dates for the Four Sport Seasons (middle school):

Fall: Second day of school through the first week in November.

Early Winter: Early November through late January

Late Winter: Late January through late March.

Spring: Late March through early June.

The exact scheduled start dates for the modified program are determined in the spring of the previous school year. Contact the coach or the athletic office for specific dates at that time.

*Please note the season placement for middle school volleyball, which is different than the high school. Some middle schools will have two teams offered for certain sports.

PHILOSOPHY

Interscholastic athletics in the Smithtown Central School District is an outgrowth of our physical education and health program and, therefore, LV DQ LQWHJUDO SDUW RI WKH GLV program. The interscholastic competitive environment provides an opportunity for our participants to learn positive life skills, values and ethics in a climate that demands dedication, responsibility, self-discipline, cooperation, a positive work ethic and respect for others. This program provides an opportunity for all to share their common interests, respect their differences, and appreciate physical competition as a lifelong process.

All involved in the program must show a personal commitment to the goals of the team and make the personal sacrifices necessary in order to achieve success. Making such a commitment to excellence nurtures a sense of pride, loyalty and leadership qualities in an athlete, enabling the LQGLYLGXDO WR EHFRPH PRUH UHVLOLHQW DQG EHWWHU S experience allows students to achieve their full potential as students, athletes, and citizens.

It is the nature of athletic competition to strive for victory. However, the number of victories is only one measure of success. Ultimately, the real challenge is guiding the individual and the team to reach full potential. This is the true measure of achievement. The competitive athletic environment is one that demands respect for a full effort, and applause for those who rise to the challenge and accept the risk of defeat. Those who are successful in life are those who have learned to embrace challenge, and take personal risks. Dedication and self-sacrifice on the athletic field do not always result in victory over the opponent. However, if one strives towards reaching full potential, with passion and perseverance, personal victories that last a lifetime are the end reward, even though the win-loss record may not always meet expectations.

The Smithtown interscholastic athletic program offers a wide variety of individual and team sports. The experience begins with a modified four-sport season program, provided for middle school seventh and eighth grade students, progressing to a three-sport season high school program, which includes opportunities for participation in junior varsity programs and culminates with a varsity level experience for the elite athlete.

MODIFIED PROGRAM PHILOSOPHY

- 1) Financial resources
- 2) Qualified coaches
- 3) Suitable indoor or outdoor facilities
- 4) A safe environment
- 5) Student interest

In order for the desired development of the adolescent athlete and team to occur, practice sessions are vital. The NYSPHSAA and Section XI have established sport specific practice guidelines which govern the number of practices that each individual and team must have in order to be eligible for competition. There are also established guidelines which govern the number of contests allowed, and in certain sports, mandate days of rest between scheduled contests.

Coaches expect athletes to regularly attend five/six practices a week lasting between one and one half to two hours in duration, in preparation for the six to twelve contests that are scheduled against opponents from other school districts. Practices or contests can be scheduled on Saturdays, and vacation dates. Opportunities for contest participation for each team member will exist over the course of a season, providing that the athlete meets program expectations. Playing time will vary between individuals and will be determined by the coach. Determining factors will include readiness capacity, skill level, team expectations and safety. Athletes in all programs, regardless of level, are expected to be committed and give a full effort to practice sessions, maintain a positive and cooperative attitude and G V K R Z D Z L O O L Q J Q H V V W R P needs with respect to position and role. Every athlete is expected to demonstrate respect for others and promote positive sportsmanship. In addition, the athlete must have enough skill and physical maturity to safely participate in the competitive climate.

Exceptional seventh or eighth grader athletes may be permitted to try out for a high school sport under the New York State Department of Education program called Athletic Placement Process. This process is seldom applied in our district. The guidelines for this program will be addressed later in this Athletic Handbook.

JUNIOR VARSITY PROGRAM PHILOSOPHY

The junior varsity program is intended for those who display the potential for continued development into productive varsity level players. Teams are comprised of mostly ninth and tenth grade athletes. In certain situations, juniors, who may be still viewed as potential contributors at the varsity level, may be allowed to participate on a junior varsity squad. This circumstance however, is more the exception to the rule.

prepared for a competitive tryout situation and should not assume that they will automatically make the team because they were involved in the program at the modified level. Each and every season is treated as a new year and tryouts are conducted accordingly.

program should be taken seriously. The expectation is the same for the starting player as it is for the limited role player. Every athlete involved on the team has a role in preparing the team for a demanding competitive schedule.

A primary goal of a varsity team is to win a league or division title, and/or qualify for post-

Spectators are welcomed and enco

3. Substance Abuse use or abuse of tobacco, alcohol or illegal drugs.
4. Any activity that intimidates or threatens the student with ostracism, that subjects a student to emotional, physical or psychological stress, embarrassment, shame or humiliation that adversely affects the health or dignity of the student or discourages the student from remaining in school.
5. Any activity that causes or requires the student to perform a task or act that involves violation of state or federal law or of school district policies or regulations.

Bullying Definition

Bullying consists of inappropriate persistent behavior including threats, or intimidation of others, treating others cruelly, terrorizing, coercing, or habitual put downs and/or badgering others. Bullying similar to all forms of harassment and hazing are prohibited behaviors.

Common characteristics of bullying:

f Physical ±

a healthy educational climate that our school can be proud of by maintaining an appropriate competitive perspective throughout the contest.

To promote a healthy lifestyle, it is imperative that student-athletes adhere to the tenets listed above. All students should be prepared to accept serious consequences if school officials, teachers, and/or coaches find that school district policies pertaining to drugs, alcohol, and tobacco have been violated. Furthermore, since alcohol, illegal drugs, and tobacco interfere with effective learning, the health and well being of the athlete and the goals of the individual and team, the athlete who is involved with the use of such substances must understand that they are seriously jeopardizing their status as a member of the team.

Spectators shall observe and obey the rules and regulations of the school concerning tobacco, smoking, food and soft drink consumption, use of lavatory facilities and the parking of their vehicles on school grounds.

New York State law prohibits smoking and alcoholic beverages of any kind on school property. The law further prohibits any person under the influence of alcohol to be on school property.

Spectators shall respect and obey all school officials, supervisors, security and police at all athletic contests.

Spectators who fail to adhere to conduct expectations during a contest should be prepared to accept consequences for their inappropriate behavior. These consequences may include ejection from the contest site for the day or for an extended period of time.

NYSPPHSAA/SECTION XI MISCONDUCT RULE

Any member of a squad removed from a contest for unsportsmanlike conduct or for a flagrant foul shall not participate in that sport in the next scheduled contest or in NYSPPHSAA tournament play. Disqualifications from one season carry over to the next season of participation.

Any member of the squad who strikes, shoves, kicks, or makes other physical contact with the intent to do so, to an official, shall be expelled from the game immediately and banned from further participation in all sports for one year from the date of the offense. Note: Member of the squad includes coach, player, manager, scorekeepers, timers, and statisticians.

A player or coach who has been suspended from play may not be present on the school grounds where the contest is played. **There is no appeal to the NYSPPHSAA/Section XI Misconduct**

Rule. 7KH RIILFLDO ¶V UXOLQJ LV ILQDO DQG QRW VXE M HFW W

Note: The Smithtown Central School District reserves the right to impose an additional consequence, which may result in school disciplinary action, a longer period of suspension from practice and contests, and/or dismissal from the team by the coach and/or administration.

SPORTSMANSHIP AND FAIR PLAY

x 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.

x The visitors, in turn, are to act as invited guests, using WKH KRPH VFKRRO ¶V IDFLOL while respecting the rules and customs of the home school.

COMMITMENT TO PRACTICE/GAMES

arise which would necessitate the missing of scheduled practices. The student athlete and family may request an exception from this policy by appealing to the coach.

All athletes should be expected to plan ahead and attend these practices and/or competitions, if they wish to remain on the team, maintain playing eligibility and earn an award letter. Student-athletes are expected to make a full commitment to the season and notify the coach of any potential commitment conflicts prior to tryouts. A problem with commitment may impact the selection process.

Once selected for a team, an athlete is expected to finish the season. As a general rule, an individual who drops out once selections have been made may not try out for another team that season. If the coaches of both teams involved make an appeal to the Athletic Director and are both in agreement that a change would be beneficial, the appeal can be considered. A student dismissed from a team for disciplinary reasons may not try out for another team that season.

POLICIES GOVERNING CONTESTS AND PRACTICE ON RELIGIOUS HOLIDAYS

According to the Holy Day Observance Committee Report approved by the Section XI Athletic Council, a Section XI member school may not schedule a contest or scrimmage on the following dates:

Rosh Hashanah	Holy Thursday
Yom Kippur	Good Friday
Christmas Eve	Easter
Christmas Day	First Day of Passover

Note: Individual schools may compete on these dates outside of Section XI (Suffolk County), for example at the Penn Relays on Holy Thursday, if the district approves such participation.

Practices may be conducted on the days of Rosh Hashanah, Yom Kippur, Christmas Day, Holy Thursday, Good Friday, the first day of Passover, and Easter Sunday as an exception and on an **optional** basis. Contests can be scheduled the day after a holiday and coaches can have **optional** practices on certain holidays as part of the preparation process. These rare circumstances will be addressed and athletes will be informed that the practice is optional, with no implication of any penalty for missing the practice.

When teams do practice on the eve of a religious holiday or those dates mentioned above with special permission, coaches and team members are expected to respect the religious commitments and personal obligations of the family.

SCHOOL-SANCTIONED ACTIVITIES AND FIELD TRIPS

There are numerous educational opportunities for students in our school system. The athletic department supports school-sanctioned programs and trips, but also realizes that student-athletes who choose to participate in school trips or school exchange programs may miss substantial amounts of practice time, which affects personal athletic goals and team goals.

Coaches, parents and student-athletes have a responsibility to each other and parents are expected to plan and communicate well in advance of each sport season when considering participation in school sanctioned programs and/or trips. All attempts should be made to consider the practice and/or game schedule and seek the advice of the coach before making commitments to plans. If an athlete ¶ V S H U V R Q D O F R P P L W P H Q W V F R P S U R P L V H W H D P

more of a visible commitment to the program and improve significantly after having been involved in summer camps, summer league play, or community and organized club programs out of season. As was mentioned previously, as the level progresses to the varsity, the size of a team becomes more a function of those needed to conduct an effective and meaningful practice and to play the contest.

A note for seniors: One of the most difficult situations coaches face is the dilemma of the senior who has been in the program for years and now is viewed as a limited role player. Seniors will not be accommodated with a junior varsity experience, as this is considered a developmental program.

At the varsity level, the best will play, regardless of age, as long as program expectations are met. Coaches are encouraged to discuss expectations with seniors. If it is clear to the coach during tryouts that the role of the senior will be limited, that information will be communicated. The senior presented with the opportunity to remain in the program with a limited role must be prepared to accept this role, and still meet all the expectations of the program with respect to attendance and work ethic, while still showing support for the team. This is an arduous challenge and possibly the most difficult team player role. The senior must be willing to meet this challenge with a positive attitude if he or she wishes to remain a part of the team.

If a coach feels that the senior has reached the limits of his or her potential and/or the athlete is incapable of adjusting to limited role expectations with a positive attitude, the coach may not provide the senior with the option of staying on the team.

ATHLETIC PLACEMENT PROCESS

The Smithtown Central School District will approve seventh grade participation on varsity and junior varsity teams for selected, non-contact/individual teams and those sports where no middle school program exists. Seventh graders will be eligible to tryout for the following non-contact/individual teams only:

- * L U G M P
- Gymnastics
- Cross Country
- Track and Field
- Swimming
- Tennis
- Bowling
- Golf

Eighth grade students are eligible to try out for high school athletic teams upon recommendation of the varsity coach.

The Athletic Placement Process LV GHVLJQH G IRU WKH and the first Saturday R Q D O ' D V
least 50% of the time. Few candidates will advance in this process. The following procedures must be followed in order to be considered.

1. A written recommendation must come from the head varsity coach of that sport. The head varsity coach will collaborate with the following in making his/her judgment:

- x The DWKOHWH ¶ V P L G S O H V F K R R O F R D F K
- x The DWKOHWH ¶ V 3 K \ V L F D O (G X F D W L R Q 7 H D F K H U

- x School Administrator
- x Guidance Counselor
- x Parents/Guardian
- x Doctor

2. In order for a student to be recommended, they must be deemed athletically

made and a course of direction established to ensure appropriate treatment and care of the injured athlete.

STUDENT-ATHLETE ACCIDENT/INSURANCE CLAIMS

The Smithtown School District provides reasonable and customary coverage for claims in excess
R I D S D U H Q W ¶ V X Q G H U O \ L Q J K H D O W K L Q V X U D Q F H F R Y H U D J

Coaches will direct athletes and parents to use their family health insurance program as required, in order to be eligible for reimbursement of benefits payable under our excess coverage medical plan. In some cases, total costs for medical expenses will not be reimbursed, as the plan is based upon reasonable and customary coverage.

Parents and athletes should communicate with the school nurse to insure full compliance with district procedures.

RETURN TO PLAY AFTER INJURY

Any student-athlete under treatment by a private physician must have written permission from his/her physician in order to return to active status in the sports program. If an athlete misses five (5) days of practice due to illness or injury, he or she must be given clearance by a private and/or school physician before returning to play. The school physician has the final authority to determine the physical capability of a student to participate in a sport.

HEAD INJURIES

It is well known that participating in sports can be a highly rewarding experience. However, there are certain risks an athlete must face while involved in competitive athletic situations. One of these risks is the potential for injury. While most injuries are minor and heal over time, one cannot overlook the seriousness of head injuries.

Head injuries may occur in a number of ways: Contact with another player, contact with the ground or other equipment or a sudden movement or rotation of the head without a force. A mild brain injury may produce various signs and symptoms, which include dizziness, headache, nausea, and blurry vision. A more serious trauma to the head may result in loss of memory and/or brain function. Other types of head injuries can cause small tears and result in bleeding in the brain, a subdural hematoma. If a player returns to competition too soon, he or she may also be in danger of second impact syndrome, in which a mild head injury can become potentially fatal.

Head injuries in school interscholastic athletic programs have increased in numbers as the level of competition has risen. Therefore, Smithtown has taken special precautions to insure the safety of all athletes:

- 1) The pre-participation examination health questionnaire screens all athletes for a history of their head injuries. Please give as much information as possible about any head injury that may have occurred in the past.
- 2) Coaches are knowledgeable of the dangers of head injuries and monitors all athletes who sustain any head injuries during the season.

3) All coaches make certain that an athlete who has experienced a head injury is immediately brought to the attention of the athletic trainer. Head injury instructional guidelines are followed, with appropriate parental notification.

4) Any athlete at any level, who suffers a head injury, is required to see a school district approved physician and obtain medical clearance before returning to play. The school nurse has the list of District approved physicians that have been trained in the IMPACT concussion management program. These physicians are the **only** physicians that can clear a student for return to play after suffering a concussion. The school physician reserves the right to determine the capability of an athlete to return to a sport and may, in certain instances, require clearance from a specialist (neurologist, etc.).

SAFETY CONCERNS FOR MALE ATHLETES

Although not required by the rules of all specific sports, it is recommended that all athletes consider wearing an athletic supporter and protective cup for all sports defined by the State Education Department as Contact/Collision (football, lacrosse, etc.), and for those sports defined as Limited Contact/Impact (basketball, baseball, etc.).

While coaches will advise their players to wear an athletic supporter and protective cup, they will not physically check to see that the athlete is, in fact, wearing one. Since there is potential for serious injury without wearing this protection, it is imperative that all parents reinforce this safety concern and make certain that the athlete has these personal items of protection with him and wears them at all practices and contests.

NUTRITION

In order to approach peak performance in athletics, student-athletes, parents, and coaches need accurate information on how to properly fuel and nourish the body. The following information is standard guidelines to help promote healthy eating habits for athletes. The athlete has to monitor food intake to replenish excessive energy sources needed for rigorous and sustained practices/competitions.

1. Eat more complex carbohydrates. By ingesting carbohydrates, athletes maximize glycogen storage. Glycogen is the primary source of energy for muscles. Recommended sources of carbohydrates are grains, cereals, breads, potatoes, pasta, vegetables, and fruits. As an added bonus, most carbohydrate sources are also high in vitamins and minerals.

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except with extreme

Coaches will attempt to provide adequate supervision within the facility, but athletes are expected to do their part as well. More often than not, when personal belongings are taken, the athlete has not assumed his/her responsibility to secure them in an appropriate manner. Despite our best efforts at supervision, thefts sometimes occur.

TEAM UNIFORMS AND SCHOOL ISSUED EQUIPMENT

Athletic equipment becomes more costly each year. It is the responsibility of the student-athlete to secure all school issued equipment items and uniforms in a **locker that is locked** during the course of a season. Please do not keep the team uniforms in the locker room facility for long periods of time. They are best laundered and left at home until the day of a game. The expense of a uniform is significant and if the athlete forgets to lock his or her locker, the athlete will be expected to pay for the school issued athletic equipment and/or uniform.

CARE AND MAINTENANCE OF UNIFORMS AND EQUIPMENT

All athletes and parents are responsible for the cleaning and maintaining of all uniforms and equipment issued to them during the course of a season. Some of our most costly items may shrink, fade, or bleed color if washed in hot water. In addition, our logos, numbers, and screens may crack and peel off if temperature settings for washing and drying are too hot. Therefore, do not wash uniforms in hot water and avoid drying on hot temperature settings. Please wash uniforms in cold water and hang to dry. Be sure to read the tags on the cloth for washing and drying instructions. When in doubt, speak to the coach before laundering uniforms. If the uniform needs to be replaced, the athlete will be expected to pay for the replacement item.

RETURN OF SCHOOL ISSUED UNIFORMS AND EQUIPMENT

It is the responsibility of the athlete to personally sign out and return all school issued equipment to their coach at the end of their season. All team uniforms and equipment are to be returned to the coach immediately after the last practice, contest or scheduled meeting by the coach. The athlete is not responsible for the final cleaning or washing of uniforms, as all items in our inventory are sent out to a professional reconditioning and cleaning service. Turning in HTXLS PHQW DQG XQLIRUPV ³RQ WLP H' LQVXUHV WKDW DOO pick-up by the reconditioning company on the scheduled date set for the end of the season.

Athletes should never give their school issued equipment or uniform to anyone else to return for them. Coaches keep accurate records of school issued inventory and if there are any items not returned at the end of the season, the athlete will be placed on an indebted list.

Athletes are not permitted to keep their uniforms at the end of a season. In an interscholastic DWKOHWF SURJUDP ³MHUVH\ V DUH QHYHU UHWLUHG ' 8QL and allowing student-athletes to keep their uniforms would be fiscally irresponsible. In addition, many of our uniforms are custom made, and cannot be matched. All parents are asked to support RXU LQYHQWRU\ SROLFLHV DQG PDNH Hiyom and pte R W WR V H equipment are returned to the coach immediately following the last game of the season.

Please be advised that it is more beneficial to have the inventory item returned than to have the item paid for. Family cooperation is essential. Please make all attempts to locate and return all school issued athletic inventory at the end of the season.

Athletes who are indebted will not be issued any other school uniform or protective equipment for another sport season until they clear their indebtedness with the coach or athletic office. If the uniform is lost, or ruined, the athlete will be held responsible. Coaches will also be instructed to withhold the presentation of athletic awards until the missing items of inventory have been returned or paid for. **Seniors will not be issued diplomas and cap/gowns for graduation ceremony until all outstanding equipment/uniforms have been returned or monetarily reimbursed.**

ATHLETIC AWARDS

All student-athletes who participate and complete the Modified (middle school), Junior Varsity and Varsity season shall be eligible for a school athletic award, providing that they have returned all issued uniforms and equipment. Award certificates to middle school athletes are presented to athletes by their coaches, in a team meeting or gathering at the end of their season. High school awards are presented at the Smithtown % R R V W H U & O X E ¶ V H Y H Q L Q J I D O O Z L Q V award programs or during individual team dinners. The requirements for the school awards vary with the nature of each sport and level and include the following:

Modified Program- Certificate of Participation

Junior Varsity Program- Certific

and aid from private or government sources. Very often the amount and method of scholarship is dependent on the level or division of play at which a particular college competes. It is important for the student-athlete and parents to understand:

1. The type of financial package (if applicable) being discussed; and,
2. The obligations, terms, conditions and longevity of such arrangements; and,
3. How the financial package compares to the actual cost of attending the institution.

The following associations govern the conduct of collegiate athletics, the eligibility of the student-athlete and the availability of athletic scholarships:

The National Collegiate Athletic Association (NCAA)

The National Association of Intercollegiate Athletics (NAIA)

The National Junior College Athletic Association (NJCAA)

There are other associations of colleges and conferences that may or may not affiliate with larger DVVRFLDWLRQV DQG DELGH E\ WKHLU UXOHV ,W LV LPSRUW insure that eligibility standards are met and that appropriate recruitment guidelines are followed.

Athletes who aspire to participate at the collegiate level and their parents, should discuss potential collegiate opportunities for play with the head varsity coach and guidance counselor in RUGHU WR GHWHUPLQH WKH ³EHVW ILW - Q LWKIO HVM M \$VI FDMF DAGR and athletic potential. Although the appropriate time to discuss college options should be at the HQG RI WKH DWKOHWH¶V MXQLRU \HDU SODQQLQJ IRU FRO

NATIONAL LETTER OF INTENT

When a graduating senior is offered a partial or full athletic scholarship, there are two national VLJQLQJ GD\ V GXULQJ WKH VWXGHQW DWKOHWH¶V VHQLRU

ACADEMIC PREPARATION FOR THE COLLEGE-BOUND ATHLETE

The process is a long and selective one and the athlete must be fully prepared for the expectations and demands of participation at the collegiate level. Academic eligibility must be planned for well in advance. Athletes need to be aware of the academic requirements for collegiate eligibility when they enter the ninth grade. Communication with guidance counselors is essential, as core course requirements and standards for academic eligibility at the collegiate level must be met.

Student-athletes must have eligibility for practice and competition in their freshman year certified by the NCAA Initial-Eligibility Clearinghouse. Information brochures/forms have been made available to the guidance offices. The NCAA Clearinghouse reviews required core courses and high school transcripts for all prospective Division I and Division II student-athletes (not Division III). An athlete must submit high school transcripts, ACT and/or SAT scores and a payment fee, to the Clearinghouse. After review, a preliminary certification report will be made available to the student-athlete and the colleges that he or she has selected to receive this information. After graduation, the Clearinghouse will review the final transcript and make a final certification decision. This process must be initiated, through the Guidance Counselor, at the beginning of the freshman year (not later than the start of the freshman year). An athlete must be certified by the NCAA Initial-Eligibility Clearinghouse before enrolling in college.

- x Participate in effective strength and conditioning programs year-round to insure peak performance.
- x Maintain peak performance standards with a commitment to appropriate nutrition.
- x Involvement with community, religious organizations, school on a voluntary basis.

When athletes begin play at the varsity level, they should begin to develop a sports resume that includes a listing of their athletic achievements, awards, media coverage, etc., in addition to their academic accomplishments. This resume should be updated periodically.

More specific information about the recruiting process, eligibility guidelines, the athletic profile, campus visitations, and planning for the college-bound student-athlete should be available from school guidance counselors.

PARENT-COACH RELATIONSHIP

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each role, we are better able to accept the actions of others and provide greater benefit to the student-athlete. Parents should have the right to understand what expectations are placed on your child. This begins with clear communication between coach, parent and student-athlete.

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- x Expectations the coach has for the team.
- x Location and times of all practices and contests.
- x Team requirements, i.e., special equipment, off-season conditioning responsibilities, etc.
- x Procedure should your child be injured during participation.
- x Team rules and guidelines.

COMMUNICATION COACHES EXPECT FROM ATHLETES

- x Notification of any schedule conflicts in advance.
- x Additional health concerns.

APPROPRIATE PARENTAL CONCERNS TO DISCUSS WITH THE COACH

- x The treatment of your child ² mentally and physically.
- x Ways to help your child improve.
- x Academic Behavior Log

It is very difficult to accept your child not playing as much as you desire. Coaches are professionals. They make judgment decisions based on what they believe to be in the best interests of the team and for all students involved. Certain things can and should be discussed with the coach. The following should be followed to the discretion of the coach.

ISSUES NOT TO BE DISCUSSED WITH THE COACH

- x Playing time
- x Team strategy
- x Play calling
- x Other student-athletes on the team

There are situations that may require a conference between the coach and the parent. If these conferences are necessary, the following procedures should be followed to help promote a resolution to the issue of concern.

PROCEDURES TO DISCUSS CONCERNS WITH THE COACH

- x Call the coach to set up an appointment.
- x If the coach cannot be reached, call the athletic office to ask for assistance in setting up the meeting with the coach.
- x Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for the parent and the coach. Meetings of this nature do not promote a resolution to the issue of concern. The coach is responsible for the supervision and safety of all athletes involved in the program, before, during and after an activity.

If meeting with the coach does not provide a satisfactory resolution of your concerns, call and set up an appointment with the Athletic Director to discuss the situation.

SOME RULES FOR PARENTS

- x Remain seated in spectator areas during competition.
- x Do not yell instructions or criticisms to the children.
- x Do not make derogatory comments to players, other parents or fans, officials or administrators.
- x Academic Behavior Log

x Be willing to let the coach be responsible for your child during the duration of the contest.