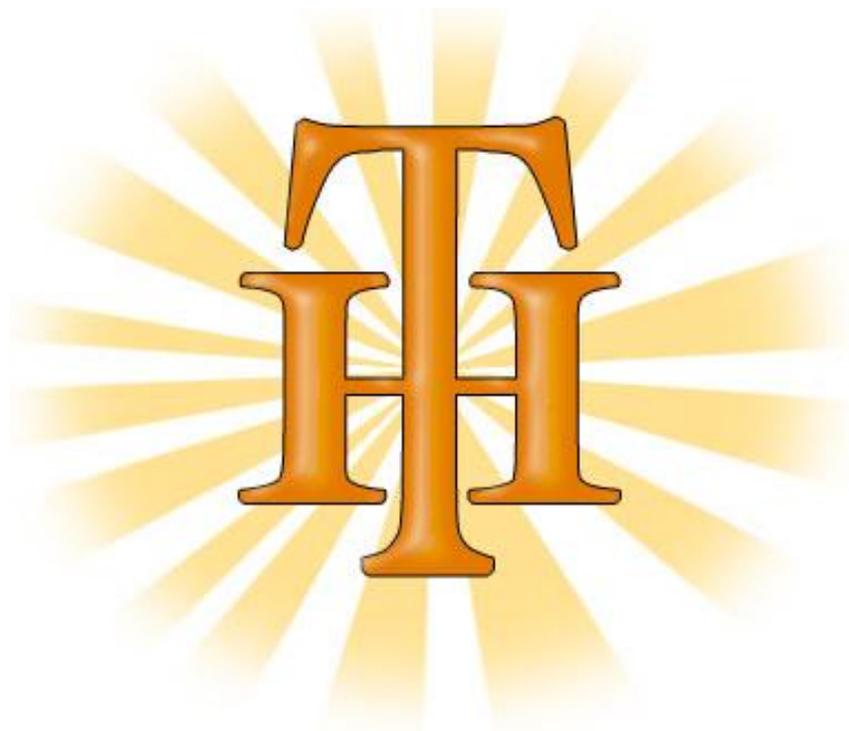


TACONIC HILLS HIGH SCHOOL

—Home of the Titans”



**Athletic Handbook
For
Student Athletes and Parents**

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WELCOME

Dear Parents and Students,

This athletic guide is presented to you because your son or daughter has indicated a desire to participate in interscholastic sports. Your family interest in this phase of our school program is gratifying. We believe that participation in sports provides a wealth of opportunities and experiences which assist students in personal adjustments.

We, who are concerned with educational development of boys and girls through athletics, feel that a properly controlled, well organized sports program meets the students' needs for self-expression, mental alertness, and physical growth. It is our hope to maintain a program that is sound in purpose and will further each student's educational maturity.

When your son/daughter enlists in one of the school district's sports programs, we feel that they have committed themselves to certain responsibilities and obligations. The school realizes that in order for these regulations to be adhered to, the athletes must believe in them and discipline themselves to abide by them, sometimes sacrificing personal pleasure for a team to which they have committed themselves. Parents are requested to do all they can to support the athletic code and to help their son or daughter to live up to the code.

The athletic program is governed by the regulations established by the New York State Commissioner of Education's Basic Code for extra class athletic activities.

Taconic Hills Central School District is a member of the New York State Public High School Athletic Association competing as a Class B School in Section 2. Our league affiliation is with the Patroon Conference.

If there is anything we can do to make your athletic participation a better learning experience, please feel free to contact us at the high school at 325-2896/2897.

**Thank You,
Athletic Director – Angela Webster
Assistant Athletic Director-Frank Jause**

PRINCIPLES OF THE INTERSCHOLASTIC ATHLETIC PROGRAM

Interscholastic athletics serve as a miniature model of life which provides Opportunities for students with regard to responsibility, sportsmanship, cooperation, concern for others, leadership, respect for authority, good citizenship, loyalty, integrity, and tolerance. Winning games has often been considered the measure of success. However, winning is not everything, but the will to win is. The will to win is very much a part of the total development of an athlete, but of greater importance is the development of the person and affording each student the opportunity of becoming all that he/she is capable of being. Thus, the athletic program which is centered around the welfare of the students ia a vital part of the total Taconic Hills school curriculum.

To utilize fully the potential in athletics for educational experiences, the interscholastic athletic program:

- A. Is regarded as an integral part of the total educational program and conducted so that it is worthy of such regard.**
- B. Is subject to the same administrative control as the total educational program.**
- C. Is conducted so that the welfare and safety of participants is protected and fostered.**
- D. Is conducted in accordance with the letter and spirit of the rules and regulations of the league, section, state, and national athletic associations.**

CODE OF ATHLETICS

It is the duty of all concerned with school athletics:

- A. To emphasize the proper ideals of sportsmanship, ethical conduct and play.**
- B. To eliminate all possibilities which tend to destroy the best values of the game.**
- C. To discuss the values derived from playing the game fairly.**
- D. To show cordial courtesy to visiting teams and officials.**
- E. To establish a cordial relationship between visitors and hosts.**
- F. To respect the integrity and judgment of sports officials.**
- G. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.**
- H. To encourage leadership, use of initiative, and good judgment by team players.**
- I. To recognize that the purpose of athletics is to provide the physical, mental, moral, social, and emotional well being of the individual players.**
- J. To remember that an athletic contest is only a game – not a matter of life and death for player, coach, school official, fan, or community.**

SECTION 2 SPORTSMANSHIP POLICY

Learn and understand the rules of your sport. Play hard, play to win, but play fair.

Do not allow your temper to distract you from the fundamentals of good sportsmanship.

Respect your opponents. Never taunt. Congratulate him/her at game's end.

Respect the integrity and judgment of officials.

Be a positive example to your school, teammates, and opponents.

A player who is disqualified from a contest for unsportsman like behavior by an official is prohibited from playing in the next regular scheduled athletic contest.

A player who strikes or otherwise physically assaults an official will be subject to an extended suspension from athletic competition. A physical confrontation with an official is any incident which a player either strikes, bumps, or otherwise physically intimidates an official prior to, during, or after a contest.

SECTION 2/PATROON CONFERENCE CODE OF CONDUCT FOR SPECTATORS

Spectators are an important part of the games and are encouraged to conform to accepted standards of good sportsmanship and behavior.

Spectators should at all times respect officials, opposing coaches, players, and cheerleaders as guest in the community.

Enthusiastic cheering for one's team is encouraged.

Booing, whistling, stamping of feet, and disrespectful remarks shall be avoided. Ringing of bells, sounding of horns, or other noisemakers are strictly prohibited.

Pep bands must play during time outs, or between periods in a way that does not interfere with a cheerleading squad on the floor

Throwing of any objects or debris from the stands is dangerous and strictly prohibited.

During a free throw in basketball, all courtesies should be extended.

Spectators should encourage each other to observe courteous behavior.

Spectators will observe the rules of the home school concerning smoking, food and drink consumption, littering, parking procedures and re-entry to the game.

Any spectator who displays poor sportsmanship may be requested to leave and denied admission to future contests.

ATTENDANCE

Attendance at all practices and games, unless excused by the coach is mandatory. If an absence is expected or develops, the coach is to be notified at the earliest possible time.

- A. In order to participate in any contest or practice, the athlete must be in attendance before the end of the first period on that date, unless excused in advanced for a valid reason by the coach, athletic director, or an administrator (ex.: doctor, dentist, funeral, college visit, etc.). Exceptions can be given by the athletic director or an administrator on that day in question.**
- B. An athlete serving in-school or out-of-school suspension will not participate in practice or competition on that date.**
- C. An athlete must dress and participate in physical education class or be ineligible to participate in practice or a game on that day unless otherwise excused by an administrator or physical education teacher.**

RIGHT TO PARTICIPATION

- A. Any student who meets the New York State Public High School Athletic Association's age and grade requirement and passes the medical examination will be afforded the right to try out for athletic teams.**
- B. Athletics are a privilege and it is the coaches' final decision as to which student athletes will be squad members.**
- C. Each individual team has its own regulations concerning daily attendance at practices and the minimum number of practices before being eligible for competition. Your coach will inform you of these regulations.**

TRANSFER RULE

A student transferring into the Taconic Hills Central School District or from our district without a corresponding change of address could be in violation of the transfer rule. The athlete transferring should notify the athletic director in both districts to insure that the state transfer rule in regards to athletic eligibility is upheld. Violation of the rule may result in the forfeiture of athletic contests.

TACONIC HILLS TRAINING RULES AND REGULATIONS

It is the overwhelming opinion of health educators and coaches that athletes perform best when they follow intelligent training rules which include abstinence from tobacco, alcohol, and drugs. Medical research clearly substantiates the fact that the use of tobacco, alcohol, and any type of mood-changing substances produce harmful effects on the human body.

Student/athletes have to decide, if you want to be an athlete, –you have to pay the price” in order to be a competitor. A big part of the price is following a simple set of training rules we all believe to be fair.

It is a fact that the use of tobacco, alcohol, and drugs is injurious to the development of human growth. You cannot compromise athletics with substance abuse. The student athlete who wishes to experiment with such abuse should remove himself from the team before he/she jeopardizes team morale, team reputation, team success, and does physical harm to him/herself.

It is important to note that illegal use of tobacco, alcohol, and drugs is a violation of State and Federal Laws.

The training rules and regulations will be effect, on and off school property, from the first day of practice or tryouts, and continue until the season is finished.

CLARIFICATION:

- A. Use of Tobacco - Research emphasizes that the use of tobacco is physically harmful to young adults. The harm done by this is not only a health problem. The community follows the progress of young athletes, and any deviation from accepted training rules marks one as unwilling –to pay the price”. If one squad member breaks the rules, the whole team is branded as non-trainers. This rules includes smoking and chewing tobacco products, snuff, and the use of any other form of tobacco.**
- B. Alcohol Beverages - There is no way to justify using alcohol beverages, even though social pressure may be hard to resist. The people who would like to draw the athlete into their drinking sessions will be the first to criticize the athlete if he does not come through in a game. This rule includes use, possession, or being under the influence of alcohol.**
- C. Drugs - Simply stated, drug abuse is the consumption of any chemical substance or the smoking of some plant derivatives for the purpose of mood change. The use or misuse of drugs is a very serious social problem that student athletes have no need for. This rule includes use, possession, consumption, being under the influence of, buying, selling, or giving away any non-prescription drugs including, but not limited to marijuana, cocaine, heroin, uppers, downers, and any other look-alike drug substance.**

- D. Anabolic Steroids – The use of anabolic steroids poses serious health risks to users and are strictly prohibited. In addition, possession of even personal use of steroids not validly prescribed by a doctor is a federal crime.**
- E. Gross Unsportsman Like Misconduct – This type of conduct shall include, but not be limited to: hazing, physically being involved with an official, instigating a fight with an opponent, obscene language and gestures, knowingly cheating and vandalism of any school’s property.**

IMPLEMENTATION:

- A. Charges against an athlete may be made by any involved individual who is willing to provide evidence or be a witness to the incident. Once a charge is made, an investigation of the incident will be initiated by the athletic director and the appropriate grade level administrator. A team member believed to be in violation of training rules will have a hearing with the coach, athletic director, and school principal.**

A report will be submitted by the athletic director or school principal on the results of any charges to the school superintendent within five school days of the date the charge was made.

- B. For violation of these provisions, the following penalties shall be assessed. They will be in effect from the first time the athlete enters into interscholastic sports and shall be cumulative through each grade until the student has completed his/her athletic eligibility.**

First Offense:

- a. The athlete shall be suspended from all competition for 14 consecutive days. Christmas, mid-winter, and spring vacation shall not count in the 14 consecutive days unless practices or games occur during that time. An athlete may fully participate during the 14 day period and will be required to participate in all practices and attend all competitions, but not in uniform.**
- b. The athlete will not be eligible for any honors or prizes, or participate in any form of recognition for that sports season.**

Second and all subsequent offenses:

- a. **The athlete shall be suspended from all competitions for **8 consecutive weeks or the length of that sports season, whichever is greater.**
- b. **The athlete will not be eligible for any honors or prizes, or participate in any form of recognition for that sports season.**

These time penalties for 1 and 2 are to be served regardless of the duration of the particular sports season. Should the season end prior to the competition of the penalty, the portion not served will be carried over to the next sports season during which the athlete is named to be a member of the team. The unserved time is to commence on the first day of the week in which the competition takes place.

**** Competition shall not include scrimmages, practice games, etc.**

TEAM STANDARDS

In addition to the regular school policies that are in effect at all times, athletes must:

1. **Attend all practices and contests unless excused by the coach.**
2. **Demonstrate respect for fellow teammates, coaches, officials, and opponents.**
3. **Demonstrate control over emotions and speech.**
4. **Demonstrate constant effort to improve.**
5. **Report to locker room at designated time for practice and behave in a responsible manner.**
6. **Never engage in any activity which may cause criticism of your school.**
7. **Follow specific rules and regulations set up by the coach.**

Violations of the above standards may result in disciplinary action, including suspension ranging from one game to all games remaining on the schedule. The coach will recommend a penalty to the appropriate grade principal and athletic director. If necessary, the team member may request a hearing.

CITIZENSHIP

Good citizenship and appropriate behavior is expected of each student athlete. Students/athletes are representatives of Taconic hills and should conduct themselves in a manner that won't discredit their team, coach, family, or community.

Any student suspended from class or school, or who is in difficulty with outside authorities, is liable (at the discretion of the administration) to be ineligible to participate on any team during the season the infraction occurs. Repeated inappropriate behavior may result in not being eligible for the entire school year.

QUITTING A TEAM

Any athlete who quits a team after the team selection has been made will not be permitted to join another team during that sport season. Any athlete who quits a team prior to the team selection has been made may join another team for try-outs with the permission of the athletic director after consultation with the coaches involved.

ISSUING OF SCHOOL CLOTHING AND EQUIPMENT

It is the responsibility of the athlete to turn back to the coach all clothing and equipment issued during a sport season. Failure to do this will result in the athlete paying for the missing articles. Athletes not paying for the missing articles will forfeit their right to receive any school equipment and clothing in the next sport season and be ineligible to receive any awards at the athletic banquets. A list of all violators will be sent to the athletic director and forwarded to the building principal.

An athlete shall care for his/her uniform and all equipment issued. The uniform will be worn only in that sport's sanctioned events or at times specified by the coach.

PERMISSION FORMS

The permission form allowing students to participate in athletics must be signed by the athlete and parent/guardian and returned to the coach immediately.

TRANSPORTATION

After each game and scrimmage, every team member is expected to return to the home school or designated bus stops on school provided transportation , except upon the written request of the parent/guardian. The parental request must:

1. Identify the athlete(s) to be excused.
2. Specify the date for which the excuse is written.
3. Indicate the name(s) of the adult(s) who will assume custody of the student(s) under this provision.
4. Be signed by the athlete's parent/guardian.
5. Be submitted to the high school principal or athletic director for approval either prior to or on the date requested. Each case will be handled on an individual basis.
6. Students are not allowed to take other student athletes home from away contests.

The Board of Education authorizes the supervising coach(es) to deny permission for the athlete to be released, if in their opinion the athlete will enter a situation considered to be unsafe.

Permission from the coach in charge may be granted to parents to take only their team member home after a game.

Evening/weekend home and away games, practices, and scrimmages --- athletes are requested to provide their own transportation to the school or bus stops designated by the school. All athletes and tan personnel are to ride to and from the athletic contest on the bus unless they have been granted permission under the above provisions.

Implementation: An athlete found in violation of the above transportation policy will receive a next game competition suspension.

SPORTS PHYSICALS

Sports physicals will be given and approved by our school doctor before a student is allowed to practice. However, it is acceptable for the physical to be given by another doctor. This report must be on file with the school nurse before beginning practice. All injured athletes who are seen by a doctor must be released (signed statement) by that doctor in order to resume participation with their team. This release must be filed with our school nurse.

INJURIES

It is extremely important to report any injury to your coach immediately. Medical expenses resulting from any injury must be submitted to your insurance carrier and then any remaining balance can be submitted to the School Accident Insurance

Any student who has not actively participated with the team for two or more weeks shall not play in competition, scrimmages, or practices until a period of reconditioning has been met. The length of the reconditioning shall be equal to one-half of the pre-season individual practices as required by the NYSPHSAA.

RISK FACTORS IN SPORTS

Participation in sports involves a certain degree of risk for injury. Such physical activity can occur in any type of sports activity and vary in nature.. Before going out for the team, you should be aware of the risk so you will be better able to reduce your chances of injury. Pre-season conditioning, learning the skills and techniques of your sport and knowledge of rules and safety factors will help you have a healthy season.

HAZING

Hazing in any form, including initiation which is degrading, is strictly forbidden by NYS law. No student shall conspire to engage in hazing, participate in hazing, or commit any act that causes or is likely to cause bodily danger, physical harm, personal humiliation or disgrace. Placement of harmful substances in the body, and the playing of abusive and ridiculous tricks resulting in physical or mental harm to any fellow student athlete, or other person is strictly prohibited.

Violation: Hazing has no place in high school sports. Therefore any athlete(s) participating in hazing activities shall be subject to the same disciplinary action as contained in the Taconic Hills Training Rules and Regulations on pages 5 thru 7 of this handbook.

SUPPLEMENTS

All student athletes and their parents/guardian should consult with their physician before taking any supplemental product(s). In addition, coaches and any school staff member should not recommend or supply any supplemental products to student athletes.

NCAA INFORMATION

Any senior student - athlete planning to enroll in college as a freshman and who wants to participate in Division I or II athletics must be certified by the NCAA Initial – Eligibility Clearinghouse. The clearinghouse will send your eligibility status to any division I or II college that requests it, provided you have given permission on your student release form for the college to receive it. It is recommended that students/ athletes register with the clearinghouse in the spring of their junior year or the fall of the senior year. Applications may be obtained in the guidance office or see your Athletic Director for assistance in this matter.

DURATION OF COMPETITION

According to NYSPHSAA regulation, a student shall be eligible for high school athletic competition provided he/she is a bona fide student in good standing of the school represented, and taking four subjects including physical education. A student shall be eligible for four consecutive years upon entry into the ninth grade. A student shall be eligible for only four years in one sport unless advanced by the selection classification process. A student athlete reaching the age of 19 before July 1, may not participate during that school year.

OUTSIDE TEAM RULE

The New York State Public High School Athletic Association allows outside competition. Taconic Hills athletes must understand that commitment to the school team comes first, and outside participation should not be detrimental to an individual or to a Taconic Hills Team. There will be circumstances where a student should not participate in an outside activity due to the possible effect on the school team.

ACADEMIC ACHIEVEMENT

Students are expected to maintain successful academic achievement during the school year. While scholastic achievement is determined on an individual basis, the administration and athletic department reserve the right to determine an athlete's eligibility to participate in athletic contests and practices. Parents are encouraged to regularly review their son's or daughter's academic progress, and contact the school should achievement decline or remain below expected levels.

Please note that classroom teachers are available after school for extra help. Students are responsible to make arrangements to receive academic assistance in any subject in which they are having difficulty.

ATHLETIC AWARD SYSTEM

Each individual coach will establish the criteria for earning a varsity letter in his/her sport. A player must complete the season although the coach may make exceptions in unusual cases; (must be cleared through the athletic director). The athlete must be a good representative of the school and team and abide by the athletic code of conduct. Letter awards will be made only upon recommendation of each coach.

Taconic Hills Awards:

Modified Level - Certificate of participation

JV Level - All JV athletes will receive a certificate of participation. 1st year JV athlete will receive two orange chenille numerals indicating their year of graduation.

Varsity Level - All Varsity athletes will receive a certificate of participation. 1st year Varsity athlete will receive a 6 inch orange chenille letter. The athlete will receive only one letter during their athletic career.

Athletes will also receive a metal sports pin for each varsity sport they participate in the first time. Athletes who repeat the same varsity sport will receive a service bar.

TACONIC HILLS CENTRAL SCHOOL –Home of the Titans”

Athletic Offerings

Fall Teams

Boys Varsity Soccer
Boys JV Soccer
Boys Modified Soccer
Girls Varsity Soccer
Girls JV Soccer
Girls Modified Soccer
Varsity Field Hockey
JV Field Hockey
Modified Field Hockey
Varsity Football
JV Football
Modified Football
Varsity Golf
Football Cheerleading
Girls Varsity Volleyball
Girls JV Volleyball
Boys & Girls Cross Country

Winter Teams

Boys Varsity Basketball
Boys JV Basketball
Boys Modified Basketball
Girls Varsity Basketball
Girls JV Basketball
Girls Modified Basketball
Boys Varsity Volleyball
Varsity Bowling
Varsity Basketball Cheerleading
JV Basketball Cheerleading
Varsity Wrestling
Girls Varsity Swimming
Boys Varsity Swimming

Spring Teams

Varsity Baseball
JV Baseball
Modified Baseball
Varsity Softball
JV Softball
Modified Softball
Boys Varsity Track
Girls Varsity Track
Boys Modified Track
Girls Modified Track
Varsity Tennis

Philosophy and General Information

The Taconic Hills Central School District has developed an interscholastic athletic program with educational value for all students. It focuses on the development of self esteem and individual skills as well as fostering an atmosphere of teamwork, citizenship, and sportsmanship. The athletic program does emphasize lifelong activities where participation by as many student-athletes as possible is a primary objective. Our sports programs provide a source of pride and motivation for lifelong success. While winning games is important, academic excellence should always remain our first priority. Our district has set high goals and standards, and athletes are encouraged to strive to achieve them while maintaining a proper perspective on sports, school, and life.

We believe students should develop a positive attitude toward both winning and losing. A gracious winner and a good loser are both important goals in the educational aspect of athletics. To this end, we believe that the various athletic levels have different goals. The following addresses each level of our district's total athletic program:

Modified—Grades 7 & 8

At this level the focus is on the fundamentals of the game, rules, training, individual skills, team play and sportsmanship. A smaller emphasis is placed on winning and every attempt will be made to play each athlete in every game, however, a specified amount of playing time is never guaranteed. The modified Program does recognize that winning is important and enjoyable if kept in its proper perspective. While our intention is to involve as many students as possible, it may be necessary to cut students based upon skill and attitude.

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 competition. At this level, striving for victory becomes a strong consideration and participants should be taught how to cope with game situations and how to win and lose properly. An attempt will be made to play all participants, however, a specified amount of playing time is never guaranteed. With the goal of becoming a varsity athlete clearly in sight, a high level of dedication and commitment is expected.

Varsity

The varsity level of athletic competition is the culmination of the high school athletic program. Team play, the will to win, sportsmanship, individual physical ability, motivation and positive mental attitude are very important. 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 team. While contest participation over the course of the season is desirable, it is recognized that not all members of the team may play in every game.

