

INTERSCHOLASTIC ATHLETIC REGULATIONS AND PARENTAL CONSENT

1. **Sport Physical Examination:**

All students who participate in interscholastic athletics and/or cheerleading must have an annual physical by a physician. Annual physicals will be provided by the school during the month of June. Any student may choose to be examined by their own physician but must meet the standards of the school physical. Any physical not completed by the school physician will be at the family's expense.

2. **Parental Consent:**

Each student who participates in Interscholastic Athletics must have the written consent of their parent or guardian prior to the start of each sport season. A standard form of consent will be given to the athlete at the start of each season and must be returned prior to any practice. Parents will be expected to attend a team meeting called by the coach or Athletic Director of each sport prior to the start of the practice each season.

3. **Academic Expectations:**

Participation in interscholastic athletics will be based on the following academic standards:

- Student athletes must be enrolled in at least six (6) subjects including physical education.
- The following academic eligibility standards must be met:
 - i. In order to be fully eligible, students must be passing all subjects at the end of each six week marking period.
 - ii. At the end of any six week marking period a student who is failing one (1) subject will:
 - be placed on probation for two weeks and will follow the school probation guidelines.
 - be ineligible for any release from supervised study periods and **must** seek after school help from the teacher of the subject failed. The teacher may excuse the student, in writing, from this requirement.

** At the end of the two weeks, if the student is not passing the subject, the probationary period will be extended to the full six week marking period and the student must attend an after school study hall or face ineligibility.

- iii. At the end of any six week marking period, a student who is failing two (2) or more subjects will:
 - be ineligible to participate in any interscholastic athletic contest for a minimum period of seven (7) consecutive calendar days from the effective date of the Eligibility List. If the student attends the after school athletic study hall during the ineligibility time period, the student may participate in contests as long as the student follows all guidelines for the athletic study hall.
- iv. It will be the requirement for each student on probation or ineligible to complete the appropriate form to document their progress to determine eligibility. This form can be acquired in the main office and must be completed by each of the student's teachers.
- v. Students ineligible for an entire sports season will not receive credit for that sport.

- vi. *All ineligibility begins the first Monday after report cards are distributed.*

4. Behavior Expectations:

Students who participate in interscholastic athletics must:

- i. ***Demonstrate good citizenship*** -This shall include following all established rules of the school. Violation of the rules, resulting in the following punishments shall also effect participation in athletic contests in the following manner:
 - Detention 1st and 2nd offense: coach's discretion.
 - Detention 3rd offense: loss of one contest.
 - In school suspension (half or full day): loss of one contest.
 - Out of school suspension: loss of all contests during time of suspension in addition to the loss of one contest upon return to school.
- ii. ***Attend School*** – Athletes are required to attend school to be eligible to participate in an athletic event unless they are excused for a reason specified in policy section 5280-R - Interscholastic Athletics Regulations. It is expected that students be in attendance for at least half the day (11:30 a.m.) with an excused reason to participate in practice or a contest.
- iii. ***Follow all training rules*** - It is expected that all members of interscholastic athletic teams will abide by all training rules established by the coaching staff for that sport.
- iv. ***Attend all practices and games*** - It is the responsibility of the student to notify the coach if they cannot make practice. Unexcused absences from practice or contests will result in loss of playing time at the next scheduled contest.
 - a. Students who choose to quit a sport before the end of the season must present written parental permission to the coach.
 - **Without formal approval from the Athletic Director and Building Administrator, any student quitting a team after the season begins will be ineligible to participate in the next sport season.**
- v. ***Use school transportation*** - A student who fails to do so will be suspended from the practice or contest. The only exception will be when prior written arrangements have been made between the athlete, parents or guardians, and the coach. Permission may be granted by the coach for a student to ride home from a scheduled away contest with his or her parents if written permission is granted by the parents.
- vi. ***Provide proper care for equipment issued*** - All equipment issued by the school must be returned in acceptable condition at the end of the sport season. It is the responsibility of the student to keep the equipment secure from loss. Failure to return equipment will result in a charge to the student and his/her family.
- vii. ***End a season in good standing*** - A student who has been removed from a team or who does not end the season in good standing, will not receive credit for participation in that sport and will be ineligible for any awards or participation in any recognition program.

viii. **Curfews:** Athletes are expected to abide by the following guidelines:

- Sunday to Thursday: 11 p.m.
- Friday and Saturday: 1 a.m.
- Any night before a contest: 10 p.m.

5. Substance Abuse:

In addition to any penalties established by other policies of the school, participants in interscholastic athletics shall be subject to the following loss of participation for any possession, consumption, distribution, exchange, or sale of alcohol, tobacco products or simulations of, or controlled substances, prescription, or over the counter drugs **regardless of the time or location:**

- 1st offense: 20 practice days of **contest ineligibility** (must practice for 20 days before becoming eligible to participate in a contest). Days will extend to the next season.
- 2nd offense: 40 practice days of **contest ineligibility** (must practice for 40 days before becoming eligible to participate in a contest). Days will extend to the next season.
- 3rd offense: 1 year of **contest ineligibility**

***Contest ineligibility** – the student may participate in practices and remain part of the team; however, he/she may not participate in contests. Contest ineligibility begins when student returns to school after school suspension.

***Possession:** – could include, but not limited to: having on your person, bags and purses, book bags, backpacks, lockers, sports bags, and having on your person in pictures.

- Any athlete that comes to a practice or contest under the influence of drugs or alcohol, will be suspended from athletics for one year.
- Any athlete in violation of the substance abuse policy will not be eligible to receive an end of the year award.

6. Sportsmanship:

Spencer-Van Etten athletic teams host and visit numerous schools throughout the school year. In many cases the only opinion formed of the Spencer-Van Etten Schools and its students is based upon the impression made by our athletic teams. Athletes dressing neatly, showing good sportsmanship, respecting other schools' facilities and equipment, demonstrating good manners and acceptable language will present a positive image to other schools. Each athlete is responsible for living up to those expectations as they are participating as representatives of Spencer-Van Etten Schools.

i. The sportsmanship of athletes is measured by their:

- Speech and actions on the street or about the school of the town their team visits; or when at home, their hospitality toward the visitors;
- Responsible conduct in the dressing room;
- Respect for the property of the school of their opponents;
- Respectful attitude toward officials and their decisions;

- Courteous attitude toward the opposing players;
 - Cooperation with their teammates;
 - Courage and fair-mindedness in defeat;
 - Modesty in victory;
 - Self-restraint in language on and off the field of play;
- ii. Student athletes in violation of these standards will be withheld from participation in contest by the coach, athletic director or principal. Repeated violations may result in removal from the team.
 - iii. Removal from a contest for unsportsmanlike conduct as defined by Section IV will result in suspension from the next contest.

7. INSURANCE INFORMATION FOR PARENTS....PLEASE READ CAREFULLY:

S-VE is now insured by Pupil Benefits Plan Inc.

The steps to submit a claim are as follows:

- i. Students report injury to coach or school nurse and an accident report is filed.
- ii. The school nurse notifies the insurance company of possible impending claim.
- iii. Doctor and hospital bills are submitted to parents' insurance.
- iv. After final settlement is made by parents' insurance, if there is still a balance due, the claim is then submitted to Pupil Benefits Plan Inc.

To turn in a claim the following items must be submitted:

- i. Completed claim form
- ii. Copies of itemized bills
- iii. Copies of what has been paid or rejected

In conclusion, we must again emphasize that the school insurance is ONLY SUPPLEMENTAL. Parents are expected to carry family insurance coverage on your child.

SPENCER-VAN ETTEN ATHLETIC DEPARTMENT
Parent's Consent for Participation and Medical Release Permission

Student's Name: _____ Sport _____

I realize that my child is subject to all rules and regulations put forth by the Administration of S-VE Central School and its coaches. It is a privilege to try out and participate on a school sponsored team, and I understand that this privilege can be taken away by the school authorities and/or coaches if the rules and regulations are not adhered to. If anyone during the sports season breaks these training rules, they will be disciplined.

I have read and understand the coaching philosophy at Spencer-Van Etten. At the Modified level, **every** athlete is to participate in every contest if they are eligible. Winning is not the major emphasis, **participation** is. At the J.V. level we are trying to play everyone, but we are also trying to win. At the Varsity level, an athlete must understand that not everyone may get a chance to participate in every contest. We are trying to **win** the contest at the Varsity level.

However, if the contest is no longer in doubt either way, then everyone should get in the contest.

I accept the fact that my child is responsible for all athletic equipment that is issued to them. I realize that **we** are responsible for any item that is lost.

I accept the above responsibilities and give consent for my child to participate on an interscholastic athletic team sponsored by the S-VE Central School. These responsibilities start with the first day of practice and continue until the season is completed.

In the event that my child is injured and I cannot be contacted, I (do) (do not) grant permission for them to receive emergency medical treatment.

We have reviewed the Spencer- Van Etten Interscholastic Athletic Regulations and we have agreed to abide by the regulations that have been established.

Parent Signature

Student Signature

Sam Davison
 Athletic Director

Emergency Phone #'s:

Athlete's Name: _____

Mother's Name: _____

Work Number: _____ Home: _____ Cell: _____

Father's Name: _____

Work Number: _____ Home: _____ Cell: _____

Parent's Signature: _____ Athlete's Signature: _____

Choice of Hospital: 1st _____ 2nd _____

Medical Conditions to be aware of: _____

Spencer-Van Etten Central School

ATHLETIC CONTRACT: COACH

Coach's Commitment

As the coach of the (boys or girls) _____ team, I am dedicated to more than the X's and O's of competition. I know that less than 5% of high school athletes go on to play team sports at the college level. Therefore, I understand that high school athletics provide students a unique opportunity for the development of not only physical conditioning and athletic skill, but also character traits essential for success in life. Recognizing my role as educator, leader and role model for students, for the next season I commit to:

- Exemplify the highest moral character as a role model for young people.
- Recognize the individual worth and reinforce the self-image of each team member.
- Establish a realistic team goal or vision for the season and communicate that to the athletes and parents.
- Encourage and assist team members to set personal goals to achieve their highest academic potential.
- Support and enforce a set of training rules for athletes reflecting the positive values of abstaining from the use of alcohol, tobacco and other drugs.
- Strive to develop the qualities of competence, character, civility and citizenship in each team member.
- Provide a safe, challenging, and encouraging environment for practice and competition.
- Gain an awareness of the importance of prevention, care and treatment of athletic injuries.
- Respect the integrity and judgment of the game officials.
- Teach and abide by the rules of the game in letter and in spirit.
- Build and maintain ethical relationships with other coaches and administrators.
- Strive for excellence in coaching skills and techniques through professional improvement.
- Promote personal fitness and good nutrition.
- Be modest in victory and gracious in defeat.

My signature below indicates my commitment to the above:

Date

Coach's Name

Coach's Signature

Spencer-Van Etten Central School

ATHLETIC CONTRACT: PARENT

As a parent who is also committed to the education, maturity and athletic success of your child, I encourage you to make a formal commitment as described below. Our partnership together will increase the likelihood of a successful season, regardless of the final win/loss record of the team. I also ask you to note any expectations, goals or questions you have on the reverse side of this form so that I can consider them and respond where needed.

Child's Name: _____ **Coach:** _____

Parent's Commitment

I understand that as a parent I play a vital role in the development of my child's athletic ability and character, and therefore in the success of the School's Athletic Program. Recognizing this role, I therefore commit to the following as a parent of team member of the (boys or girls) _____ team:

- Be a positive role model so that through my own actions I can help to make sure that my child has the best athletic experience possible.
- Be a "team" fan, not a "my kid" fan.
- Weigh what my child says in any controversy, since it is normal for youth to tend to slant the truth to their advantage.
- Show respect for the opposing players, coaches, cheerleaders, and spectators.
- Be respectful of all officials' decisions.
- Not instruct my child before, during, or after a game, where it may conflict with the coach's plans and strategies.
- Praise student-athletes in their attempt to improve themselves as students, as athletes, and as people.
- Gain an understanding and appreciation for the rules of the sport.
- Recognize and show appreciation for an outstanding play by either team.
- Help my child learn that success is experienced in the development of his/her skills, and that he/she can feel positive about their skill development during the season, regardless of the team's record.
- Take time to talk with coaches in an appropriate manner, including proper time and place, if I have a concern. Arrange a private conference with the coach(es) at a time away from the stress of the contest situation. Should a conference not resolve the issue in question, contact that Athletic Director or Superintendent for further consideration.
- Support the alcohol, tobacco and other drug-free policies of our School by refraining from the use of any such substances before and during athletic contests.
- Support my child and hold him/her accountable for their commitment to non-use of substances as outlined in the Athletic Code.

My signature below indicates my commitment to the above.

Date

Parent Name

Parent Signature

Spencer-Van Etten Central School

ATHLETIC CONTRACT: STUDENT ATHLETE

As a member of the _____ team, I understand that you want to enjoy the season, participate as much as possible, and improve your athletic abilities in this sport...and win games (contests)! I am committed to making those things happen, and to reach our team goals for the season. Your participation is dependent upon your willingness to work with me toward the goals below, and to live within the boundaries established in our School's athletic code. The information below describes the areas of personal development to which the School and I are asking you to make a commitment for the upcoming season. I also ask you to indicate any expectations, goals or questions you have on the reverse side of this form so that I can consider them and respond where needed.

Athlete's Name: _____ Coach _____

Athlete's Commitment

I understand that participating in high school athletics gives me a special opportunity to develop not only my physical conditioning and athletic skill, but also character traits I need for success in life. I therefore commit to strive for the following during the upcoming season:

Competence – *The knowledge and skill I need to train and effectively compete*

- To develop the skills necessary to participate competently in the sport.
- To demonstrate knowledge of the rules and conventions of the sport.
- To demonstrate knowledge of the strategies of the sport.
- To demonstrate a level of physical conditioning and fitness sufficient to participate competently in the sport.
- To demonstrate knowledge of healthy behaviors, including nutritional issues.
- To abstain from the use of alcohol, tobacco, and other drugs in order to achieve the positive benefits of interscholastic athletics.

Character – *My beliefs, attitudes and skills that support moral behavior and represent the positive values of the Spencer-Van Etten Central School and the greater community.*

- To be dependable in fulfilling obligations and commitments.
- To accept responsibility for consequences of actions and not to make excuses or blame others.
- To strive to excel.
- To be committed.
- To persevere, give 100% effort and not give up in the face of setbacks.
- To be honest.
- To play by the rules of the sport and not cheat.
- To control anger and frustration and refrain from displays of temper and bad language.
- To accept losing and winning graciously; to congratulate opponents, and refrain from negative behaviors.

Civility – *Behavior that shows respect and concern for others – treating them as I would want to be treated.*

- To practice good manners on and off the field.
- To refrain from trash talk and other put-downs of opponents and teammates.
- To treat all persons respectfully regardless of individual differences, to show respect for legitimate authority (Coaches, captains and officials).
- To be fair and treat others as one wishes to be treated.
- To listen to and try to understand others.
- To be compassionate and sensitive to others and actively support teammates in victory and defeat.

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ATHLETIC CONTRACT: STUDENT ATHLETE (pg 2)

Citizenship – *Understanding that being part of a team is about my responsibility to my teammates, and not just about what's important to me:*

- To be faithful to the ideals of the game including sportsmanship.
- To keep commitments to my team.
- To show team spirit, encourage others and contribute to good morale.
- To put the good of the team ahead of my personal gain.
- To work well with teammates to achieve team goals.
- To accept responsibility and set a good example for teammates, younger athletes, fans, and school community.

My signature below indicates my commitment to the above and my willingness to live within the boundaries established in our School's athletic code.

Date

Athlete's Signature

Spencer-Van Etten Central School

ATHLETIC CONTRACT: COMMUNITY MEMBER

Community Member's Expectations

We understand that as a part of our school-community, YOU have an interest and investment in the success of our Athletic Program. YOU play a key role in reinforcing the positive educational goals of our Program. Therefore we encourage you to commit to the following:

- **Remember that a ticket to a school athletic event is a privilege to observe the contest.**
- **Be a positive role model through your behavior at athletic contests.**
- **Show respect for the opposing players, coaches, spectators and support groups.**
- **Be respectful of all officials' decisions.**
- **Recognize and show appreciation for an outstanding play *by either team.***
- **Praise student-athletes in their attempt to improve themselves as students, as athletes, and as people.**
- **Gain an understanding and appreciation for the rules of the sport.**
- **Reinforce our alcohol, tobacco and other drug-free policies by refraining from the use of any such substances before and during athletic contests.**
- **Comply with and support school rules and regulations while on school property**