

**LANSINGBURGH CENTRAL SCHOOL DISTRICT
AT TROY
576 FIFTH AVENUE
TROY, NEW YORK 12182**

Cynthia B. DeDominick
Superintendent of Schools
(518) 233-6850
(518) 235-7436 (Fax)

Dear Parent:

It is necessary for all students wishing to compete in interscholastic athletic competition to receive a physical examination from the school physician. This requirement must be met at least once every 12 months in order for the student athlete to remain eligible. Interim health reports must be completed by the parent before the beginning of each additional season during the intervening year.

The physical consists of an examination by a physician or a physician's assistant. Physicals are conducted in the secondary school Nurse's Office during announced times. Exams conducted during the school year will be given on a scheduled basis. Any examinations which occur during the summer will be on an announced date first-come, first-serve basis. The school nurse will be present during all examinations.

The nurse will check blood pressure, pulse, respirations, height, and weight. Students will be asked to give a urine specimen to check for glucose and protein in the urine.

The physician examination includes:

Eyes, ears, nose, throat – a light source and tongue depressor will be used to visualize these areas.

Heart, lungs – a stethoscope is used to listen to the heart and lungs. The student will be asked to breathe deeply.

Abdomen – the physician will palpate the abdomen to detect the presence of hernias.

Genitals – the sports physical must include a maturation assessment: Females – a menstrual history; Males – palpation of the scrotum.

Spine – the physician will ask the student to bend and touch the toes to detect curvature of the spine.

Extremities – a reflex hammer is used to check tendon reflexes.

Student Health History – critical to the exam is the completion of the student's health history. This alerts the physician to any past or present medical problems.

If you have any questions about the examination or your child's need to receive one, please contact the Office of the Athletic Director (233-6816).

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576 FIFTH AVENUE
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Department of Athletics

Sean Colfer
Athletic Director

Dear Parent:

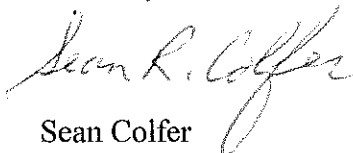
Please find attached a copy of our Rules for Athletes. Please read them, sign, and return the permission slip to the coach. It is also important for you to understand how to resolve concerns related to your child's team.

As your child progresses from the various youth programs in our community into the interscholastic athletic program of the school, you will find changes in the nature of his/her participation. The emphasis in youth programs is on equal playing time for everyone. In the recreation program, quantity is more important than quality of play. In a highly competitive interscholastic program, the reverse is true. During the season, our coaches do everything they can to treat their players fairly. However, there must be recognition that playing time is based primarily on ability. Who plays, where they play, when they play, and how long they play are coaching decisions.

As parents we are often somewhat biased when we view our own children; while coaches must, by the nature of their job, be more objective. In each instance the coach must try to determine what is best, overall, for the team. Any organization, in order to function effectively, must have a structure for the resolution of problems. If you have questions or concerns about your child's team, please first discuss them with me. I would request that you do not go to the coach immediately after a game because emotions tend to run high then and little positive can be accomplished. Please call and make an appointment to discuss your concerns with me.

I believe that by working together within this structure we will be able to accomplish an early resolution of your concern or problem. If you have any questions concerning the Athletic Department, please contact my office at any time.

Sincerely,



Sean Colfer
Athletic Director

Attachment

CO-CURRICULAR CODE OF CONDUCT

It is an honor and a privilege to represent your school at all levels of competition. Therefore, your behavior and conduct should always reflect favorably on Lansingburgh whether on school grounds, or as a representative of your school off site. You are expected to conduct yourself in an appropriate manner with respect for the rights and welfare of others, and demonstrate the proper care for facilities and property. As a member of a Lansingburgh extracurricular activity, you should always strive to portray a positive image of your school. Students in extracurricular activities shall avoid any infractions of the Lansingburgh Student Handbook which constitutes notice of school policies, rules and regulations. In addition students shall avoid any actions or the participation in an activity outside of school, which might bring embarrassment or negative view on the student or the school community. Such alleged violations will be subject to review and possible subsequent action. A list of some behaviors which would be considered violations and consequences are attached to the back of the code.

The Code will be in effect for a period of one calendar year (including summer) from the date it is signed. Students will have to sign a new code each time they start an extracurricular activity.

TRAINING RULES

Training rules are intended to insure that all athletes maintain best possible competitive physical condition.

CURFEW: No specific curfew time will be set. However, it should be recognized by all athletes that adequate sleep is necessary for proper performance. Individual coaches may establish curfew times and set penalties for violations, particularly on nights prior to contests.

SUBSTANCE ABUSE: For the purposes of this document, substance abuse is defined as the use of alcohol, tobacco, or drugs not prescribed by a doctor. The use of these substances by athletes will not be tolerated and will result in suspension from the team.

ATTENDANCE PRACTICE: You are expected to be at practice on time each day. If you are in school and cannot come to practice, you are expected to see the coach ahead of time and tell them why you will not be there. If you expect to play, you must be at practice. Cutting practice will not be tolerated and will result in suspension or dismissal from the team.

PARTICIPATION IN PHYSICAL EDUCATION:

All student athletes must change and participate in Physical Education class on the day of a practice and/or contest. Failure to change and participate in Physical Education class will result in student athlete not being allowed to participate in that day's practice and/or contest.

GENERAL RULES

LEGAL: If at any time the student athlete is arrested and/or charged with a crime, or charged with an act that would constitute a crime if committed by an adult, whether a violation, misdemeanor, or a felony, the student athlete/parent is required to notify the Athletic Director of the offense, and provide the Athletic Director with the accusatory instrument, so that an administrative hearing may be scheduled. Failure to notify the Athletic Director may result in dismissal from the team. At that hearing, a determination will be made and appropriate consequences may be administered. The student athlete/parent is further required to notify the Athletic Director of the outcome of the criminal proceedings. At that time, an additional hearing may be scheduled and appropriate consequences may be administered.

DETENTION: Students who have not completed assigned detentions will not be allowed to attend or participate in any school activity.

SUSPENSION: Students on internal or external suspension from school by the school administration in violation of the Lansingburgh Student Handbook will not be able to participate in practice, game, or activities on the days of the suspension. If the suspension begins on the day prior to a weekend or vacation and the suspension continues upon return to school the student is ineligible for any competition or activities while school is out of session.

SUPERVISION: Students who have practice at or before 3:00pm may report to the cafeteria or with a teacher until practice begins. Students who have practice after 3:00pm must leave the building and return for their practice. Students who practice after 3:00pm may also stay with a teacher and take the late bus home. Students must also leave the school after the completion of practice, students who remain in the building after practice unsupervised will face disciplinary actions.

TRAVEL: Athletes must travel to and from a contest with the team. Under no circumstances, are athletes to drive in private vehicles unless authorized by the Athletic Director in advance. In some circumstances the team or coaches may choose to stop and eat. In these situations it is an individual's responsibility to bring money (if desired).

ATTENDANCE AT SCHOOL: Students must be in school to participate in extracurricular activities. Students arriving after 7:50 are ineligible for any competition or activities for that day. The only exceptions are:

- Funeral
- Medical/dental appointments
- Religious observance
- Required court appearances
- Approved college visit
- Acceptable excuses which are reviewed by the Athletic Director

EQUIPMENT/UNIFORMS: Uniforms are on loan from the school and must be returned after every game. You are responsible for any "lost" or "stolen" equipment/uniforms, and must pay for it. If you fail to turn in equipment/uniforms, and do not pay for it, you will not be issued any more school equipment/uniform and a letter will be sent home explaining the costs.

LEAVING THE SQUAD: In the event a student leaves a squad, he/she will have two school days to personally ask the coach for reinstatement. The coach will act on the individual case as he/she wishes. A student who does not follow this procedure is dropped from the squad. Parents, Principal, Athletic Director, and Guidance Department should be notified.

If a member drops from a team at any time during the season, the following steps must be taken before he/she would be eligible for another sport:

- a) Discuss the decision jointly with the coach and Athletic Director. This is an important step inasmuch as he/she should be made to realize the responsibility to the team and to the coach.
- b) If a drop-out is authorized, a student must wait for the completion of that sport season before trying out for a sport the next season.
- c) Switching from one sport to another during a season would be permitted only if both coaches involved, and the Athletic Director, granted permission.
- d) A boy/girl cut from a squad would be permitted to try out for another team if the coach of the second sport so desired.

If the above process is not followed, school disciplinary action may be taken. For example, if a player walks off a field or court without permission of the coach it will be treated the same as walking out of a class. Suspension from school may result.

BOARD OF APPEALS: If an athlete is dismissed from a team and feels he/she has not had a fair chance to remain with the team, he/she would then have the right to appeal the coach's decision. The Athletic Director must be notified by the student within three (3) days of the suspension that an appeal is desired. As soon as possible the Board of Appeals will meet. This Board will consist of the Athletic Director, Vice-Principal, and a coach to be named. The student would then have an opportunity to present his/her side of the suspension.

BONA FIDE STUDENT: An athlete must be a bona fide student of the High School represented and must be taking at least four subjects including Physical Education.

HAZING OR HARASSMENT: Hazing or harassment of a teammate, fellow student, or member of any other team will not be tolerated. A violation of this prohibition can lead to expulsion from the team and may lead to additional school discipline. Cyber bullying will not be tolerated, cyber bullying is when the Internet, cell phones or other electronic devices are used to send or post text or images intended to hurt or embarrass another person". Phones or any other electronic device that can record sound, pictures, or video are not to be used in the locker room. These items should be secured in a locker and not used in the locker room.

Violation of the code of conduct will result in loss of games and activities during the current season or next following season of a sport the athlete has previously participated in.:

-First Offense – 20%

-Second Offense – 50%

-Third Offense – one full calendar year

*any illegal activities will go right to level 2 offense

ACADEMIC ELIGIBILITY POLICY FOR EXTRACURRICULAR ACTIVITIES AT LANSINGBURGH

-Students are academically eligible when they have at least a 65 overall average and passing all of their courses the quarter prior to the sport season. Eligible athletes must maintain at least a 65 average and pass all classes throughout the season of play.

-If a student's average is less than 65 or they are failing 2 or more courses from the prior quarter they are ineligible to try out for a team.

-If during the season a student's average drops below 65 or they are failing 2 or more classes they will be placed on academic probation.

-Students on academic probation may practice but are unable to participate in games or events until a review of their grades after a two week period. The review of the grades will be done by the administration and at that time if the student is passing all of their classes they will be removed from probation and return to competition. If the student is not passing all of their classes after the two weeks they will be removed from the team.

-Interscholastic Athletics is an extension of the New York State Commissioners Regulations for Physical Education; therefore any student failing Physical Education class will be placed on Academic probation.

Fair Play Rules

Athletes

Always play by the rules.

Never argue with an official. When a call is disputed, I will let the coach or team captain handle it.

Remember that I am playing because I enjoy the sport. Winning is fun, but so are many other aspects of the sport.

Never berate my opponent by trash talking, taunting or show boating.

Work at achieving my personal best and not get discouraged if it is not the best. There will always be players who are better or lesser than I am.

Show appreciation for good players and good plays, even those by opponents.

Control my temper and not show off.

Play fairly at all times.

Parents/Guardians

Remember that young athletes should always play for their fun.

Teach my young athlete that honest effort is just as important as winning.

Provide plenty of encouragement to my young athlete because that's the best way to help him/her learn.

Encourage all sportsman-like behavior.

Applaud the volunteer efforts of coaches and officials.

Remember that young athletes will only remember what we teach them. Fair play and good sportsmanship begin at home.

.....
I have read the rules for participation in athletics and I give permission for my child _____
to participate in _____ at Lansingburgh Central Schools.

Date

Signature

Student Signature

Adoption Date: November 2011
Revised Adoption Date: April 29, 2013
Revised Adoption Date: July 13, 2015

The following is a list of disciplinary actions that may be taken for each infraction, this list is not inclusive of all incidents or outcomes that may occur. The administrator has discretion based on level of occurrence and severity. If a student continually violates school rules, regulations, or policies, then the action is likely to be the maximum. However, a student's good behavior will be considered prior to taking any action. A student's IEP disability will by law be considered.

In the case of a severe violation of the rules, the actions may extend beyond the consequences listed below to include criminal referral. When damage to personal, private, or public property occurs, restitution or public service will be required. For seniors violations may result in loss of participation at senior events and graduation ceremonies. Athletic and activity privileges may be lost if codes of conduct for those programs are violated. Suspensions will not exceed five (5) school days. Maximum expulsion period is one year. Suspensions can be appealed only to the principal.

<u>INFRACTION/VIOLATION</u>	<u>MINIMUM</u>	<u>MAXIMUM</u>
*Alcohol or Drugs – distribution or attempted Distribution of either	Suspension	Superintendent Hearing
*Alcohol or Drugs -- possession, use, or being Under the influence	Suspension	Superintendent Hearing
*Arson	Superintendent Hearing	-----
*Assault	Suspension	Superintendent Hearing
Bus Misconduct	Warning	Suspension
Disruptive Behavior or Conduct	Warning	Suspension
Electronic Device or Electronic Communication - Misuse	Warning/Confiscation	Suspension
*Explosive Device	Superintendent Hearing	-----
*Fighting	Suspension	Superintendent Hearing
*Firearms/Look-alikes	Superintendent Hearing	-----
*Forgery	Warning	Suspension
*Gambling	Warning	Suspension
*Gang Activity	Warning	Suspension
Inappropriate Display of Affection	Warning	In-School Suspension
Insubordination Toward Faculty or Staff	Warning	Suspension
Parking Violation	Warning	Loss of Parking Privilege
Plagiarism/Cheating	Warning	Suspension
Profanity/Vulgarity/Inappropriate Language	Warning	Suspension
*Reckless Driving	Warning	Loss of Parking Privilege
Retaliatory Acts	Warning	Suspension
*Sexual or Racial Harassment	Warning	Suspension
Student Dress	Warning/Change Attire	In-School Suspension
Tardy	Warning	In-School Suspension
*Theft	Suspension	Superintendent Hearing
Threats of Violence/Hazing/Harassment/ Intimidation/Bullying/Menacing	Warning	Superintendent Hearing
*Tobacco Possession/Use	In-School Suspension	Suspension
*Trespassing	Warning	Suspension
Unexcused Absence/Truancy	In-School Suspension	Suspension
*Vandalism	Restitution	Suspension
Violation of Cyber Policy	Warning/Loss of Privilege	Suspension
*Weapons or other Dangerous Items (other than fire arms)	Superintendent Hearing	-----

* School official may be required to notify law enforcement