

For Student-Athletes, Parents, & Guardians

EAST RAMAPO ATHLETICS HANDBOOK

PLAY- GRADUATE- SUCCESS



A student-athlete who accepts a roster spot on a team will comply with all the contents within the handbook

Revised: 2024-25 School Year

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Student-Athletes, Parents/Guardians, and all stakeholders should familiarize themselves with the NYSPHSAA handbook. The State handbook has comprehensive information in regard to the rules that govern interscholastic athletics.

[NYSPHSAA Rule Book](#)

INTRODUCTION

Welcome to the East Ramapo athletic program. This information is presented because you are interested in participating in athletics in middle school or high school.

We appreciate your interest in the athletics program and believe participation in athletics will provide a student-athlete with many gratifying experiences, including physical and emotional maturity. Our staff is committed to providing our student-athletes with proper equipment, facilities, and caring coaches.

A student-athletes decision to participate in athletics is a commitment to their team. The decision to participate requires a commitment of self-discipline and self-sacrifice on the part of the student. The student-athlete must follow the rules for proper training, performance, and conduct.

As a student-athlete, parent, or legal guardian, we know you will ensure that you will participate in the East Ramapo athletic program with the full knowledge that you are expected to follow all NYSPHSAA, Section I, and the East Ramapo CSD rules and regulations.

PHILOSOPHY

The East Ramapo CSD recognizes a commitment to serve its student-athletes and the school district. Its primary responsibility is to provide an opportunity for student-athletes to develop their academic and athletic potential. Through practice, training, and competition, the department strives to instill in each student-athlete:

- Good sportsmanship and personal integrity
- Loyalty to the group and the ability to function with others as a team
- Develop an appreciation for education, perseverance, problem-solving, and community
- Pride in accomplishments gained through fair and honest competition

A strong athletic program generates pride and enthusiasm in students, alumni, and the school district's community. The service provided by a robust athletic program benefits all stakeholders, and wins and losses do not measure its success.

MISSION STATEMENT

Supporting and promoting the student-athlete and their teams through trust, mutual respect, and mindfulness will result in graduating student-athletes striving for excellence and competing with integrity.

VISION STATEMENT

To be a support to the student-athlete in excelling in academics and athletics.

PROGRAM DESCRIPTION

Modified Grades 7 & 8:

This program is available to all students in the 7th and 8th grades between the ages of 12 and 15. A student reaching age 15 during a sports season may complete that season and must play freshman, junior varsity, or varsity the next sport season. Sports activities offered are determined by the existence of leagues, student interest, relationship to the high school program, and board approval. This program is designed to allow students to engage in a more highly organized competitive experience than intramural teams provide.

Junior Varsity (JV) & Freshman:

This program is intended for those who display the potential of continued development into productive varsity-level performers. Team membership varies according to the structure of each sport, but sophomores and freshmen occupy the majority of the roster positions. In certain situations, juniors expected to contribute at the varsity level will be considered for JV participation. Also, 7th & 8th graders who have satisfied all selection classification requirements may be included

Varsity:

The varsity level of interscholastic athletic competition is the culmination of the high school athletic program. Normally, seniors and juniors make up the majority of the roster. Gifted sophomores and sometimes freshmen may be included.

ELIGIBILITY (NYSPHSAA HANDBOOK)

These standards are the rules of the New York State Public High School Athletic Association, Inc., and apply to grades 9-12. Athletes must meet all standards of eligibility for practice and competition. "All schools agree to abide by the minimum eligibility rules adopted by the Central Committee in all interscholastic competitions." – NYSPHSAA, Inc., Constitution, Article II. (2).

AGE AND GRADE:

Regulation of the Commissioner of Education A student shall be eligible for interschool competition in grades 9, 10, 11, and 12 until his/her nineteenth birthday. If the age of nineteen is reached on or after July 1, the student may continue participating in all sports during that school year. NOTE: Students may be eligible regardless of age or grade if approved through the State Education Department's Athletic Placement Process. A 15-year-old below the 9th grade must only meet the Athletic Placement Process maturity standards to be eligible at the high school level.

BONA FIDE STUDENTS:

Regulation of the Commissioner of Education

A contestant must be a bona fide high school student and take at least four subjects, including Physical Education. A foreign exchange student may be considered a bona fide if these eligibility rules are satisfied. A student in an education program in two schools may represent only the home school.

NOTE:

A student in shared services, part-time or full-time program, taking the equivalent of four subjects, including Physical Education, is considered registered in the home school. A shared services student is only eligible at one school per school year (home district or shared service school) regardless of the interscholastic athletic programs offered. (May 2020) Exceptions for special cases must be approved by League and Section. A student who satisfies all eligibility standards, enrolled in the equivalent of three requirements for graduation, may be enrolled in one or more college courses for advanced placement. The student must earn at least three high school credits and Physical Education to be eligible.

HEALTH EXAMINATION (NYSPHSAA HANDBOOK)

Regulation of the Commissioner of Education:

A student who may engage in interscholastic competition shall receive an adequate health examination and health history update when required and may not practice or participate without the approval of the school medical officer.

The results of the physical shall be valid for a period of 12 months during the last day of the month in which the physical was conducted. Unless the medical examination is conducted within 30 days of the start of a season, a health history update is required. Any pupil, whose safe participation is in question as a result of the health history interview, or injury, or prolonged absence, must be prequalified by the school physician prior to participation.

If the 12-month period for the physical expires during a sports season, participants may complete the season as long as a health history was conducted prior to the season. For example, a physical conducted on August 1 would be valid through August 31. If a student plays beyond August (ex. football), the student may complete that sports season as long as an interval health history was conducted before the start of the season. Immediately following the last sanctioned tournament competition for that season, a new physical is required if the student is going to play another sport. Sport season includes tryouts.

NOTE:

NYSPHSAA recommends that each incidence of prolonged absence should be reviewed individually by the coach and the athletic director, consulting with the school physician when necessary, and a reasonable amount of practice time and playing time be established based on the athlete's readiness for safe return to competition.

INTERSCHOLASTIC ATHLETICS (BOE POLICY 5280)

Interscholastic athletics offer an area of high-level competition where students strive to excel among others of like ability. Students learn to "give and take" and to accept teammates and adversaries on the basis of equality and excellence of performance. Teamwork, sportsmanship and fair play are underscored.

Students are guided in those fundamental values needed to cope with the challenges of life. Students of high potential ability should be encouraged to try out for interscholastic sports. Student eligibility for participation on interscholastic teams shall include:

1. authorization by the school physician;
2. written parent or guardian consent;
3. endorsement by the building principal based on established rules and various league and State Education Department regulations;
4. district academic interscholastic athletics eligibility.

Program offerings are sufficiently broad to provide team membership for pupils of varying interests and abilities. The nature of the program and the need for concentration on high performance levels often requires selectivity, thus, group size in some cases is limited. Those not selected for varsity squads may find opportunities on junior varsity or intramural groups. The Board of Education provides excess scheduled medical insurance for every squad member and the various practice and play equipment necessary.

Each student is responsible for the care of this equipment and for its return. Students will be removed from the squad for any unnecessary abuse of equipment. The athletes who represent the school district in interscholastic competition are expected to maintain acceptable standards of citizenship, behavior and academic achievement and are to place academic achievement over athletic activity.

Ref: Education Law §§414; 1502; 1604(7-b); 1708(3)(8-a); 1718(2); 2023; 3001-b; 4409 8
NYCRR §135.4 Date Adopted: 12/7/04

CODE of CONDUCT
(BOE POLICY 5300)

The Board of Education is committed to providing a safe and orderly school environment where students may receive and district personnel may deliver quality educational services without disruption or interference. Responsible behavior by students, teachers, other district personnel, parents and other visitors is essential to achieving this goal.

The school district has a long-standing set of expectations for conduct on school property and at school functions. These expectations are based on the principles of civility, mutual respect, citizenship, character, tolerance, honesty and integrity. The Board recognizes the need to clearly define these expectations for acceptable conduct on school property, to identify the possible consequences of unacceptable conduct, and to ensure that discipline, when necessary, is administered promptly and fairly. To this end, the Board of Education shall adopt a code of conduct which, unless otherwise indicated, applies to all students, school district personnel, parents and other visitors when on school property or attending a school function.

The code of conduct shall include the following:

Student Rights and Responsibilities Essential Partners Student Dress Code Prohibited Student Conduct Reporting Violations Disciplinary Penalties, Procedures and Referrals Alternative Instruction Discipline of Students with Disabilities Corporal Punishment Student Searches and Interrogations Visitors to Schools Public Conduct on School Property Dissemination and Review

The Board of Education shall review the code of conduct every year and update it as necessary. In conducting the review, the Board shall consider the effectiveness of the code's provisions and whether or not the code has been applied fairly and consistently. Before adopting any revisions to the code, the Board shall hold at least one public hearing at which school personnel, parents, students and any other interested party may participate.

Ref: Project SAVE Legislation (Ed Law §2801)
Commissioner Regulations (8NYCRR 100.2) Date Adopted: 12/7/04

CARE of SCHOOL PROPERTY BY STUDENTS
(BOE POLICY 5311)

The Board of Education requires that all students respect and care for school property. Any damage to property should be reported to the main office. Students who destroy, damage, or deface school property shall be subject to disciplinary action. Students who damage school property and/or their parents/guardians shall reimburse the district for the value of the damaged property up to the limit of the law.

Ref: General Obligations Law Section 3-112

SMOKING ON SCHOOL PREMISES – STUDENTS
(BOE POLICY 5315)

The Board of Education recognizes the health hazards associated with smoking and, therefore, prohibits smoking or the use of tobacco-related products by students in school buildings, on school property, or at school-sponsored activities.

Students found violating this policy will be subject to disciplinary penalties. Board policy on smoking by students will be prominently posted in each school building.

Cross-ref: 1530 Smoking on School Premises – Public 4317
Teaching About Drugs, Alcohol, Tobacco 9330 Smoking on School Premises – Staff Members
Ref: Goals 2000: Educate America Act §1041 et seq. (The Pro-Children Act of 1994) Public Health Law Article 13-E §1399-n et. seq. Education Law §3214 Commissioner's Reg. 100.2 (i)

BULLYING
(BOE POLICY 5316)

Every student has the right to be safe in and around school. Bullying makes students fearful, can lead to more serious violence and interferes with a student's ability to concentrate and learn and is thus prohibited. Bullying is a pattern of abuse over time in which a student or students pick on another student or students. Bullying includes, but is not limited to, physical intimidation or assault; extortion; threats and threatening gestures; put downs; name-calling; cruel rumors; false accusations; social isolation and similar acts.

Staff members who become aware of an act of bullying are to intervene immediately and must report this in writing to the building principal who will send a copy of the report to the divisional assistant superintendent. The building principal or designee will investigate and contact parents of all parties. Follow up may include developing a safety plan; separating and supervising the students; discipline as provided in the code of conduct; providing staff support; and reporting incidents to law enforcement, if appropriate.

The results of the investigation and follow-up will be reported by the principal or designee to the assistant superintendent. Students and parents who become aware of an act of bullying should report this to the building principal or designee. Forms will be available to fill out in order to file a complaint about bullying. Such forms will be available in the main office of each building. A student who retaliates against a reporter will be subject to discipline. The Superintendent or designee shall develop administrative regulations to implement this policy and ensure that it appears in student handbooks.

Date Adopted: 12/7/04

ALCOHOL AND SUBSTANCE ABUSE
(BOE POLICY 5440)

The Board of Education is committed to the prevention of alcohol, tobacco, and other substance use/abuse. This policy describes the philosophy of the district and the program elements the district will use to promote healthy lifestyles for its students and staff and to inhibit the use/abuse of alcohol, tobacco, and other substances. No person may use, possess, sell, or distribute alcohol or other substances, nor may use or possess drug paraphernalia on school grounds or at school-sponsored events, except drugs as prescribed by a physician.

The terms "alcohol and other substances" shall be construed throughout this policy to refer to the use of all substances including, but not limited to, alcohol, tobacco, inhalants, marijuana, cocaine, LSD, PCP, amphetamines, heroin, steroids, look-alikes, and any of those substances commonly referred to as "designer drugs." The inappropriate use of prescription and over-the-counter drugs shall also be prohibited.

Additionally, the following persons shall be prohibited from entering or shall be removed from school grounds or school-sponsored events: any person exhibiting behavior, conduct, or personal or physical characteristics indicative of having used or consumed alcohol and/or other substances, or any person who school personnel have reasonable grounds to suspect has used alcohol and/or other substances.

In order to educate students on the dangers associated with substance abuse, the health education curriculum shall include instruction concerning substance abuse for grades K-12. Any staff member observing narcotics possession or usage by students shall report the incident immediately to the Superintendent of Schools or designee. The Superintendent or designee shall then seek immediate action. Any narcotics found shall be confiscated immediately, followed by notification of the parents/guardians of the student(s) involved and the appropriate disciplinary action taken, up to and including permanent suspension and referral for prosecution.

In its effort to maintain a substance-free environment, the district shall cooperate to the fullest extent possible with local, state and/or federal law enforcement agencies. Philosophy The district will use the following principles as guides for the development of its substance use/abuse prevention efforts and for any disciplinary measures related to alcohol and other substances:

- Alcohol, tobacco, and other substance use/abuse is preventable and treatable.
 - Alcohol and other substance use/abuse inhibits the district from carrying out its central mission of educating students.
 - The behavior of the Board of Education, administration, and all school staff should model the behavior asked of students.
 - While the district can and must assume a leadership role in alcohol, tobacco, and other substance abuse prevention, this goal will be accomplished only through coordinated, collaborative efforts with parents, students, staff and the community as a whole.
- Primary Prevention

The intent of primary prevention programming is to prevent or delay the onset of alcohol, tobacco, and other substance use by students. The components of primary prevention programming shall include:

1. A sequential K-12 prevention curriculum that provides for the following:
 - accurate and age-appropriate information about alcohol, tobacco, and other substances, including physical, psychological, and social consequences of their use/abuse.
 - information about the relationship of alcohol and other substance use/abuse to other health-compromising behavior such as HIV and AIDS, teenage pregnancy, eating disorders, child abuse, suicide, and dropping out of school.
 - help students develop appropriate life skills to resist the use of alcohol and other substances and to promote healthy lifestyles.

- help students identify personal risk factors for alcohol and other substance use/abuse and the steps needed for risk reduction.
- help students develop a positive self-concept.
- help students identify when they are under stress and how to manage or reduce stress through nonchemical means.

2. Train school staff, parents/guardians to use the information and skills necessary to reinforce the components of this policy in the home, school and community.

3. Community education about the issues of alcohol, tobacco, and other substance use/abuse as a basis for providing a consistent message to district youth.

4. Positive alternatives to alcohol and other substance use/abuse, such as peer leadership programs, service projects, and recreational and extra-curricular activities. Such activities will be planned collaboratively with students, school staff, parents, community members, and agencies.

Intervention

The intent of intervention programming is to eliminate any existing use/abuse of alcohol and other substances and to identify and provide supportive services to kindergarten through 12th grade students at high risk for such use/abuse. The components of intervention programming shall include:

1. provide alcohol and other substance use/abuse assessment and counseling services for students.
2. develop a referral process between district schools and community providers.
3. identify and refer students to appropriate agencies when their use/abuse of alcohol and/or other substances requires counseling and/or treatment.
4. provide services to students in or returning from treatment to assure that the school environment supports the process of recovery initiated in the treatment program.
5. provide individual, group, and family counseling targeted at students at high risk, alcohol and/or other substance use/abuse.
6. educate parents on when and how to access the district's intervention services.
7. ensure confidentiality as required by federal and state law.

Disciplinary Measures:

Disciplinary measures for students found to have used, or to be using, in possession of, selling, or distributing alcohol and/or other substances and for students possessing drug paraphernalia are outlined in the district's code of conduct. Students who are disciplined for any of these infractions will be referred to the intervention services.

Disciplinary measures for staff found to have used, or to be using, in possession of, selling, or distributing alcohol and/or other substances and for staff possessing drug paraphernalia are addressed in Education Law §§1711(5)(e), 2508(5), 3020-a, 3031 and 913, and Civil Service Law 75.

District staff who are disciplined for any of these infractions may be subject to reprimand, suspension, or discharge as permitted by law and will be referred to appropriate

intervention programs. **Staff Development** The Board recognizes that if the administrative, instructional, and noninstructional staff are to be responsible for implementing and modeling this policy, they must be trained about the components of an effective alcohol and other substance prevention program. Staff training will be an ongoing process including the following:

1. For all staff: (a) awareness of personal risk factors for alcohol and other substance use/abuse so that they may identify personal use/abuse problems and seek assistance, (b) their role in implementing this policy, including how to identify students who exhibit high risk behaviors or who are using/abusing alcohol and other substances, and how to refer these students to the appropriate services established by this policy, (c) an understanding of why individuals use and abuse alcohol and other substances, and (d) awareness of the special needs of students returning from treatment.
2. Additionally for teachers: the knowledge and skills necessary to implement the district's K-12 alcohol and other substance prevention curriculum.
3. For intervention staff: appropriate staff training for those identified to carry out the intervention function to assure that their assessment, individual, group, and family counseling and referral skills support the needs of high risk, using, and abusing youth.
4. For prevention staff: appropriate staff training to ensure that they have the necessary knowledge and skills to support the application of prevention concepts through programming targeted at the school, home and community.
5. Newly hired staff will receive copies of the policy and training in the areas described in item 1

Implementation, Dissemination, and Monitoring:

The Board charges the Superintendent of Schools or designee to collaborate with district staff, parents, students, community members, organizations, and agencies, including alcohol and other substance abuse service providers, in developing the specific programs and strategies necessary to implement this policy. Copies of this policy will be distributed to and reviewed with all district staff, students, and parents and will be made available to the community through its organizations. The Superintendent is responsible for providing the Board with an annual review of this policy, the programs and strategies implementing it, and his recommendations for revisions, if any, in the policy.

Ref: Drug-Free Schools and Communities Act, 20 U.S.C. §§3171 et seq. 20 U.S.C. §114-5g 42USC §§5101, 11841 34 CFR Part 86 Education Law §§804; 912-a; 3214 General Municipal Law §239-u Mental Hygiene Law §19.07(c) Penal Law §§220.00 et seq. Public Health Law §§, Article 33 8 NYCRR §§100.2(c); 135.3 New Jersey v. T.L.O., 469 U.S. 325 (1985) Odenheim v. Carlstadt-East Rutherford Region School District, 211 N.J. Super. 54, 510 AD2d 709 (1985) People v. Scott D., 34 NY2d 483 (1974) Matter of Wilson, 28 EDR 254 (1988) Matter of Pollnow, 22 EDR 547 (1983) Matter of Vetter, 20 EDR 547 (1981) Matter of Rodriguez, 8 EDR 214 (1969) Date Adopted: 12/7/04

STUDENT CARE OF SCHOOL EQUIPMENT
(BOE POLICY 5680)

Students are expected to exercise reasonable care in the use of school equipment. Any damage to books or other school equipment due to a student's misuse or negligence must be paid for by them. School equipment which is damaged should be reported to the building principal, who will determine if negligence or willful action on the part of the student was the cause of the damage. If so, the student will be expected to pay for such damage.

ATHLETIC RULES

The privilege of participating in such activities shall be conditioned upon appropriate conduct, as established by the student code of conduct and any rules promulgated specifically for participation in extra and/or co-curricular activities. A student-athlete who is suspended from school by school authorities shall incur a suspension from his/her team equal in duration to the period for which the individual is out of school. The principal or assistant principal will notify the athletic director, who will notify the coach of the suspension. Habitual teacher or administrative detentions will affect eligibility as determined by the coach and/or athletic director.

CODE of CONDUCT
(ATHLETIC RULE)

All student-athletes are under the auspices outlined in the school and or District code of conduct.

****Individual coaches may establish additional rules for their respective teams. It is the responsibility of the coach to clearly inform team members and parents/guardians of these rules. The coach will administer penalties for violation of these established team rules.

TRAINING EXPECTATIONS
(ATHLETIC RULE)

The East Ramapo CSD and the Athletic Department's to prevent and prohibit the possession of any amounts of alcoholic beverage, tobacco products, vaping, or unauthorized use of drugs (controlled chemicals or substances) by all student-athletes during the school year. The training expectations will be in effect in school and out of school for the entire sports season of participation (from the first legal practice of the season until the in season's final contest. Ideally, student-athletes are athletes the whole year and are encouraged to abide by training expectations in and out of season.

VIOLATION REPORTS
(ATHLETIC RULE)

Reports of alleged student-athlete violations of the training mentioned above rule policy must be personally witnessed and submitted in writing to the school administration and Athletic Director within three school days of the breach in question. Violation reports will be accepted from any coaching staff member, faculty/staff member, or reliable adult.

**DUE PROCESS
(EDUCATION LAW & ATHLETIC DEPARTMENT PROCEDURE)**

In the event of a reported action requiring discipline of an athlete, the following procedures must be followed:

- The Coach/Athletic Director/Principal shall conduct a reasonable investigation of the circumstances, including interviews, of the accuser, accused, eyewitnesses, and other key parties. As part of the investigation, the coach must contact the parents/guardians to determine if they have knowledge of or information concerning the reported violation.
- Upon completing the investigation and determining appropriate sanctions, the coach shall inform the student-athlete and parents/guardians of the alleged violation and the disciplinary action to be taken.
- The Athletic Director will communicate the allegation and discipline with the school Principal.
- Within two days of the communication with the Athletic Director, the student-athlete has the right to appeal the decision to the Athletic Director. All appeals must be presented in writing to the Athletic Director.
- Within five days of the submitted appeal, the Athletic Director shall conduct an appropriate review and rule on the appeal.
- The coach has the right, after notifying the Athletic Director, Principal, and parents/guardians, to immediately suspend a student-athlete who violates rules, regulations, the school's code of conduct, the athletic department's handbook, and/or any other sanctioning documents that fall within the scope of the Poughkeepsie City School District, Section I, and the NYSPHSAA.

**ATTENDANCE
(ATHLETIC RULE)**

A student-athlete shall be in attendance in their regular classes in order to practice or participate in an athletic contest unless excused for a legal reason. Habitual absences and/or tardiness will affect eligibility determined by the coach and/or athletic director. If you are healthy, get to school on time. If you are to be excused, be sure the excuse is for a valid and acceptable reason. Communication with your coach and the attendance office is imperative. Attendance on the day before, the day of, and the day after contests is essential.

*****An unexcused absence from an academic class or team practice may result in a suspension from a game or contest.

SPECIALIZATION & RECRUITMENT (ATHLETIC RULE)

The East Ramapo CSD encourages students to participate in a variety of sports. As such, the Athletic Department does not endorse in principle or practice the concepts of specialization or recruitment.

Specialization occurs when a student-athlete involves him/herself in one athletic activity over a period of time, forsaking other athletic endeavors of interest. Recruitment occurs when a student-athlete who is involved in more than one sport is encouraged by a coach that it is in his/her best interest to compete in only one sport.

PARTICIPATION on NON-SCHOOL ATHLETICS (ATHLETIC RULE)

The NYSPHSAA allows outside participation (AAU, Travel, Club, etc.). East Ramapo CSD student-athletes must understand that commitment to the school team comes first, and outside participation should not be detrimental to an individual or to an East Ramapo team. There will be many circumstances where a student would not participate in an outside activity due to possible effects on the team.

TEAM SELECTION (ATHLETIC RULE)

Under our philosophy of athletics and our desire to see as many students participate in the athletic program, we encourage coaches to keep as many athletes as possible without unbalancing their sport's integrity. The final decision on the number of student-athletes on a team will be left to the coach.

PARTICIPATION in INTERSCHOLASTIC ATHLETIC TRIPS (Athletic Rule)

1. Athletes are required to be transported to and from "away" athletic contests on school-approved transportation. This includes school minivans, leased buses in accordance with the district transportation contract or vehicles rented by the District. Any request for variation in transportation arrangements must be written to the Athletic Director for approval.
2. Parents/guardians of student-athletes who participate in interscholastic athletic contests must be given a copy of the schedule, including away games. Parents/guardians must also be provided with general information about travel arrangements to and from athletic contests and sign a general permission form for transportation for the season.
3. Parents/guardians may not transport children to or from interscholastic contests except with the prior written approval of the Athletic Director. Under no circumstances shall a parent/guardian transport any children other than his/her own. Parent permission forms must also identify the conditions under which a student-athlete is to be released from interscholastic athletic events following the team's return to school, e.g., walk, drive their own car, be picked up by parent/guardian, etc.

4. If the travel requires an overnight stay, the trip must be approved by the Board of Education. The school district Trip Approval form must be completed, and all procedures for submission must be followed. If the overnight travel is contingent upon the outcome of an athletic contest and the time for the trip approval is very short, the Athletic Director must submit a written request to the Superintendent for trip approval, citing exigent circumstances. The Trip Approval form must be presented to the Board for ratification following the trip.

CHANGING SPORTS (Athletic Rule)

A student-athlete may not change from one sport to another once a team has been selected without permission from the Athletic Director. If he/she has been cut from one team, trying out for another sport is legitimate.

PRACTICES & GAMES (Athletic Rule)

Each athlete is required to attend all practices and/or contests unless excused by the coach. An athlete who is injured or ill but still able to attend school must also attend practice even though s/he will not be actively participating. Attendance on the day before, the day of, and the day after contests is considered to be especially important.

CHAIN of COMMUNICATION (Athletic Rule)

1. If a student-athlete/parent/guardian has questions or concerns about the Interscholastic Athletic program, they must first address the inquiry to the team coach.
2. If the team coach cannot satisfactorily resolve the question or concerns, the matter may be brought to the attention of the Athletic Director.

Student-Athlete Expectations Contract

Academics:

- I understand that I am a student at East Ramapo, and the ultimate goal is to set high expectations for myself throughout my educational career. Upon graduation, I will have created opportunities to make me an educated and productive member of society.
- My school work and academic achievement is more important than practice or a game
- I will bring any academic issues I may have to the attention of the coach
- I will respect my teachers and all other members of the East Ramapo community
- I understand that being responsible for my educational progress includes keeping coaches, teachers, family member's, and school administrators informed of my academic strengths and areas I need to improve

Handling Your Teammates:

- Encourage your teammates to play other sports or join school clubs
- Bullying and hazing are STRICTLY prohibited!
- Foster and mentor atmosphere that is inclusive of everyone
- Always look out for players' safety
- Minimize conflict between your team

Leads By Example:

- Responsible, accountable, committed
- Gives 100 percent effort all the time

Keeps The Team Moving In The Right Direction:

- Always puts the team first
- Thinks and acts as a positive member of the team, not as an individual player

Motivates Team Members To Want To Get Better:

- Inspires others to want to work hard, offers support when needed
- Passionate, determined, resilient
- Treat everyone with respect
- Everyone has a valued role

Loyalty:

- Credibility, trust, and mutual respect
- Look out for your teammates

Able To Relate:

- Communicate and connect on a genuine level
- Be in tune with the prevailing attitudes and what is happening within the team

Player-Coach-Athletic Director Relationship

- Go to the coach first with concerns and team issues
- Relay player/team issues to coaches
- Maintain a unified front with coaches on decisions that impact the team

Always Put Team Goals First

- Individual accomplishments are not as important as team success
- Work with the coaches closely
- Your teammates will expect you to discuss issues of concern with them and to communicate them to the coaches.
- Have compassion for teammates and respect for individual differences. Represent them fairly when talking to the staff, but try not to take sides on every issue.

Student-Athlete Signature: _____ Date: _____

PARENTAL/GUARDIAN EXPECTATIONS & COMMUNICATION

- Parents/Guardians will encourage their student-athletes to be responsible and respectful.
- Parents/Guardians will communicate fairly and openly with coaches
- The parents/guardians will demonstrate good sportsmanship during games and practices
- The parents/guardians will create a positive and supportive environment to promote their student athlete's well-being

Communication Protocol:

Issues not appropriate to discuss with coaches:

1. Playing position and time of any student-athlete.
2. Team strategy, practice organization, or challenge matches.
3. Other student-athletes.

Situations that require a conference between the coach and the parent, which is encouraged. Both parties involved must have a clear understanding of the other's position. When these conferences are necessary, the following procedures should be followed to help promote a resolution to the issues of concern.

Procedures to follow if there is a concern to discuss with a coach:

1. Please encourage your child to speak directly with the coach. Often, concerns can be resolved at this level.
2. Contact the coach to set up an appointment.
3. Please do not attempt to confront a coach before or after a contest or practice.

These can be emotional times for both the parent and the coach. Meetings of this nature do not promote the resolution of concerns. If the meeting with the coach did not provide a satisfactory solution, call to schedule an appointment with the athletic director to discuss the situation.