

JERICHO MIDDLE SCHOOL

“JAYHAWKS”

2008 - 2009



INTERSCHOLASTIC
ATHLETIC HANDBOOK
FOR
STUDENT ATHLETES
AND PARENTS

Dear Students and Parents:

Research indicates that students who are involved in co-curricular experiences manage their time more effectively and have higher grades than those who are not involved. In addition, they have a more serious sense of their own growth and development. After-hours commitments also teach organizational skills, collaborative skills, decision making skills and inter- and intra- personal skills and enhance opportunities for expanding creativity. Co-curricular activities are indeed the events of which positive high school memories are made. It is for these reasons I am pleased that you have chosen to participate in the fine interscholastic program at Jericho High School.

This handbook is written for students and their parents. It is an outgrowth of efforts made by the Middle School Athletic Advisory Council to provide you with the information you need to understand about the rules which govern athletic participation and procedures which must be followed by athletes and their parents.

All the information in this handbook has been reviewed and endorsed by the Athletic Advisory Council, which is comprised of students, parents, coaches and administrators. It is the Council's hope that the handbook will answer many questions and serve as a resource as you engage in interscholastic athletics.

This handbook should be read by parents and students. The acknowledgment must be submitted to the coach before the student participates in any of the athletic seasons.

Best wishes for a successful school year. If you have any questions, please call me at 203-3600 ext.3248.

Sincerely,

Nancy Sammis, Curriculum Associate
Health, Physical Education and Athletics

JERICHO ATHLETIC CONTRACT

PREREQUISITES TO PARTICIPATION

In order to participate in interscholastic athletics, every student must pass a health examination. All students who are evaluated by their family physician must submit the appropriate, completed, school-issued Jericho health examination form to the School Nurse. For families who prefer to have their children examined by our school physician, our school also schedules its own examinations in June. Please contact our School Nurse regarding any additional information.

A Parent Permission and a Health History Form for Interscholastic Athletics must be signed by every student athlete's parents/guardians within 30 days of the start of each season. Before any student will be permitted to participate in interscholastic sports, this information must be submitted to our Nurse's Office where it will be included in the student's health record.

In addition, this student contract must be signed by both the parent and the athlete. This contract describes specific student/parent commitments and those responsibilities which accompany participation in our interscholastic athletic program. This completed contract must be submitted to the appropriate coach **prior to the first contest** of each season.

HAZING, INITIATION, BULLYING

My coach has reviewed with the entire team the definitions of hazing, initiation and bullying. I understand the seriousness of participation in any activity that is considered hazing, initiation or bullying and that Jericho has zero tolerance. I understand there are serious consequences should this occur.

RESPONSIBILITIES OF STUDENT ATHLETES

In order to participate in our interscholastic athletic program, each student athlete must assume responsibility for the following:

1. Appropriate, considerate and responsible behavior at all practice and game situations.
2. Attendance at ALL practices on school days. Practices are from 2:45 to 4:15 Monday through Friday. Saturday tryout sessions may be held for Tennis and practices for Football.
3. Three unexcused absences may result in dismissal from the team.
4. Attendance at ALL games.
5. **The athlete is responsible for reimbursing the District for missing equipment or uniforms. Until reimbursements are made or the uniform is returned, the athlete's eligibility for athletic participation is temporarily suspended. Also report cards/diplomas will be held up.**

Out of school responsibilities and appointments should be scheduled so that they will not conflict with practice or games. All students who receive (extra help) after school must bring notes from the extra help teachers to the appropriate coaches if it conflicts with a practice.

SCHOOL ATTENDANCE:

1. Students must be present in school for 5 periods in order to participate in an athletic practice or game that day.

TRANSPORTATION

All members of athletic teams must travel to and from athletic contests in transportation provided by Jericho Public Schools. In the rare occasion that this is not possible, a parental note must be submitted to the Athletic Director's office 24 hours in advance of the event office for approval. It is the coach's responsibility to ensure that athletes behave responsibly and in accordance with the school district's bus safety guidelines. Athletes should be reminded that as team members they are representing Jericho and their behavior and decorum will reflect on their team, coach and school. Late buses leave at 4:30 PM and 5:45 PM on school days. When our athletic bus arrives at school after the 6:30 PM late buses have departed, the athletic bus will be responsible to transport the athletes to their regular bus stop.

PARENTAL SUPPORT

We encourage all parents to attend games and to model constructive support and guidance when students experience either success or failure in game situations.

Most important, we ask parents to help us reinforce the inherent values of striving for individual and team progress, good sportsmanship and commitment to maintaining team morale. Our athletic staff welcomes the opportunity to speak with parents about specific concerns and ideas. Discussions on the field tend to be fragmented, incomplete and are public. Consequently, the most productive conversations can and should take place at scheduled times and in more private settings. In order to discuss concerns with coaches, we encourage parents to call our Athletic Office at 203-3600 ext. 3248 to arrange a meeting with the appropriate coach.

ACCIDENTS AND INJURIES

All student athletes are expected to report all injuries sustained, no matter how minor, to their coaches. Every time a student athlete requires treatment by a physician, that student must obtain a signed release from the physician before subsequent athletic participation can take place. The physician's release must authorize our school to allow the student to participate in interscholastic competition. The release must be submitted to our School Nurse.

Jericho Middle School Interscholastic Athletic Handbook Acknowledgment

Must be returned to your coach prior to the first scheduled contest.

Athlete's name

Grade

Sport & Level

Home Phone

Alternate Phone

I acknowledge that I have read and understand the guidelines, procedures, training rules and commitment necessary for athletic participation. I give my son/daughter _____ permission to participate. I have reviewed the rules and regulations with my child.

Parent/Guardian's Signature

Athlete's Signature

Date

I acknowledge that I have read and understand the guidelines, procedures, training rules and commitment necessary for athletic participation. I agree to comply with the terms and conditions set forth in order that I may participate.

PHILOSOPHY

In order to understand the philosophy of the Jericho Middle School athletic program, it is important to understand the philosophy of Jericho Middle School. As indicated in the Superintendent's Middle School Report to the Jericho Board of Education in January of 1990:

“...children in the ten through fourteen age group have educational, physical, psychological and social needs that make them unique. This group of children needs an environment where the child, not the program, is most important: where the opportunity to succeed is insured for all students. Middle school youngsters need security on one hand and freedom to experience and explore on the other.”

We believe that our middle school youngsters need to be safe, respected, recognized, independent and part of a group with whom they can identify and be accepted. In accordance with educational theory, we stress that these student characteristics and their corresponding educational needs be taken into account and addressed in all our middle school instructional programs, including athletic ones. Consequently, our athletic program strives to accomplish the following:

- ◇ To provide our students with the opportunities to explore a broad range of age-appropriate athletic activities both on an intramural and on an interscholastic basis.
- ◇ To enhance our students' self-esteem through the formation of heterogeneous ability teams.
- ◇ To provide recreational outlets for our middle school youngsters while building their general physical fitness, improving their cardio vascular strength and enhancing their athletic skills in developmental, age-appropriate ways.
- ◇ To regularly assess and take into account the physical safety, personal development, well-being and progress of every one of our middle school participants.
- ◇ To address the unique psycho-social needs of our pre-adolescents through affective athletic activities which encourage and reinforce cooperation, respect for student differences, team commitment, good sportsmanship, peer approval and task commitment.

We believe that middle school athletics should be a part of all our youngsters' educational programs. Our after school interscholastic program offers a wide range of physical activities which supplement and complement those offered through our physical education classes and our intramural programs. Interscholastic sports also provide a unique opportunity for parents, faculty and community members to come together to constructively celebrate, encourage and support the development of all our children. In addition to providing all of us with a forum in which adults and students can model appropriate ways to deal with and benefit from success and failure on the playing field, interscholastic activities provide an important vehicle through which our students can recognize and internalize the importance of personal responsibility, individual and group progress and commitment and responsibility to others. We believe that these lessons are not only essential to our children's development as athletes and effective team members, but are also critical to our youngsters growth as increasingly well-rounded, considerate and responsible individuals.

Philosophy continued:

In order to model our preferred (no cut) philosophy, at the modified level, all our coaches attempt to include as many students as practical. At times, however, the roster must be limited in order to insure proper instruction as well as adequate supervision for the safe participation of students. This situation traditionally arises when we do not have adequate indoor/outdoor facilities. For example, we have not been able to fully implement our no-cut philosophy in tennis, basketball and volleyball due to lack of facilities. In this case, the team selection process is based on tryouts. However, those students who are not selected are encouraged to choose other activities available to them that do not have roster limitations.

ATHLETIC CODE OF BEHAVIOR

It is our desire that all individuals (athletes, coaches, officials, spectators and supervisors) involved with interscholastic athletics will display behavior that reflects the ideals of sportsmanship, ethical conduct and a sense of fair play. The benefits derived from playing the game fairly should be stressed and any actions which tend to destroy those values should be discouraged. Courtesy should be shown toward opponents, officials, supervisors, spectators and administrators. Efforts must be made to achieve a thorough understanding and acceptance of the rules of the game and standards of eligibility, as well as to respect the integrity and the judgment of sports officials. It is important for all to recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well-being of the individual players. **Most of all, it is the duty of all concerned with middle school athletics to remember that each individual athletic contest is only a game and should be kept in that perspective.**

ATHLETES ARE EXPECTED TO:

- ◇ conduct themselves in a mature fashion at all times
- ◇ not engage in the hazing, initiation or bullying of any students or staff members
- ◇ demonstrate self-control and mutual respect at all times
- ◇ avoid the use of profanity, abusive language or gestures in dealing with opponents, officials or spectators
- ◇ accept victory with grace and defeat with dignity; poor winners or losers do a disservice to themselves
- ◇ set an example in word and deed, both on and off the playing area; remember that athletes assume a leadership role and that younger students emulate their behavior
- ◇ observe training regulations and requirements of physical fitness for better personal performance and greater contribution to the team effort
- ◇ place athletic competition in its proper perspective; it represents only one part of the learning process and should not be pursued to the exclusion of everything else

SPECTATORS ARE EXPECTED TO:

- ◇ conform to accepted standards of good sportsmanship and behavior
- ◇ not engage in the hazing of any students or staff members
- ◇ respect officials, coaches and players and extend all courtesies to them
- ◇ refrain from feet stomping, disrespectful remarks and the use of noisemakers
- ◇ remain silent when players require total concentration, i.e., a free throw in basketball or a serve in volleyball
- ◇ obey the regulations of the school; those who do not conform will be brought to the attention of the building authorities
- ◇ understand that schools are responsible for the conduct of their respective spectators **whether home or away.**

Violators of this code are subject to eviction from the area.

All Jericho school community members are expected to behave responsibly while in school and while participating in the interscholastic programs. During the season, student athletes must conform to several Athletic Department policies as outlined in this handbook.

HAZING, INITIATION, BULLYING

The coach will review with the entire team the definitions of hazing, initiation and bullying. The student athletes will understand the seriousness of participation in any activity that is considered hazing, initiation or bullying and that Jericho has zero tolerance. There are serious consequences should this occur.

Violators of this code are subject to suspension/dismissal from the team.

ATHLETE/PARENT/COACH COMMUNICATION PROCESS

It is our expectation that communication will be encouraged and maintained between and among parents, athlete and coach. Parents are entitled to answers to legitimate questions regarding their child's performance and/or status. During the season, concerns may arise. The following communication process should be followed:

- ◇ Player meets with coach to discuss concerns/issues, if unresolved...
- ◇ Player, parent meet with coach for further discussion, if unresolved...
- ◇ Player, parent, coach meet with Athletic Director for further discussion, if unresolved...
- ◇ Player, parent, coach, Athletic Director meet with Building Principal

PROCEDURE FOR AWAY EVENTS

The following is the procedure for a parent taking home an athlete from an "away" event:

The student must bring a signed note to the Athletic Office from the parent the day before the event requesting to take their child home after the contest. This note will be reviewed by the athletic department, date-stamped and given to the coach.

If the request is for another parent to bring home your child, the note must also list the other parent's name. The other parent picking up your child must also bring a note to the athletic office to confirm this.

ELIGIBILITY REQUIREMENTS

In order to participate on an interscholastic athletic team, a student **must** satisfy the following minimum eligibility rules. These standards are established by the New York State Public High School Athletic Association.

Bona Fide Students: an athlete must be a bona fide middle school student and must be taking at least five subjects and physical education.

Health Examination: a student who engages in interscholastic competition must submit completed parental permission forms with their medical history signed by the student and parent and a physical examination screening form completed by a physician. The forms are available online at www.jerichoschools.org "athletics" "more". Misrepresentation or falsifying data on medical forms will result in immediate suspension from participation pending a hearing with the Athletic Director and the Principal.

TRYOUTS AND TEAM SELECTION

Team Selection: will be held in a closed environment with only the coaches and the athletes permitted. In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program while at Jericho, we encourage coaches to keep as many students as possible on each team. Time, space, facilities, equipment and other factors may place limitations on team size for any particular sport. Choosing the members of athletic teams is the sole responsibility of the coaches. Selections are made according to the skill level of the athletes. All positions are open for any athlete to fill on an annual basis. At the pre-season orientation meeting, the coach shall provide the following information to all candidates:

- ◇ extent of try-out period
- ◇ criteria used to select the team member
- ◇ number of students to be selected
- ◇ practice commitments of team members
- ◇ game commitments of team members
- ◇ requirements for participation

When a squad cut becomes necessary, the coach will discuss alternative possibilities for participation in the sport or participation in other areas of the athletic program.

PRACTICE SESSIONS

All required practice sessions shall be organized and planned from 2:45 p.m.- 4:15 p.m. Monday - Friday and shall include activities specific to the sport. Depending on the sport and level of play, each team and team member is required to participate in a minimum number of practice sessions prior to the first team scrimmage and/or contest. Practice sessions are sport specific, so that practices in one sport would not apply to another sport in the event an athlete changes teams. The Athlete must be engaged in rigorous activity in order for the practice to be counted toward the minimum number. A practice on the same day of a game may not be counted towards the minimum number. Athletes must have an approved medical examination and health update before being cleared in writing by the nurse to practice.

CONFLICTS IN EXTRACURRICULAR ACTIVITIES

Jericho Middle School provides numerous opportunities for its students to participate in extracurricular activities. These activities are conducted according to an overriding philosophy that is consistent with the academic program.

Students are encouraged to take advantage of these opportunities; however, students should not be allowed to sacrifice the quality of their academic program to participate in athletics.

The Athletic Department recognizes that students should have the opportunity to engage in a broad range of learning experiences. However, a student who attempts to participate in too many extracurricular activities will, undoubtedly, be in a position of conflicting responsibilities. Students are cautioned not to overextend themselves.

Parents and student athletes have a responsibility to notify a coach immediately whenever a conflict arises and should attempt to resolve the conflict. If it becomes apparent that conflicts will continue on a regular basis and a student cannot fulfill his/her obligation, he/she should withdraw from one of those activities.

OBSERVANCE OF RELIGIOUS HOLIDAYS

The Jericho Athletic Department recognizes the right of all students to practice the teachings of their religion and observe religious holidays. All requests to be excused from practice and/or games to attend religious services will be honored without penalty. The scheduling of scrimmages or games shall be prohibited on the following religious holidays: Rosh Hashanah (2 days, beginning at sunset of the previous day), Yom Kippur (beginning at sunset of the previous day), Christmas Day, Holy Thursday (evening), Good Friday and Easter Sunday.

CHANGING SPORTS

Whenever students enlist in the athletic program by joining or trying-out for a specific team, they assume a responsibility and commitment to that team and coach. Dropping out of a sport is discouraged. On occasion however, an athlete may find it necessary to drop a sport for a good reason. Dropping a sport and subsequent transferring to another sport shall be governed by the following guidelines:

- ◇ An athlete who wishes to leave a team and/or transfer to another, may do so provided he/she leaves while in good standing and only after discussing with the athletic director and the coach the reason for leaving. There must be room on the other team. All issued equipment must be returned.
- ◇ No changing of teams will be allowed after the second week of a season, or after the final cut has been made on the team being dropped or the team to be joined.
- ◇ **The athlete then must meet the minimum number of practices for the new sport before he/she may participate in an athletic contest.**
- ◇ An athlete who is dismissed from a squad for disciplinary reasons (i.e.: violation of the code of conduct, insubordination, excessive unexcused absences, suspension, etc.) shall not be allowed to participate in another sport for the remainder for the sports season or until the period of social suspension expires.

SELECTION/CLASSIFICATION PROGRAM

The Board of Education has approved the selection/classification program to be used in the Jericho Public Schools. This program is regulated by the NY State Education Department. and allows for the selection classification of students in grades 7 and 8 for senior high school interscholastic athletic competition through the use of physical and emotional maturation, physical fitness and skill criteria. Middle School students can become eligible to tryout for Varsity level participation through this program only if they are a highly skilled athlete with superior skills in a particular sport.

Two months prior to the season starting date, a student may initiate this process with the Athletic Director by providing his/her relative merits based on his/her demonstrable advanced skill level. If it can be established that the student is highly skilled, by the Athletic Director contacting a Jericho or "outside coach" and the committee determines the student is socially and emotionally mature then the student may begin the process. The Athletic Director will then seek parental permission, medical approval and arrange for fitness testing.

RISK FACTOR IN SPORTS

In the event an athlete sustains an injury which is serious enough to require a physician's examination and treatment, the athlete must obtain written permission from the attending physician and parent before being allowed to resume practice/competition. All such injuries must be reported to the Athletic Trainer and the Health Office by the athlete and coach as soon after the injury as possible, but no later than the next school day.

All doctor's notes regarding an athlete's fitness to resume athletic competition must be submitted to the Health Office to be noted on the student's health record. In the event a question arises regarding an injury/illness, the Health Office should be contacted immediately.

In all cases when a question regarding the health, fitness or ability of an athlete to return to athletic participation is raised, the decision of the Chief School Physician will be final.

HEALTH INSURANCE COVERAGE

All bona fide students of the Jericho Public Schools are insured through the Pupil Benefits Protection Plan, Inc., a non-profit plan sponsored by the New York State Public High School Athletic Association. The policy is intended to provide supplemental health insurance when accidental bodily injury is sustained by a student while engaging in a school sponsored activity. Jericho Public Schools pays for the total cost of this coverage.

In order for coverage to be in effect, it shall be the responsibility of the student to report the injury to the Health Office within 30 days of the date of injury. Claims must first be filed with the family's private health insurance carrier. After settlement of that claim, the District's coverage is intended to reimburse the family for a portion of the unpaid balance. Information and forms regarding claims can be obtained from the Health Office.

LOCKERS

Lockers are school property on loan to students. Students are assigned a locker and are responsible to see that the locker is returned in the same condition in which it was when assigned. Any malfunction of lockers must be reported to the coach immediately. Each student is encouraged to make sure that the locker is kept securely locked at all times and to share neither the combination, nor the locker with any other student. The locker should not be used to store valuable items or large sums of money, as the school and district is not responsible for lost or stolen items.

MIDDLE SCHOOL SPORT SEASONS

FALL

Cross Country - Boys and Girls
Football
Soccer - Boys
Soccer - Girls
Swimming - Girls
Tennis - Girls

WINTER I

Basketball - Boys
Cheerleading
Swimming - Boys
Volleyball - Girls
Winter Track - Boys and Girls

WINTER II

Basketball - Girls
Bowling - Boys and Girls
Volleyball - Boys
Wrestling

SPRING

Baseball
Lacrosse - Boys
Lacrosse - Girls
Softball
Tennis - Boys
Track & Field - Boys and Girls

WEBSITE :

ALL GAME SCHEDULES & SCHOOL DIRECTIONS

Please go to: www.jerichoschools.org for game schedules & and directions. Click on “Athletics” and there will be a menu to select schedules, addresses and other pertinent information.

In order to receive e-mail notification of changes to your child’s athletic schedule, please sign up at www.highschoolsports.net

CONCLUSION

We realize that no handbook can anticipate and comprehensively answer every question. Our Curriculum Associate, Mrs. Nancy Sammis, is available to discuss any concerns or questions about any of our athletic programs or about the progress of specific children. Mrs. Sammis can be reached at 203-3600 ext. 3248.

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