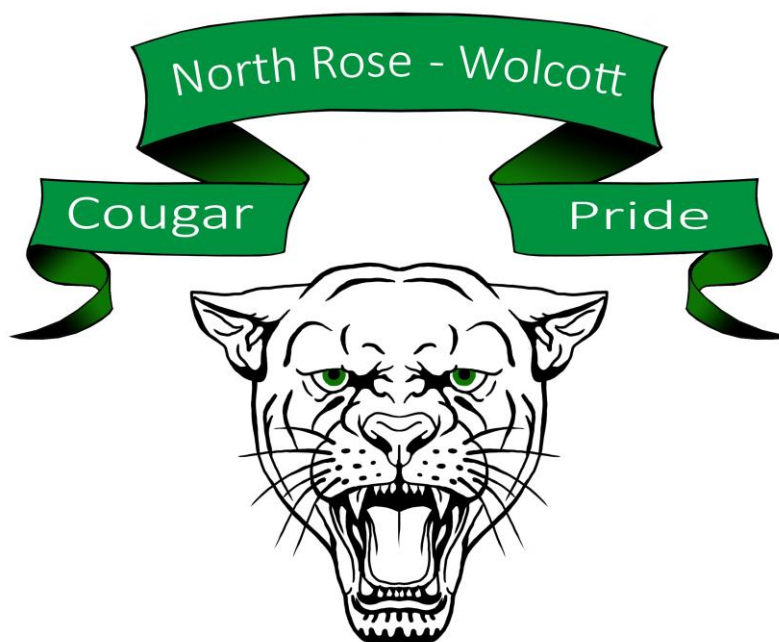


High School Athletics & Extracurricular Activities Handbook

Policies and Regulations for Interscholastic Athletics & Clubs

Updated July 23, 2018



The **MISSION** of the North Rose Wolcott Central School District is to prepare each student for a successful future.

The **CORE BELIEFS** of the North Rose-Wolcott Central School District are:

- The potential of each child will be achieved.
- Learning is a shared responsibility of all.
- Each child will be provided a safe, creative and encouraging environment.
- Each child will be prepared for their future.

One of the benefits of being part of a small school community is the accessibility of so many diverse extracurricular activities. While students who attend larger schools typically have to specialize in a particular sport, club, or musical pursuit, NRW students are afforded the opportunity to engage in a unique set of experiences beyond the classroom that surely contribute to a well-rounded education.

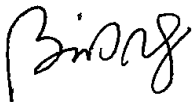
Studies have shown that participation in extracurricular activities leads to an increased likelihood of student success. Such activities teach students important values including teamwork, individual and group responsibility, physical strength and endurance, competition, diversity, and a sense of culture and community. As a result, we wholeheartedly endorse any student's desire to contribute to the NRW community by participating in extracurricular activities.

With that said, as we continue to work toward our district mission of preparing every student for a successful future, academic success remains our priority. This document outlines the requirements for student participation in our extracurricular program at NRW. Students who wish to participate in these activities must familiarize themselves with this document and understand that their participation is incumbent upon their ability to adhere to its guidelines.

The NRW community has benefitted from decades of extracurricular success. From sectional championships to performing arts awards, club recognitions to musical accomplishments... our students' extracurricular achievements have provided reason to celebrate and have also fostered important knowledge and skills that will benefit past and present Cougars for years to come.

We invite you to join us in celebrating our Cougar Pride!

Proudly,



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North Rose-Wolcott Central Schools -Our mission is to prepare each student for a successful future.

**NORTH ROSE-WOLCOTT
INTERSCHOLASTIC ATHLETIC PROGRAM**

FALL:

VOLLEYBALL	Girls and Boys (Modified, Junior Varsity and Varsity)
SOCCER	Girls and Boys (Modified, Junior Varsity and Varsity)
CROSS COUNTRY	Girls and Boys (Modified and Varsity)
TENNIS	Girls (Modified and Varsity)
SWIMMING	Girls (Varsity)

WINTER:

BASKETBALL	Girls and Boys (Modified, Junior Varsity and Varsity)
WRESTLING	Boys (Modified, Junior Varsity, Varsity)
SWIMMING	Girls and Boys (Modified and Varsity)
INDOOR TRACK	Girls and Boys (Varsity)
CHEERLEADING	Girls and Boys (Varsity)
BOWLING	Girls and Boys (Varsity)

SPRING:

BASEBALL	Boys (Modified, Junior Varsity and Varsity)
SOFTBALL	Girls (Modified, Junior Varsity and Varsity)
TRACK and FIELD	Girls and Boys (Modified and Varsity)
TENNIS	Boys (Modified and Varsity)
GOLF	Boys and Girls (Varsity)

*There is a minimum number of required participants to maintain a team. If any team doesn't meet the minimum requirement number, that team will not be sustained for that school year.

North Rose-Wolcott School District is a member of the following Athletic Associations and will follow all rules, regulations and policies established by these organizations. They are as follows:

1. New York State Public High School Athletic Association - NYSPHSAA
2. Section V
3. Wayne County Public School Athletic Association
4. Finger Lakes High School Athletic Association

Clubs and Organizations

Art Club
AV Club
Class Officers / Representatives
Chess Club
Future Business Leaders of America
Interact Club
Interscholastic Athletics
MasterMinds
Musical Production
National Honor Society
Outdoor Club
Peer Mentoring
Prism
Science Club
School Store
Ski Club
Speak Out
Student Council
Varsity Club
Video Production Club

****When a student is involved with more than one extracurricular activity at a time, the advisors/coaches will work together to make reasonable compromises so that students can participate in both activities.***

ACADEMIC POLICY FOR STUDENT-ATHLETES

The extracurricular activities program is an extension of the regular day school program. It is considered a privilege, not a right to participate. Along with this privilege comes responsibilities. The largest responsibility is academic success. **It is expected that each student will achieve this success.** In order to assist the students in doing this, the following procedures must be adhered to. **There is no appeal process for the Academic Policy.**

Starting the first week of school, a student-athlete academic study hall list will be created using the 4th marking period grades or summer school (last report card grades) from the previous school year. The after school athletic study hall will be 30 minutes every day after school with the protocols listed below. The weekly run around sheet is mandatory and can be found in the athletic office. This is the only way for us to verify the weekly progress for each student. At the five week point, another report will be created and the athletic department will use these grades to assess all current athletes. If a marking period ends during an athletic season, the report card grades for a marking period will be used instead of the weekly run around sheet.

*There must be at least two weeks of grades of any new marking period for a student to get a run around sheet to change their eligibility status. This would pertain to the first session at the start of the school year and any time a new marking period begins. In order for students to receive a weekly run around sheet for consideration of becoming eligible, they must wait at least two weeks into the new marking period starting from the start date of the new marking period.

Students Failing One Class are considered on probation (yellow status) – Can practice and compete; the student must attend mandatory activity period study hall for a *minimum of one week after school* and a *run around sheet IS REQUIRED* and must be signed by all teachers and turned into the athletic office by the end of each week. These forms can be found in the athletic office. Failure to turn in a weekly run around sheet by the last school day of a given week to the athletic office/athletic director will deem a student ineligible to compete the following week. Upon re-evaluation of grade status at the end of each week; a student will remain in mandatory activity study hall until they are passing all classes.

Students Failing Two or Three Classes are considered ineligible (red status) – Can practice but NO competition for a minimum of one week. The student is expected to attend competitions and support their team but they cannot dress in uniform. Mandatory activity period study hall after school for a *minimum of one week* and a *run around sheet IS REQUIRED* and must be signed by all teachers and turned into the athletic office at the end of each week. Failure to turn in a run around sheet will deem a student ineligible to compete the following week. Upon re-evaluation of grade status at the end of each week; mandatory activity study hall will remain in effect until the student-athlete is passing all classes. A student will remain ineligible to compete in any athletic contests until they have one “F” or they are passing all classes. If a student-athlete submits a run around sheet with one or less failing courses, they will become eligible to compete in the following week.

Students Failing More than 3 Classes – removal from team/club/organization so you can focus on academic progress/success.

Mandatory Activity Period Study Hall Guidelines

1. You must attend ***every day*** from 2:25 – 2:55 pm until you are passing all your classes; minimally one week.
2. A pre-signed pass must be from a teacher of a class that you are failing unless that teacher is absent or unavailable. You will need to go to study hall first to sign-in and show your pre-signed pass.
3. Cell phone use is not permitted unless an exception is made by administration for an approved reason.

ACADEMIC RUN AROUND SHEETS

You must get signatures from **all** your teachers, no exceptions. If a teacher is absent or unavailable, see Mrs. Roberts-Grant or the athletic secretary. We will email the teacher for the grade and fill it in for you.

1. When grade reporting occurs between seasons or during tryout periods, students failing classes will be allowed to tryout. When the first run around sheet is turned in by the student to school administration, the appropriate actions will be taken relative to student performance.
2. You are **ONLY** allowed one unexcused absence from study hall per sports season. Any additional unexcused absences will result in the student-athlete being ineligible to compete in the next athletic contest. If the student is ineligible at the time of the 2nd unexcused absence, then this will occur once the student becomes eligible.

AFTER SCHOOL SUPERVISION

All students must be in a supervised location after school before practices, meetings, contests, events, bus departures, etc. if they choose to stay on campus before their scheduled activity time. Options to be in a supervised location after school hours would include: staying with a teacher for tutoring, working out in the fitness center from 3:00 – 8:00 pm, the LIFT program, staying with their coach with permission, etc. Being in an unsupervised area in the building or anywhere on campus is not permissible. This protocol is in place to keep students safe and so we can account for everyone's whereabouts if a parent/guardian contacts the school to speak to them or pick them up. Staff members need to be able to account for all students in the school, especially for emergency situations. Any student who is found in an unsupervised location will be subject to school discipline and a potential suspension from extracurricular activities. A repeat offense may result in removal from the club or team the student is a member of. Any student who is out of season could be suspended from or removed from their upcoming team or club.

ATTENDANCE POLICY

All students must be in attendance for the entire school day on the day of and on the day after a contest or activity. Tardiness or absence of the student on either of these days will make the participant ineligible to participate in the next activity or contest. **Tardiness will be determined by the start of the first period. Every participant is allowed 1 unexcused tardy per season.** If the absence or tardiness is on the day of an activity or contest, the student will not participate on that day. If the absence or tardiness is on the day after the activity or contest, the student will not participate in the next scheduled activity or contest. Monday is considered the day after a Friday or Saturday activity or contest. Tardiness and/or absence from school for medical and/or educational reasons will be recognized with appropriate documentation and no penalty will be administered. **If you leave school early (sign out) due to injury or illness, you are not allowed to come back to practice or play that afternoon / evening.**

CONDUCT

Students will conduct themselves in a manner as to avoid being arrested, prosecuted or convicted for violation of any law of the village, town, county, state or nation. Should a person be charged or convicted of a crime or offense, his/her status as a member of a team/organization will be evaluated. Every student has the right to be heard and in recognition of person's right to remain silent, temporary suspension or dismissal could result.

DIGNITY FOR ALL STUDENTS ACT (DASA)

The Dignity for All Students Act Law is an official policy of New York State that requires all students in public schools to have the right to an education free of discrimination and harassment. This right is carried over into all extracurricular activities. If you feel this protected right has been infringed upon, please make your coach and/or school personnel aware immediately. Coaches have 24 hours to notify an administrator verbally and 48 hours to notify them in writing. Incident forms can be found in the main office or on the district website.

EQUIPMENT/ UNIFORMS

Equipment and clothing issued to a student is school property and is to be used and worn only during practice sessions and contests. It is the responsibility of all students to return to the coach / advisor all equipment and clothing issued during the season. Failure to do this will make the student ineligible to participate in any other activity as well as make the student ineligible for any awards. The student will pay for lost articles. Students do not have the right to retain articles simply because they declare it lost and are willing to pay for it.

HAZING

Hazing, in any form, is forbidden by New York State Law. Hazing is “any action or situation which intentionally or recklessly endangers the mental or physical health of a student” for the purpose of initiation or association with a team/club/organization. Persons in violation shall be subject to district discipline as well as state penalties.

INJURIES

In order for a coach or advisor to make the best decision for a student, it is extremely important to report all injuries immediately to the head coach/advisor so they can complete and submit appropriate paperwork to administration.

PHYSICAL EDUCATION

Failure to participate in physical education class will result in not participating in practice or a contest that day. Participation in athletics does not exempt athletes from gaining the many benefits of the District P.E. curriculum.

PRACTICES / MEETINGS

All students need to be in attendance at all scheduled practices/meetings unless excused by the coach/advisor. Unexcused absences may result in a penalty, suspension or dismissal from a team/ activity. Students who miss a practice or meeting the day before a contest cannot participate unless it was for a medical or educational reason.

PROGRAM DESIGN

Modified Level – These sports are adapted to the needs, abilities and maturity levels of students in 7th, 8th and 9th grade. Emphasis is placed on developing individual skills, team strategies, as well as good sportsmanship. Although winning must be part of any program that centers on competition, at this level it will be a secondary goal. Coaches will make every effort to have each team member participate in every contest. It is recommended that coaches have a system or plan in place to reach this goal. Playing time is not based solely on an individual’s skill level. At the same time, everyone should be aware that all team members are not guaranteed equal playing time.

IV Level- A continued emphasis is placed on developing individual skills and good sportsmanship. Team strategies and tactics become more important while the team concept of being competitive and successful receives more attention. Winning contests takes on new meaning because when a team wins, valuable lessons in developing the team concept of working together are easily understood. Again, coaches will continue to make every effort to have each team member participate in every contest but doing so becomes more difficult. Skill level becomes a factor in determining playing time and athletes need to learn the relationship of performance, work ethic and teamwork to the rewards of increased playing time. Coaches must be aware that student-athletes cannot develop skills unless they are in a competitive environment; playing opportunities are needed.

Varsity – Basic skills should be mastered at this time, therefore a coach will introduce the finer skills of the sport. Coaches spend considerable time on team strategies and tactics. Sportsmanship becomes of great importance because a varsity team represents our community at the highest level of interscholastic athletics. Coaches will make decisions about playing time based on the goal of being competitive in each contest. Often this means some athletes will not play in a game or several games. Coaches should still attempt to give as many athletes playing opportunities as this allows. The decision making process of coaches and the performance level of athletes all play a major role in winning contests, which is a goal of varsity sports.

QUITTING A TEAM

Any student who quits a team after the first 10 days (from the official start of practice) will not be permitted to be a member of any other athletic team during that season. Any athlete who quits a team will not be permitted to participate in the next sport season they plan to compete in, unless there is a mutual consent among the player, coach and Athletic Director as a result of a planned meeting.

REGISTRATION FOR AN ATHLETIC TEAM

For every season a student plans to participate on an athletic team, their parent/guardian will need to register them online at <https://www.familyid.com/organizations/north-rose-wolcott-athletics>. Once a parent/guardian creates an account on FamilyID, that account will be saved for all future athletic registrations along with all pertinent information. This online registration will allow you to give permission to participate, authorize emergency medical care, complete a transportation permission form, allow both the parent/guardian and student-athlete to read and consent to understanding the NRW Athletic Handbook and a copy of a current physical can be uploaded if this document needs to be updated with the school.

RESPONSIBILITIES OF THE NORTH ROSE-WOLCOTT STUDENT

Being a member of a NRW club/organization/team is a ***privilege and an honor***. A great tradition has been developed by the hard work of many people over the years. As a member of an organization you have inherited this tradition, a tradition you are challenged to uphold. Your actions will reflect not only on those with whom you are now associated, but also with those who have contributed so much to our school in the past and those who will impact the future.

Responsibility to yourself – The most important is to develop your strength of character. You owe it to yourself to get the greatest possible good from your high school experiences.

Responsibility to your school – NRW cannot maintain its position as an outstanding district without the help and cooperation of its students. Many witness your conduct and attitude, on and off the “field of play”. Make North Rose-Wolcott proud of you and your community proud of your school!!!

Responsibility to others – As a member a team, you bear a responsibility to many other individuals. Your peers and leaders require and expect your 100% commitment, if it is to succeed. By trying your best and following all rules set forth, you can feel proud of yourself no matter what the outcome may be.

The younger students are constantly watching you. In many ways, they will want to copy you – ***provide them with a good example!!*** Don't let them down.

SCHOOL DISCIPLINE

Any student who skips an assigned detention cannot participate in that day's meeting, practice or contest. Also, any student that is assigned to any type of in or out of school suspension is not eligible to participate in any practice, meeting, or contest the day of or during the suspension time frame.

SPORTSMANSHIP

Sportsmanship is the demonstration of generosity and genuine concern for others. It is a concrete measure of the understanding and commitment to fair play, ethical behavior and integrity. It is expected that NRW students show good sportsmanship at all times. Students should show respect for officials, coaches, fans, teammates, opponents and one's self. The district may take disciplinary action in instances of unsportsmanlike behavior, even if an official or host of the event does not act upon such behavior. Any student or coach who is ejected from a game will not be able to participate in the following contest. Further action can be deemed depending on the nature of the incident.

SPORTS PHYSICALS

Each student wishing to participate in the interscholastic athletic program must have had a physical from his or her own family physician. Student-athletes must have a physical within the past 12 months to participate in any sport. Prior to each season, a parent/guardian must complete and sign a health history form. Athletes who play in consecutive seasons will need to have a health history form completed every season so we are aware of any changes.

SUBSTANCE USE/ABUSE

To help ensure a positive experience for all students, the following regulation must be understood and adhered to at all times.

Students participating in any extracurricular activity are to refrain from the use, sale, and possession of alcohol, nicotine, vapes, marijuana, prescription drugs, inhalants, over the counter drugs, cocaine, heroin, club drugs, performance enhancing drugs and any look alike as well as related paraphernalia throughout their career in the North Rose-Wolcott Central School District.

Penalty for Violations while in season

(Sports seasons begin with the first day of practice)

1st offense – suspension from participation in 30% of the scheduled contests (events) and scrimmages (meetings) of the student’s current club or team. The suspension period of any student-athlete who when first questioned by school officials provides accurate and honest information will decrease to 20%. The student-athlete must continue to participate in practices and attend contests as a member of the team. He or she will not wear the uniform, but will be dressed appropriately. When the student returns to participation they forfeit team captain honors and MVP honors if applicable. * **There is no appeal process for a first offense**

2nd offense – This will end a student’s eligibility in the North Rose-Wolcott Central School district for one calendar year from the date the investigation is finalized. * **There is no appeal process for a second offense**

3rd offense – This will end a student’s eligibility in the North Rose-Wolcott Central School District. An appeals process exists for students who have pursued the necessary steps to address the issue, which lead to their removal. After 6 months a student can apply for re-instatement. Application does not guarantee re-instatement. District administration will review the appeal process with the student prior to the 6 month period. Awards associated with extracurricular activities will be forfeited.

*Failure to complete an athletic season or removal from an athletic team will result in that athlete being eliminated from team awards (MVP, MIP, etc.), Varsity letter/pin, league or sectional honors, exceptional senior contests, all-star teams and participation in the team banquet.

Appeals Committee

Principal or Athletic Director

School Counselor, Substance Abuse Counselor, School Psychologist, Social Worker or designee

Teacher/Coach employed by NRW that is not involved in the sport or activity

Advocate – Adult selected by student appealing

After a successful appeal and re-instatement, any additional infractions will result in permanent loss of eligibility. It is the belief of the North Rose-Wolcott School District that a participant in extracurricular activities should adhere to the Code of Conduct year round, as a representative of the district.

Penalty for violations out of season

1st offense – suspension from participation in 30% of the scheduled contests (events) and scrimmages (meetings) of the team or club the student is planning to participate on next. The suspension period of any student who when first questioned by school officials provides accurate and honest information will decrease to 20%. * **There is no appeal process for a first offense**

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Possession by Association

The North Rose-Wolcott Central School district believes that students should make every effort to make healthy choices. Students attending functions where alcohol, tobacco or drugs are being used by minors or other illegal activities are occurring will be considered to be in possession by association. Students found to be in possession by association may be subject to all of the following actions after investigation by school administration:

- 1) Parent/guardian and coach/advisor informed
- 2) Meeting with the school resource official or substance abuse counselor
- 3) Suspension from team/club/organization

Reporting Violations

- A. Reports of alleged violations coming from the four categories of individuals listed below, having **personally witnessed** the alleged violation, must be investigated by the district administrator or designee.
1. Any district employee or school board member
 2. Any adult acting as a chaperone/assisting with a school activity at the request of the district
 3. Any law enforcement officer or agency
 4. A parent or legal guardian of the student involved
- B. Reports of alleged violations from persons other than the above may be investigated if cause to do so is warranted, by a district administrator or designee.
- C. Alleged violations may be reported to a coach, advisor or a school administrator.

TRANSPORTATION

Each student will be transported to all away events by school-authorized vehicles only. Transportation back home is at the discretion of the coach/advisor. Travel time is an integral part of being on a team or club. It affords time to the coaches and advisors and students to prepare prior to the event and to reflect on the event afterwards. If students are allowed to go home with a parent/guardian or other designee over the age of 21, they must make arrangements and give notification by signing out with the coach before leaving the premise at the event location. The person signing out a student-athlete must be listed as an approved person to transport the student on the transportation permission form in FamilyID.

YEAR END AWARDS

At the end of each year, in conjunction with the NRW Athletic Department, the local service clubs traditionally sponsor an awards ceremony. The varsity coach for each sport may choose to present awards to recognize special performance and contribution during the season. These awards are only presented when the coach believes they are warranted.

Modified and Junior Varsity – All team members receive a certificate of participation for each season.

Varsity – All team members receive a certificate for each complete season played as well as a:

School Letter: Every varsity athlete will earn one “NRW” letter during their high school athletic career. Each varsity coach will provide their student-athletes with the criteria for earning a varsity letter. Athletes will earn their letter the first year they complete a full varsity sport season and meet the coaches’ criteria.

Sport Specific Pins: Every athlete will earn a pin each year thereafter that they participate on a varsity team.

Kathy Hoyt Achievement Award

This award is made annually to a senior boy or girl who have participated in athletics during their high school career. Criteria for recognition include:

- Constant academic effort without falling below average grades
- Athletic achievements
- Community service
- Attempts for 3 Varsity Letters
- Good sportsmanship conduct
- Good citizenship and leadership

Most Improved Player (MIP) – presented to a team member who has shown the most improvement in skill, attitude, and/or effort during the length of the season. This award is selected by a coach if they decided someone on the team has achieved this merit.

Most Valuable Player (MVP) – presented to a team member whose consistent contributions to the success of the team are considered the greatest. This award is selected by a coach if they decided someone on the team has achieved this merit.

Mr. Pat & Mrs. Patricia A. Winter Sportsmanship Award

This award is presented annually to senior(s)* who demonstrate the following:

1. Always plays to their ability, giving 100% during practice and games
2. Shows good sportsmanship at all times
3. Is a credit to their team(s), school and community

*There may be less than or more than two winners at the designated grade level if that is what is voted on by the deciding committee.

Robert Bradbury Award

This award is made annually to senior(s)* who have participated in athletics over a four-year period in high school and who, in the judgment of the coaches, best meet the criteria listed below.

1. Athlete has lettered in three varsity sports
2. Emphasized the proper ideals of sportsmanship, ethical behavior and fair play
3. Respected the integrity and judgment of sports officials
4. Attended all games and practice sessions unless otherwise excused
5. Worked with their teammates for the benefit of the team, school and community
6. Recognizes that the purpose of athletics is to promote the physical, mental, moral, social and emotional well-being of the individual player

*There may be less than or more than two winners if that is what is voted on by the deciding committee.

Scholar Athlete Award

This award will be given annually at the Varsity level for each Varsity team that has a student-athlete that meets the following criteria:

1. A high school student in grades 9-12 who is enrolled in at least 5 high school credits
2. Had the highest GPA on the last marking period report card for the season of sport/team
3. Minimum GPA average requirement is 90.0 or above

Team Sportsmanship Award

This award will be given out at all levels – Modified, JV and Varsity – at the end of the season. Recipients will be given a patch for this honor. This award is based on the following criteria:

1. Positive attitude to coaches, teammates, officials and opponents
2. Fair play both on and off the field
3. Keeps competition and winning in perspective