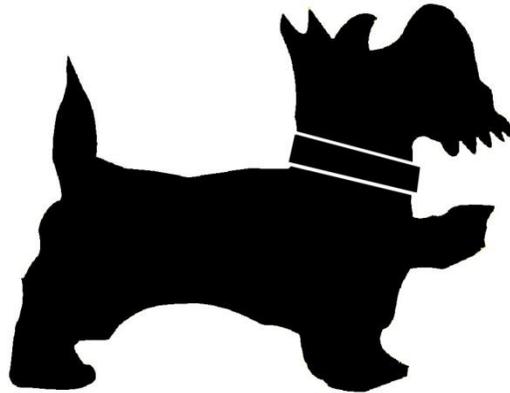


Ballston Spa



Modified Athletics Handbook

For

Students and Parents

(Grade 7 & 8 Students on Modified Sports Teams)

Ballston Spa High School
220 Ballston Ave
Ballston Spa, NY 12020
884-7150 ext. 2372

Ballston Spa Central School District
Modified Athletics Handbook for Students and Parents

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Dear Parents and Athletes:

Welcome to a new year of Interscholastic Sports at Ballston Spa. It is our belief that Interscholastic Sports is another educational opportunity for your child to learn competence, character, civility and citizenship. Competitive sports team membership affords constant training in commitment, perseverance, sportsmanship, and teamwork.

Our goal for the Ballston Spa interscholastic athletics programs is to **educate our student-athletes through sports participation**. The competition venues are our classrooms. Opportunities to learn are abundant, and these lessons, which last a lifetime, are the reason we offer school sports teams.

Naturally your child's participation in an athletic program is important to you. Two-way communication is critical to clear understanding. Through improved communication, respect, and positive role modeling, parents can support and enrich their child's experience in athletics as they attend, cheer and celebrate throughout each season. The intent of this handbook is to open that communication which will support mutual respect based on shared knowledge and values.

Please keep and use this "Student/Parent Athletics Handbook", as it includes information that you will find useful as a reference throughout your child's athletics participation.

Please contact the Ballston Spa Athletic Department at 884-7150 x2377 for assistance.

Philosophy & Objectives of the Interscholastic Athletic Program

Philosophy: In Ballston Spa the interscholastic program offers students in grades 7-12 participation in a variety of sports. Athletic programming is in place to provide competitive opportunities so that all student-athletes may further develop their personal, academic, and athletic abilities. Student-athletes will strive to achieve their goals while learning and practicing the ideals of effective teamwork and sportsmanship in a positive atmosphere. Based on this philosophy, there will be a Student-Athlete Code of Conduct developed and followed for all interested parties to the interscholastic sports program, including student athletes, coaches, parents and spectators. The Student-Athlete Code of Conduct follows the Suburban Scholastic Council Sportsmanship Code.

Objectives: As outlined in this handbook, it is expected that all student-athletes will learn and demonstrate the following through personal and team performance.

- Sportsmanship
- Leadership
- Commitment
- Teamwork
- Academic Responsibility
- Citizenship
- Self discipline
- Pride
- Physical fitness
- Confidence

Specific sports objectives: remaining consistent with the stated philosophy all student-athletes will be placed in a level of competition based upon that individual's sport specific knowledge and skill level. At each level of competition specific target focus will be emphasized. The following information is a breakdown of the different competitive levels offered in the interscholastic program and the emphasis at each level:

a. **Modified Level** - This level serves as an introduction to competitive high school sports for student-athletes. The objectives of this level are:

1. To acquire and develop sport specific skills and fundamental strategies
2. To provide student-athletes opportunities to practice skills and strategies in competition.

b. **Freshman and Junior Varsity Level** - These are intermediate competitive levels, which serve as a bridge between the Modified and Varsity levels of competition. The objectives of these levels are:

1. To continue development and refinement of sport specific skills and strategies
2. To provide student-athletes opportunities to demonstrate acquired skills and knowledge

c. **Varsity Level** - The varsity level is the highest level of competition offered in our athletic program. Student-athletes at in this level must demonstrate high levels of proficiency in acquired sport specific skills, concepts, and strategies. The objectives of this level are

1. To place emphasis on highly skilled competition
2. To base participation upon the demonstrated performance of an individual in sport specific skills and abilities
3. To field competitive teams at the league and sectional level of competition.



Roles and Expectations – Coaches, Parents & Fans

School Sports bring people together. Coaches, parents, and fans play integral roles in providing a quality competitive experience for our student-athletes. The roles and expectations of these groups in our interscholastic athletic program is one of support and sportsmanship.

- 1. The Coach - The role of the coach, at all levels of competition, is one of instructional leadership. Our coaches will strive to provide a positive experience for student-athletes through quality instruction based upon personal and professional development. The coach will challenge and encourage each athlete, individually and as a member of the team, to reach the objectives of his/her respective level of competition.***

The varsity coach will serve as the instructional leader for the development of the total sport program, in addition to his/her responsibilities for the varsity team. Varsity coaches will work with assistant/sub-varsity level coaches to deliver a coordinated program with regards to goals and objectives, instruction, supervision, and budget development.

Our coaches are responsible for providing both the opportunity and the leadership for the student-athlete to compete in an athletic environment. Sportsmanship and fair play through team membership are key values learned through athletics. The student's academic attention and focus should be enhanced by athletic participation. The following guidelines are conduct benchmarks for coaches:

Each coach will:

- Build a personal and team philosophy based upon the values expressed in this Interscholastic Athletic Program Philosophy statement.
 - Strive to enlarge their technical knowledge and competency in all areas of the profession.
 - Enhance and protect the physical and mental well being of their student-athletes.
 - Teach student-athletes to respect self, teammates, opponents and officials.
 - Instill in players a desire to know and live by the spirit of the rules of the school, team, and sports.
 - Create an atmosphere of friendly competition wherein sportsmanship and honor transcends victory or defeat.
 - Cooperate with administrators, faculty, and other coaches to maintain and improve the educational quality of our school.
 - Encourage the highest standards of academic achievement among all student-athletes.
- 2. The Parents -The parents of our student-athletes are recognized as a valuable asset to our athletic programs. Through their academic, emotional and moral support, parents shall assist our coaching staff in teaching student-athletes the value of responsibility and commitment as it relates to our program objectives.***

Through their attendance and conduct at contests, parents shall demonstrate their support for their child and his/her team by exhibiting good sportsmanship towards opponents, coaches, and contest officials, as identified by both the Suburban Scholastic Council Sportsmanship Code as well as the Section II Code of Conduct for Spectators.
 - 3. Student/Fans - Our student body and the fans of our programs should provide moral support for our student-athletes and teams through their attendance at contests, and by their adherence to and demonstration of appropriate behavioral conduct as identified by both the Suburban Scholastic Council Sportsmanship Code as well as the Section II Code of Conduct for Spectators.***



SUBURBAN SCHOLASTIC COUNCIL SPORTSMANSHIP CODE

IN THE BELIEF that sportsmanship on the part of spectators at high school athletic contest is as important as good sportsmanship on the part of athletes, the following guides for conduct are suggested as a means of continuing and strengthening the ties that exist between competing schools.

BASIC PHILOSOPHY: Visiting team members, students and adult spectators are guests to be accorded all the courtesy and consideration that a friendly, well-mannered and well-intentioned host would normally give. The visitors, in turn, are to act as invited guests, using the home school's facilities with care and respecting the rules and customs of the home school.

IT IS EXPECTED that all spectators and participants will follow this CODE:

- Athletic opponents and officials are guests and should be treated as such.
- Spectators should watch the game from those areas designated by each school as spectator areas.
- It shall be the responsibility of authorized school personnel attending games, either at home or away; to make sure students from their school conduct themselves appropriately.
- Officials are the proper authorities to make decisions regarding rules and their interpretation; these decisions should be accepted.
- Cheering should be in support of either team and should not be directed toward creating unfriendly rivalries among athletes of fans.
- Any spectator who evidences poor sportsmanship will be requested to leave and may be denied admission to future contest.

Spectators, athletes and coaches must recognize that their conduct plays an important role in establishing the reputation of their schools and that their positive actions can relate directly to the success of their teams.



Section Two Code of Conduct for Spectators

1. Spectators are an important part of the games and are encouraged to conform to accept standards of good sportsmanship and behavior.
2. Spectators should at all times respect officials, visiting coaches, players, and cheerleaders as guest in the community and extend all courtesies to them.
3. Enthusiastic cheering for one's own team is encouraged.
4. Booing, whistling, stamping of the feet and disrespectful remarks shall be avoided.
5. There will be no ringing of bells, sounding of horns, or other noisemakers at indoor contests during play. Anyone who does not abide by this rule will be asked to leave the premises.
6. Pep band or school bands, under the supervision of school personnel may play during time outs, between periods, or at half time. Band must coordinate their play so as not to interfere with a cheerleading squad on the floor or field.
7. The throwing of debris, confetti, or other objects from the stand is prohibited. Offending individuals will be asked to leave the premises.
8. During a free throw in basketball, all courtesies should be extended. Spectators should encourage each other to observe courteous behavior. Improper behavior should be reported to school authorities.
9. Spectators will observe the rules of the local school concerning smoking, food and drink consumption, littering, and parking procedures.
10. Spectators will respect and obey all school officials and supervisors at athletic contests.

(Adopted by Section II Athletic Council, June 1990)

BALLSTON SPA CENTRAL SCHOOL DISTRICT

Code of Conduct for Student-Athletes in Modified Sports

I. MISSION STATEMENT

The Ballston Spa Central School District understands that interscholastic athletics are an important part of the educational process. The combination of academics and athletics enhances the quality of students' lives and expands their options for learning and personal growth. Athletics provide an educational opportunity in which students can learn essential life lessons beyond those that can be learned in an academic classroom.

Developing good character habits requires time and effort. Coaches, parents and other stakeholders can help students develop such habits by continually discussing, modeling and reinforcing the desired attitudes and beliefs over time. Participation on an athletic team demands a commitment that involves both dedication and sacrifice. This is required of not only student-athletes, but also the coaches and parents.

Among the many important life lessons that athletic participation offers students are: teamwork, the mental and physical challenges of training, skill development through competition, and the experience of winning and losing graciously.

Athletics is also an important part of the total school program as sports participation works in conjunction with the other educational experiences to provide students the environment and opportunity to develop into better citizens. School sports team participation is a privilege that carries with it responsibilities to the school, to the sport, to other students, to the community and to the athletes themselves. These experiences contribute to learning personal skills and emotional patterns that enable the student to achieve maximum benefit from his or her education.

This Modified Sports Code of Conduct shall govern all student-athletes who participate in Ballston Spa Modified Interscholastic Sports programs. These standards of conduct shall supplement, and not supplant or replace, any additional or more stringent rules and standards of conduct within the school itself. Discipline imposed as a result of a violation of this code of conduct shall not preclude additional consequences under the rules, regulations or bylaws of the individual sport.

Student-athletes and their parents/guardians must read these rules. All athletes and their parents/guardians must also sign the acknowledgement (see back cover) indicating their agreement to abide by the rules contained in this handbook. The signed acknowledgement must be returned to the coach before the student-athlete is allowed to participate. The Athletic Department will retain the signed consent form.



II. ACADEMIC ELIGIBILITY

All students who participate on an interscholastic athletic team will have their academic progress monitored by their respective coach every five weeks during the season of participation. Any athlete who is failing or receives an incomplete in one or more subjects at the time of academic review will be subject to the following academic eligibility policy guidelines:

- A. If any student-athlete is failing one subject** the coach will meet with the athlete and set the conditions and parameters for the athlete's continued participation in contests. The coach will require the athlete to submit written proof of his/her academic progress, signed by the teacher, in the identified subject each week until the end of that 5-week period or until released by the subject area teacher.
- B. If any student-athlete is failing two or more subjects** the coach will meet with the athlete to explain the conditions required of the student for his/her continued participation in contests and give the athlete a weekly *Academic Eligibility Contract* to document progress. The coach will also submit a list of these student-athletes to the Athletic Coordinator/Director. The conditions for student-athletes who have course failures are:
1. The athlete is required to meet with the teacher of each subject he/she is failing to develop a tutorial schedule whereby the athlete will attend a minimum of one tutorial session per week per subject to work toward a passing average either after school, during access classes or lunch periods at the discretion of and by appointment with the teacher. The *Academic Eligibility Contract* bears the signature of each teacher assuring this work.
 2. The student must also make every effort to demonstrate academic progress in these subjects during class.
 3. Failure to attend and/or demonstrate satisfactory academic progress will result in the athlete's loss of eligibility to participate in contests for the following week.
- C. Procedures for documenting the *Academic Eligibility Contract* will be as follows:**
1. Student-athletes will obtain a "*Weekly Academic Eligibility Form*" at the start of each week from his/her coach.
 2. The athlete must submit this form to the teacher at each tutorial session for teacher signature and comments.
 3. The athlete will present the completed "*Weekly Academic Eligibility Form*" to his/her coach for review. If satisfactory weekly progress is indicated on the form, the athlete will be eligible for all contests the following week. If satisfactory weekly progress is not indicated on the form, the athlete is ineligible for all contests for the following week.
 4. If the student does not submit their "*Weekly Academic Eligibility Form*" to the coach by the last day of school each week, the athlete will be declared ineligible for all contests the following week until the form is handed in.
 5. The coach will forward all "*Weekly Academic Eligibility Forms*" with signatures to the Athletic Coordinator/Director the next school day.



III. ATTENDANCE ELIGIBILITY:

Student-athletes are expected to attend all practices, games or other events scheduled in regard to the team unless excused by the coach. Consequences for missing up to three practices, games or team events will be determined by the coach. Student-athletes who miss more than three team events could be subject to dismissal from the team.

- A. A student-athlete who finds it necessary to miss a practice, game or other event scheduled must notify the coach well in advance with his/her reason for absence. Acceptable reasons for absence may include: family vacation that cannot be scheduled for another time; medical and/or dental work that must be scheduled at a particular time; death in the family; sudden personal or immediate family illness; or other specific unavoidable causes of conflict.
- B. In order to participate in interscholastic athletics on any day, student-athletes must attend school on such a day. Student-athletes who arrive at school later than **the end of first block** – without proper documentation of an excused absence - shall not be allowed to participate in any athletics scheduled that day. “Attendance” includes participation in any required school activity, such as a field trip. The Athletic Director/Coordinator on a case-by-case basis will review extenuating circumstances.
- C. Student-athletes should take notice that there may be games, practices or events during certain scheduled vacations and/or Saturdays.
- D. Any student-athlete who is suspended from school will not be allowed to play in a game or participate in any athletic activities (including practices) during his/her suspension from school.
- E. **Athletes will be transported to and from away contests by school authorized vehicles.** Under special circumstances an athlete may receive permission to be released by the coach to ride home from a contest with his/her parents. Special circumstances must be pre-approved by the Athletics Administrator. Upon receiving approval, the parent(s) will be required to sign a release form with the coach to transport their child at the conclusion of the contest. This approval must be obtained 24 hours before the event. All squad members are expected to conduct themselves in a fashion that will ensure the safety of all passengers. All safety rules must be followed.



IV. STANDARDS OF CONDUCT

Each student-athlete is expected to display good sportsmanship, win or lose. This means that student-athletes must demonstrate good citizenship in both school and the community at large.

- A. Disrespectful comments, the use of foul language, violent or disruptive conduct or insubordination will not be tolerated.
- B. **No hazing activities will be tolerated under any circumstances.** Consent of the victim of hazing cannot be used as a defense to any prosecution of hazing under this Code of Conduct. Whoever knows that another person is the victim of hazing shall report such activity to an appropriate official as soon as possible. Any person who knowingly and unreasonably fails to report hazing activity shall be guilty as an accomplice in such activity. Employees who fail to report an incident of hazing may be subject to disciplinary action.
- C. The use, sale, distribution and/or possession of tobacco products, alcoholic beverages, illegal drugs, non-prescription or controlled substances, or drug paraphernalia, will not be tolerated by student-athletes participating in school district interscholastic athletics whether on or off school grounds.
- D. No student-athlete shall attend any party or other social gathering where underage drinking and illegal drug use occurs
- E. No student-athlete will be deemed to have violated this rule if he or she can prove to the building Principal, Athletic Director/Coordinator and coach that, immediately upon becoming aware that underage drinking and/or drug use is present at a party or social gathering, he/she completely removed himself/herself from that place.
- F. As a member of an interscholastic team, it is expected that the top athletic priority be to the team during the entire season of play. **Participation on another team should never conflict with fulfilling your responsibilities to the interscholastic team and/or violate school, Suburban Council, Section 2, or NYSPHSAA rules.**
- G. No student-athlete who participates in interscholastic athletics shall intentionally damage, or cause to be damaged, any personal or real property belonging to the School District, any other school district, or any other person.
- H. It is expected that all student-athletes will read and comply with any established team rules of their coach, the Student Code of Conduct and this Athletic Code of Conduct.
- I. No student-athlete may quit a team without first speaking with the coach to explain the reasons for leaving the team. Any student-athlete who violates this requirement will be unable to practice for another sport until the season of the team he/she left is completed.
- J. Student-athletes will return all school issued equipment to their coach immediately following the season on the date specified by the coach or Athletic Coordinator/Director, or immediately upon termination of membership. The same applies to uniforms. Student-athletes do not have the right to retain uniforms or jackets or other equipment simply because they declare it lost or stolen and are willing to pay for it. Any such equipment determined to be in the possession of a student-athlete will be reclaimed by the school district using the legal means at its disposal. Also a student-athlete will not be allowed to participate in the next season until equipment is returned or paid for. Student-athletes failing to return issued equipment may also face disciplinary action at the discretion of the Administration.
- K. Good Citizenship - Student-athletes must maintain a high degree of physical and mental fitness to perform to his/her highest capacity and performance potential. It is required therefore that athletes adhere to a self-imposed discipline and demonstrate the highest standards of both healthy and ethical behavior in their lifestyle.
- L. Information and/or images of inappropriate or illegal behavior posted on the Internet shall constitute a basis for discipline under this Code.
- M. **This Code of Conduct for Athletics shall apply to all student-athletes for the entire school year, from the date the Acknowledgement is signed, both in and out of a particular sport's season and on**

and off the field of competition.

V. PROCEDURES FOR REPORTING VIOLATIONS, ASSESSING PENALTIES & APPEALS PROCESS:

1. Making a report of an Athletic Code Violation is accomplished as follows:

A. Any individual or stakeholder may choose to report a violation orally or in writing to any of the following individuals:

- Building principal
- Director/Coordinator of Athletics
- Teachers
- Coaches
- Counselors
- Nurses
- Staff members

B. All employees who receive violation reports concerning student-athletes **must** report such allegations to the building administrator or Director/Coordinator of Athletics.

C. Investigations of Code Violations

- 1) Upon the receipt of credible information related to an alleged code violation, an investigation by the appropriate personnel should be initiated immediately to determine the nature of such allegations.
- 2) Anonymous information received related to an alleged violation of the athletic code will not be cause to initiate an investigation unless compelling evidence is provided in support of the allegation, or the allegation is of sufficient severity to warrant an investigation.
- 3) Any student athlete can at any time make a self-referral for a violation of the athletic code. This self-referral must be made prior to any investigation and must be made to the Athletic Director/Coordinator. The self-referral must be made prior to any investigation or reported allegations to the school authorities.
- 4) The Athletic Director/Coordinator shall notify any student-athlete suspected of violating this Code of Conduct of such allegations. The aforementioned personnel will interview the student-athlete(s) suspected of violating the Code as a step in the investigative process. The student-athlete and his/her parents shall be afforded an opportunity to meet with the Athletic Director and the coach, if necessary, to discuss such allegations.

D. Full cooperation during an investigation is expected from all student-athletes under the code. It is important for all student-athletes to understand that involvement in our athletic programs **is a privilege**. With the responsibility of being an athlete, comes a commitment to the conditions of this code of conduct. In the event a student-athlete comes under investigation for possible violations to the provisions of this code, it is expected that the student-athlete will be truthful and fully cooperative.

E. To the extent possible, Code violations shall be investigated within three (3) school days.

2. Assessment of Penalties:

A. Upon the finding of a violation, the Athletic Director/Coordinator will assign the appropriate consequences and/or remedies unless otherwise stated in this Code. If the student-athlete is suspended out of school for conduct which violates this Code, the Athletic Director/Coordinator will assign the appropriate penalty after the Principal or Superintendent sets the term of the out of school suspension.

B. The Athletic Director/Coordinator shall meet with the student-athlete and parent(s) to impose the consequence(s).

C. The parents of the student-athlete shall be notified of the consequence in writing.

3. Appeals Process for an Alleged Athletic Code Violation:

First: A student-athlete found to have violated this Code of Conduct by either the coach or the Athletic Director/Coordinator shall have the right to appeal the disciplinary decision to the Faculty Council. The Faculty Council will be made up of five (5) faculty members and/or coaches selected by the Principal. The Faculty Council shall not contain as a member any person involved in making the determination appealed from. The student-athlete must make such appeal within five (5) days of the initial decision. The decision of the Faculty Council shall be final unless appealed, in writing, to the Superintendent of Schools within five (5) calendar days of the date of the decision.

Second: The Superintendent of Schools shall receive all relevant documentation from the Faculty Council and the student-athlete. The Superintendent shall meet with the student-athlete if requested to do so. If no meeting is requested, the Superintendent shall render a decision on the documentation provided.

Third: The decision of the Superintendent may be appealed to the Board of Education by a written request filed with the Board within five (5) calendar days from the date of such decision. The Board shall receive all relevant documentation and may, in its sole discretion, permit the accused to appear before the Board at its next regular meeting or render its decision solely on the record.



VI. PENALTIES FOR ENGAGING IN PROHIBITED CONDUCT

The following are guidelines reflecting minimum penalties which may be imposed on student-athletes who participate in interscholastic athletics and who are found to have violated this Code of Conduct. These penalties shall not be construed as a promise or guarantee of any particular form of discipline, as the School District retains the right to impose discipline under this policy, which it deems appropriate under the individual circumstances of each case. These penalties shall be served in addition to any penalties assessed under the Ballston Spa Central School District's student discipline code of conduct.

- A. All game suspensions will be served during the athlete's current season of participation. In the event a student-athlete files an appeal of a penalty imposed as a result of a code violation, the game suspension will be **immediately served** upon imposition of the penalty, and/or during the appeals process. **(Please see Appeal Process V. #3.)** In addition, any penalty for conduct that leads to an out of school suspension will be served after the out of school suspension is complete.
- B. The District will not tolerate repeated violations of school rules. The District will not extend the privilege of participation in extracurricular activities to any student-athlete who agrees to accept this Code of Conduct and then repeatedly demonstrates disregard for its provisions.
- C. Just as there are varying degrees of violations, there are four **Classifications of Violations** as listed below:
 1. **Minor Violations:** Each coach shall be accountable for the establishment and explanation of all team rules at the start of each season. This will be done in concert with the review of this **Modified Sports Code of Conduct**. The coach is responsible for assessing penalties for violation of team rules and attendance issues. Such penalties may range from a verbal warning to expulsion from the team for repeat offenses. Coaches should practice progressive discipline, depending on the facts and circumstances. A coach's decision to remove a student-athlete from a team must be approved by the Athletic Director prior to the imposition of removal as a penalty. The coach must also notify parents of the imposition of any penalty, including the nature of the offense and the reason(s) for the action.
 2. **School Rule Violations:** Any student-athlete who has been assigned any of the following disciplinary actions will also suffer loss of athletic privileges as follows:
 - a. 5 assigned detentions (after school) => forfeit 1 game
 - b. 2 assigned days A.L.A. (In school detention) => forfeit 1 game
 - c. 1 assigned day of Out of School Suspension => forfeit 1 game
 - d. Conduct prohibited under Section II => possible season forfeit
 3. **Other Code Violations:** Any student-athlete found to have engaged in conduct prohibited under Section II might be suspended from competition for one contest, for a first offense. These offenses include, but are not limited to: possession and/or use of alcohol or tobacco; attendance at a party where alcohol is being served as specified in Section II; poor citizenship or violations of school rules such as theft, vandalism, or hazing.

VII. Support of the Student-Athlete in Interscholastic Athletics

Both parenting and coaching are extremely difficult roles. By establishing an understanding of each position, one can better accept the actions of the other and provide greater benefit to the child. As parents, when your child becomes involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

A. Communication you should expect from your child's coach:

1. Philosophy of the coach
2. Expectations the coach has for your child, as well as all of the players on the squad
3. Locations and times of all practices and contests
4. Coach's contact information
5. Team requirements {i.e., fees, rules, and special equipment}
6. Procedures should your child be injured during participation
7. Discipline that results in denial of your child's participation

B. Communication coaches expect from parents:

1. Concerns expressed directly to the coach (not play time, strategy, or other athletes- see below)
2. Notification of any schedule conflicts well in advance
3. Specific concern in regard to a coach's philosophy and/or expectations

As students become involved in the **Ballston Spa Interscholastic Athletic Program**, they will experience some of the most rewarding moments in their lives. It is important to understand that there also may be time when things do not go the way parents or student-athletes desire. At these times, discussion with the coach is encouraged.

C. Appropriate concerns to discuss with the coaches:

1. The treatment of your child, mentally and physically.
2. Ways to help your child improve
3. Concerns about your child's behavior.

It is very difficult to accept your child's not playing as much as you hope. Coaches are professionals. They make judgment decisions based on what they believe to be the best for all students involved. As you have seen from the list above, certain things can and should be discussed with your child's coach. Other things, such as the following, must be left to the discretion of the coach.

D. Issues not appropriate to discuss with coaches:

1. Playing time
2. Team strategy
3. Play calling
4. Other students/athletes

There are situations that may require a conference between the coach and the parent. These are encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.



E. Procedure to follow to discuss a concern with a coach:

- 1. Ballston Spa High School - 884-7150
- 2. Ballston Spa Middle School - 884-7200

If the coach cannot be reached, call Dave Sunkes, the Athletic Director. Mr. Sunkes will arrange the meeting for you. Please do not attempt to confront a coach before or after a contest or practice, as these can be emotional times for all concerned. If resolution is the goal, make an appointment to meet.

F. The next step:

What can a parent do if the meeting with the coach did not provide satisfactory resolution?

- 1. Call and set up an appointment with the Athletic Director. The parent/guardian, coach, and Athletic Director will meet to discuss the problem.
- 2. At this meeting, the appropriate next step can be determined.

Parents are encouraged to discuss issues and problems with the Athletic Director. However, if a parent has specific complaints regarding the coach, then the coach must have the opportunity to be present to meet with the parent.



New York State Requirement of Annual Physical Exams

In accordance with NYSPHSAA regulations, all students participating on athletic teams that engage in interschool competition must complete a physical examination and a health history update when required, and be approved for participation by the school physician. No student will be allowed to participate in try out sessions, practice, or competition until he/she has received medical clearance.

Physical examinations are provided to students by the school district at no cost to the student. Examinations are scheduled in June and August for the following school year and are valid for 12 continuous months. Unless the examination is conducted within 30 days of the start of the first tryout session/practice, a health history update is required.

You may choose to have the physical examination done by your own physician. If so, you must pick up the appropriate documentation from your child’s school nurse prior to the scheduled examination and return all completed documentation to your child’s school health office.

School examinations are conducted in the middle school and high school health offices. For further details, contact your child’s school nurse.

All athletes who are seen by a doctor must be released {signed statement} by that doctor in order to resume participation with their team. This release must be filed with the school nurse.

Risk Factor In Sports

Participation in sports involves a certain degree of risk for injury. Before going out for the team, we want you to be aware of the risk so you will be better able to reduce your chances for injury. Pre-season conditioning, learning the skills and techniques, and knowledge of rules and safety factors will enable you to have a healthy season.

Injuries/Insurance

It is extremely important to report any injury to your coach and/or athletic trainer immediately. Medical expenses resulting from any injury must first be submitted to your own insurance carrier and then any remaining balance can be submitted to the School Accident Insurance carrier. NOTE: THE SCHOOL ACCIDENT INSURANCE PROVIDES ONLY EXCESS COVERAGE ACCORING TO A FEE SCHEDULE. Contact your child’s school nurse for further details.

