



Gilbertsville-Mt. Upton
Interscholastic Athletic
Code of Conduct

For

Parents and Student-Athletes



Summer 2010

Gilbertsville-Mt. Upton CSD Interscholastic Athletic Code of Conduct

The mission of the G-MU Interscholastic Athletic Program is to foster the quest for excellence by creating an educational and competitive experience with an atmosphere of sportsmanship. We strive to develop and realize individual and team potential by promoting high standards of competence, character, civility and citizenship.

Each student athlete should become familiar with the information in the following pages. This information will be your blueprint for a successful season as a student-athlete.

Overview:

You have elected to participate in an athletic program at the interscholastic level. This program offers you a chance to grow and mature while enjoying the positive aspects of athletics.

Your desire to participate is a privilege, not a right. As a Student Athlete, you will need to meet these levels of responsibility.

1. Personal Responsibility:

A Student Athlete must strive to keep his/her body in the best possible physical health. By engaging in activities that interfere with this goal, you will be a less capable athlete and will diminish your experience in athletics. As part of this commitment, it is necessary for all tobacco products, illegal drugs, alcohol, any substance which may alter performance, such as steroids or caffeine concentrates as well as any inhalants that are not prescribed by a doctor **BE BANNED**. A student participant shall not use, consume, possess, buy, sell, or give away alcohol, tobacco, tobacco products, performance enhancing substances or any controlled drugs (other than those prescribed to the student by a physician) or illegal drugs. A student athlete shall not host or attend any unsupervised party where alcohol and/or drugs are present. An unsupervised party is considered to be a gathering where adults are not present and/or alcohol, tobacco or other drugs are present. If a student finds him or herself in such situation, that student is to leave immediately.

2. Responsibility to the team:

A student athlete weakens the team by not being in top shape, by not attending all practices and by not putting forth maximum effort.

3. Responsibility to the school:

Once a student puts on the uniform of the school or represents the school in athletic competition, the individual and the school are inseparable. Student athletes must conduct themselves in a manner that reflects positively upon themselves, the school, and the community.

A student athlete will learn a great deal about time management. You will learn to look ahead to prevent conflicts, to budget your time in order to balance the work load of school with the workload of athletics, and to gain an understanding of the importance of proper rest. Students who wish to participate in school-sponsored athletic activities are required to adhere to the following district policy and rules:

Athlete's Commitment:

I understand that participating in high school athletics gives me a special opportunity to develop not only my physical conditioning and athletic skill, but also character traits I need for success in life. I therefore commit to strive for the following during the upcoming season:

- To develop the skills necessary to participate competently in the sport.
- To demonstrate knowledge of the rules and conventions of the sport.
- To demonstrate knowledge and the strategies of the sport.
- To demonstrate a level of physical conditioning and fitness sufficient to participate competently in the sport.
- To demonstrate knowledge of healthy behaviors, including nutritional issues.
- To understand the necessity of abstaining from the use of alcohol, tobacco and other drugs in order to achieve the positive benefits of interscholastic athletics.

1. Eligibility requirements:

See School Handbook.

2. Attendance:

To be eligible to participate in a school sponsored athletic activity (practice, scrimmage, or game) on any given day, a student's attendance is mandatory for the entire schedule of the day, unless the student provides a written notice of a legal absence, upon arrival at school which is approved by the school attendance officer or administrator.

Student athletes may participate in after school athletics during the same day as college interview's/visits, a job interview or a physician's appointment providing a written note from the appropriate party is obtained and given to the administrator.

A student athlete may not participate in after school athletics (practice, game or scrimmage) during the same day as an absence due to illness.

If a student is absent from school because of suspension, or any illegal absence any part of the day on Friday, that student is ineligible to participate in school sponsored athletic activities that weekend.

In addition to the daily attendance requirements, a pattern of illegal absences and/or tardiness by a student could also be considered a violation of the district's attendance policy and result in disciplinary action.

Student athletes have made a commitment to the team; therefore they have the obligation to be in attendance for all team functions (practice, team competitions, pictures, etc.)

The attendance record of the student athlete will be one of the criteria used in deciding his or her playing time in that sport.

If student athletes must be late or miss a team function, they must be excused by the coach in advance of that day's practice/game.

3. Sportsmanship:

Students who wish to participate in school sponsored athletic activities are expected to adhere to the following sportsmanship guidelines:

- Student athletes know that participation must not be abused by any unsportsmanlike conduct.
- Student athletes at all times demonstrate self-control and respect for others, including coaches, officials/umpires, bus drivers, spectators, opponents and team mates.
- Student athletes understand that insubordination, disorderly conduct, foul language, inappropriate gestures or any form of mistreatment of other athletes, individuals, facilities or equipment or property will not be tolerated.
- Student athletes know that improper behavior while participating in a sport reflects poorly upon self, school and community.
- To strive to excel.
- To control anger and frustration and refrain from displays of temper and bad language.
- To accept losing and winning graciously, to congratulate opponents, not sulk, or display other negative behaviors.
- To practice good manners on and off the field.
- To actively support teammates and others.

All school rules are to be followed without exception. Student athletes must practice good social and behavior as citizens of the community. Student athletes must keep in mind that by participation in a sport, they represent the school district and the community. Any misconduct or illegal activity in the community which result in a misdemeanor or felony arrest, appearance tickets, prosecution, indictment or sentencing is considered to be inappropriate community behavior and subsequently, disciplinary action by the school district may occur. Legal or court proceedings or decisions do not need to be made before disciplinary consequences are enforced by the school district.

Letter of Intent and Participation

Once a student has signed a letter of intent to play on a team, student athletes must report to each practice and game unless excused in advance by the coach. Every student that joins a team is expected to complete the season. Once this letter of intent has been signed, quitting the team without the consent of the coach will end in suspension at the beginning of the next sports season in which that student wished to participate.

1. If you withdraw from a team after the first practice and before the second week of practice (with the consent of the coach) that will result in NO suspension.
2. A student athlete who withdraws after the start of the second week (without consent of the coach) will be ineligible to participate in any other sport during that same season and will be required to sit out the following sport season for the first two weeks of competition (games or scrimmages). This carries over from one school year to the next. These students will also forfeit any athletic awards that he/she may have been eligible for that season.
3. Exception for withdrawal after the first competition will be at the discretion of the Athletic Director, Coach, and school administrator.
4. A student who does not change clothes and participate in Physical Education classes shall not participate in any after school athletics that same day.

Medical/Insurance Parameters:

All injuries must be reported to the coach and/or athletic director immediately. Athletes should give the coach/Athletic Director all information so they can file the appropriate accident report.

Equipment and Uniforms:

Athletes are responsible for cleaning and maintaining uniforms, warm-ups and equipment during the sport season. If an item becomes damaged or lost, the coach must be notified immediately. All equipment and/or uniform obligations must be fulfilled before a student can participate in another activity. Missing or misused school equipment and/or uniforms will be changed to the individual responsible for it and full restitution will be required.

Equipment and uniforms issued to a player is to be used only for the purpose for which it is intended, either a practice or contest. No part of any uniform or warm-up is to be used for personal use, in PE class or any other way unless specific permission has been granted in advance by the coach/athletic director. No athletic awards will be granted until all uniform and/or equipment accounts are cleared.

Travel:

Student athletes are to travel to and from athletic contests at other schools in the vehicles provided by the G-MU school district. Transportation to and from practices scheduled at a time other than the normal after school practice time will be the responsibility of the student and parent. Transportation to school following out-of-town contests will be provided by the school. It is recommended that all students ride home with their teams after a contest. In the event that the parent/guardian wishes to transport their child home,

they must sign off on the form provided by the coach after the contest. **Unless special arrangements have been made with the high school principal, students may not travel home after a contest with another parent. Additionally, students may not transport themselves to or from a contest without special permission from the high school principal. These arrangements must be in writing and submitted to the principal on the morning of said contest.**

Guidelines for Play

The G-MU athletic program involves students from grades 7-12. The program supports teams from the modified to varsity levels. As such, there are differences in the level of play and the expectations for playing time for student athletes. The following guidelines are recommended for the different levels:

Modified Sports:

Per NYSPHSAA, modified programs are designed to promote interest in the sport. All athletes should be played in games to promote active interest among all participants. Equitable playing time is not only based on skills, but on attendance and participation in practices and games. Scores are not sent to the media as the competitive nature is not emphasized at this level.

Involvement in the modified program should provide the athlete with a solid foundation in the skills necessary in the sport. The program is designed to encourage active involvement by all players.

Junior Varsity Sports:

JV sports involve a greater degree of competition and stress refinement of the fundamental skills presented at the modified level. It is expected that at the JV level skills and strategies are continually being developed. Playing time may be different than at the modified level. Coaches are encouraged to provide equitable time to all athletes, yet it is also understood that starting players may play longer periods of time. Coaches will make every effort to get as many players in the game as possible.

Varsity level Sports:

The varsity level demands the highest level of skill. Athletes are expected to have a particular skill set upon entering this level and also expected to understand the game enough for the coach to incorporate many different team strategies. Athlete participation will vary. Starting players will often play a majority of the game with substitutions made upon appropriate determination of the coach. As this is the highest level of competition, and games may dictate substitution patterns, athletes need to be prepared for the fact that they may not get into all the games.

Cut policy:

Each sport will attempt to keep as many players as possible on each team. The following are guidelines used to assist coaches with the process of team cuts if necessary.

Modified – All students who go out for the sport will be kept, unless an exceptionally large number of students are out for a particular sport. The coach will consult with the athletic director and other coaches in the program to make the appropriate decisions.

JV and Varsity – Coaches will keep athletes based on need, experience and skill. Should cuts be necessary, a clear and objective method will be used. Student athletes and parents will be made aware of all information concerning the cut process before the season begins.

Health Examination

All athletes must have an athletic physical prior to beginning practice. Physicals are given at school. If your child misses these physicals, you are responsible for getting this physical before the student can begin practices. Students may not practice without their physical. Please contact the school nurse with any questions.

ALL ATHLETES MUST HAVE THEIR PAPERWORK SIGNED, HANDED IN AND THEIR PHYSICAL ON RECORD BEFORE THEY CAN PHYSICALLY PRACTICE. Athletes may attend practices, but these practices do not count if a student-athlete does not have their physical and/or paperwork completed and handed in.

Supervision

It is important that we are aware of which students are in the building and who is responsible for them in case of an emergency.

1. Athletes are expected to be at practice on time. If practice begins at a time that does not allow them to get home and back, arrangements must be made for supervision. AT NO TIME ARE STUDENTS TO BE LOITERING IN THE HALLS.
2. Sometimes circumstances beyond our control force last minute schedule changes. We will do everything in our power to minimize the number of times this happens. We appreciate your patience.
3. Please make contingency plans with your child in case of a change in the schedule. The opportunity will be given to athletes to make any necessary phone calls.

Practices

Most practices will be right after school. Other sports may have practices scheduled into the evening. Athletes are expected to have a place to go and work, study, or just relax. Again, AT NO TIME ARE STUDENTS TO BE LOITERING IN THE HALLS.

Sportsmanship

Spectator behavior at interscholastic contests continues to be a topic of interest to administrators and Boards of Education. Unacceptable behavior on the part of the spectators can only have a negative effect on the athletic program, but more importantly on the school district as a whole. Proper crowd behavior is a group effort. Also, please realize that officials make mistakes. They all come to our school intent on giving an honest and dedicated effort.

We expect proper conduct by our coaches and athletes. This is best supported by that same type of conduct from our fans. Please keep these guidelines and recommendations in mind when attending a G-MU athletic event:

1. Alcohol, tobacco or other drugs: Use or possession of these will not be tolerated. Anyone found to be in possession or under the influence will be subject to removal from the contest and referred to the appropriate authorities. Our campus is a tobacco-free campus. At no time should any adult of legal age be smoking on school grounds.
2. Supervision of younger students: Elementary-age students must be accompanied by a responsible adult. If these students choose to sit in the balcony, the responsible adult must accompany them.
3. Only supportive signs, gestures and cheers will be permitted. Please direct all energies to encouraging your team.
4. Show appreciation of good play by both teams.
5. Learn the rules of the game in order to be a more intelligent spectator.

Gilbertsville-Mt. Upton CSD Athletics
Interscholastic Athletic Eligibility Rules and Code of Conduct

Letter of Intent

I have read the Athletic Eligibility Rules and Code of Conduct and my signature below indicates my commitment to the Interscholastic Athletic program and willingness to abide by the Rules and Code. I understand the consequences should I violate the Rules or Code.

Sport

Student's Name – PRINTED

Student's Name – SIGNATURE

Date

I have read the Athletic Eligibility Rules and Code of Conduct and have discussed it with my child.

Parent Signature

THIS NEEDS TO BE SIGNED AND HANDED TO THE COACH BEFORE THE STUDENT IS ALLOWED TO BEGIN PRACTICES.

Sports Transportation Permission

_____ has my permission to stay after school for practice and games for the duration of the _____ season. In giving my permission, I understand that there will not be bus transportation home after games or practices.

Parent Signature

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Risk of Injury Statement

I have read the Risk of Injury Statement and acknowledge awareness of the various risks.

Parent Signature