

Northern Adirondack Central School

Athletic Code of Conduct



Revised Spring 2018

Northern Adirondack Central School

PHILOSOPHY

Representing Northern Adirondack Central School as a member of our interscholastic athletic program is a privilege, not a right. We are looking for student-athletes who are willing to make a commitment to our athletic program. We expect our athletes to be able to follow rules regarding alcohol, drugs and tobacco and to conduct themselves at all times in an honorable and respectful manner.

Participation in our interscholastic athletic program demands a commitment which involves sacrifice and dedication. Our student-athletes and parents/guardians should consider carefully the responsibility we require in terms of attendance, academics, drug/alcohol use and character before agreeing to our Code of Conduct.

The Code of Conduct is in effect during the athletic season in which the athlete is participating. The season is defined as beginning with the first day of practice and ending with the last contest in the sport including post-season play. It is assumed that our student-athletes understand this time frame even if the actual signing of the code occurs after the start of practice.

The following standards have been established in order to assure that Bobcat Athletics will continue to be a leader in the CVAC and Section VII. Please support our efforts to conduct the best interscholastic athletic program possible.

CODE OF ETHICS-NYSPHSAA, INC. (New York State Public High School Athletic Association)

1. To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
2. To eliminate all possibilities which tend to destroy the best values of the game.
3. To stress the values derived from playing the game fairly.
4. To show cordial courtesy to visiting teams and officials.
5. To establish a happy relationship between visitors and host.
6. To respect the integrity and judgment of the sports officials.
7. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
8. To encourage leadership, use of initiative and good judgment by players on the team.
9. To recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional wellbeing of the individual players.
10. To remember that an athletic contest is only a game-not a matter of life or death for player, coach, school, fan or community.

MODIFIED (Grades 7, 8 & 9)

This program is for Middle School students in 7th and 8th grade, with some sports including 9th graders. At this level the focus is on learning athletic skills and game

rules, fundamentals of team play, socio-emotional growth and healthy competition. An attempt will be made at the discretion of the coach to give playing opportunities over the course of the season. Contest participation may be impacted by academics, attendance, attitude and physical fitness.

JUNIOR VARSITY PROGRAMS

This program is mainly for 9th and 10th grade students. They will occupy the majority of the roster positions along with some Middle School students who have met the Athletic Placement Process.

At this level, a student is expected to have already developed a certain amount of necessary skill and knowledge of the sport. The student should be able to show a potential of developing into a varsity level performer.

Junior varsity programs strive to achieve a balance between team and player development. The outcome of the contest becomes a consideration at this level. At the discretion of the coach an attempt will be made to play all participants, however, equal playing time is never guaranteed nor is it required. With the goal of becoming a varsity athlete clearly in sight, a high level of dedication and commitment is expected at the junior varsity level.

VARSITY PROGRAMS

Varsity sports are the height of the interscholastic program. Team members are made up of mainly juniors and seniors. Occasionally a sophomore and infrequently a freshman may make a varsity squad, if they possess the physical development, athletic ability, and degree of social and emotional maturity that will be required at this level. It is rare, but possible, for a Middle School student to make a varsity team if they meet all the requirements of the Athletic Placement Process.

Team size is more limited at the varsity level. A coach may elect to get down to a number of players that will be needed to conduct meaningful and effective practices and be able to play the contests. Each team member should be informed of their role and its importance to team success. The roster positions available are often dependent upon the players' acceptance of their individual role in relation to the team's goals. Varsity teams play to win. Player participation for all team members is desirable, but never a guarantee at this level and left to the discretion of the coach.

ATHLETIC PLACEMENT PROCESS

Students in 7th or 8th grade who have exceptional athletic ability may try out for a high school sport if they meet the Athletic Placement Process and Standards that are set up by the State Education Department ([NYSPHSAA, INC](#) New York State Public High School Athletic Association). Students must follow protocol identified in the current Athletic Placement Process for interscholastic sports which can be found at our [NACS1.org](#) website. Students must also display an advanced degree of social and emotional maturity before they will be considered for a junior varsity or varsity tryout.

ATTENDANCE

Athletes must be in school in order to practice or play. A student-athlete who is too sick to be in school is too sick to play or practice. An athlete will be considered in attendance if entrance is prior to the end of first period and the athlete remains in attendance for the remainder of the day. Athletes attending morning CV-Tech are required to sign in prior to the start of 6th period. Missing school the day of or the day after a competition will result in non-participation in the next game. (Regularly scheduled doctor/dentist appointments, family emergencies approved by the athletic director or administration, or legally excused absences are exceptions). Students with 3 or more unexcused absences from practice may be subject to dismissal from the team.

ACADEMICS

Any student-athletes failing two or more subjects are ineligible for 2 weeks starting from the first day the ineligible list is sent to teachers and coaches (a total of 10 school days not including vacations). Following the two week period, eligibility status will be reviewed on a weekly basis. The student-athlete must attend practices and contests (sitting with the team in street clothes) during the ineligible period but may not compete in contests. Fall sports will be determined by final grades the previous year or successful completion of summer school.

PHYSICAL EDUCATION PARTICIPATION

We expect our student-athletes to participate in and be role models for our physical education classes. Participation does not take the place of the state mandated requirements for physical education. Failure to participate in P.E. activities will result in the student-athlete missing scheduled athletic contests. Any student medically excused from P.E. cannot participate in an extra curricular sport until cleared for P.E. by their physician.

IN SCHOOL SUSPENSION

Student-athletes that are placed on in school suspension for conduct unbecoming a representative of our program, will not be allowed to practice or compete in contests that evening.

USE OF ALCOHOL/DRUGS/TOBACCO PRODUCTS

The use of alcohol, drugs and tobacco products is strictly prohibited at all times. Their use or possession on or off the school grounds will not be tolerated. It is the intention of Northern Adirondack Central to offer athletes the opportunity to make responsible, well-informed choices with respect to one's health and personal

development. We intend to offer help to those student/athletes who exhibit a substance abuse problem.

PROCEDURES FOR REPORTING VIOLATIONS OF THE NAC CODE OF CONDUCT

- a. A school staff member, administrator, parent or community member who knows or believes that an athlete has violated the Northern Adirondack Code of Conduct should immediately report the alleged incident to the Director of Athletics.
- b. The athlete involved will be requested to explain the particulars of the alleged incident to the Director of Athletics/Administrator.
- c. Upon notification of the alleged incident, the Director of Athletics will verbally report the incident to the coach of the seasonal sport in which the student is participating.
- d. The athlete(s) may request his/her coach and/or parent(s) to be in attendance at the meeting described in (b) above.
- e. If an athlete has violated the Code of Conduct, the Director of Athletics/Administrator will record the violation in writing, including an explanation of the consequences that will occur as a result of the infraction, as a matter of record. The athlete will notify his/her parent/guardian(s). The parent/guardian will be required to contact the Director of Athletics to verify notification.
- f. The Director of Athletics/Administrator, upon investigation, may find it necessary to notify other coaches by letter or in person that additional athletes may have violated the contract by being involved in a reported incident.
- g. The Director of Athletics/Administrator will record in writing any incident that involves an investigation.

A. FIRST OFFENSE

Suspension from competing for 5 school weeks (See Student Handbook). Athletes that are captains will be removed from that position. Meetings with the school substance abuse counselor or an outside counselor are encouraged. Athletes are expected to practice during this time but cannot compete in or attend contests. Athletes are not eligible for post-season awards.

B. SECOND OFFENSE (IN SAME SCHOOL YEAR)

Suspension from participation for a 10 month period (equivalent of one school year).

*Infractions that occur near the end of a sports season will carry into the next sports season that you participate in.

DUE PROCESS

Due process is available to all participants. Any student-athlete who violates a provision of the Athletic Code of Conduct Rules is entitled to a hearing before the Athletic Review Committee (Building Principal, Director of Athletics and coach of the sport). A decision will be made within two school days following the hearing. The student has the right to appeal the decision to the Superintendent. During the process, the suspension/consequences will be in effect.

APPEAL OF VIOLATION

An athlete who wishes to appeal the decision of the Director of Athletics must notify the Director of Athletics, in writing, within two (2) school days after the meeting. The letter must indicate reasons why the student feels he/she did not violate the contract. Signatures of athlete and parent/guardian must also be included in the letter. An athlete who appeals may not participate in athletics during the appeal process. The entire hearing Board will convene to hear the appeal or, if this is not possible, a majority of the Board will hear the appeal. The hearing will take place no later than two (2) school days after the written appeal is received.

CONDUCT

Athletes are expected to conduct themselves at all times in a manner that reflects positively on their team, school and themselves. Stealing, cheating in an academic setting, and infractions of the student handbook not covered specifically in this code are examples. Violations under this section will be reviewed by a Discipline Committee consisting of the Building Principal and Director of Athletics to determine penalties. (The student-athlete and his/her parent(s) will attend this meeting. The coach will also be invited to attend this meeting).

EXPECTATIONS OF COACHES, STUDENT-ATHLETES AND PARENTS

COACHES CODE OF BEHAVIOR/ETHICS

It is the responsibility of the coach to:

1. Promote good sportsmanship, set a positive example while coaching.
2. Respect the integrity and judgment of the sports officials.
3. Approach competition as a healthy and constructive exercise, not as a life and death struggle that requires victory at any price.
4. Recognize that the participants in individual or team sports are young men and women with human frailties and limitations, who are capable of making mistakes.

5. Refrain from the use of crude or abusive language with players, opponents, officials or spectators.
6. Instruct the players in the elements of good sportsmanship, and remove players from the competition who demonstrate unsportsmanlike behavior.
7. Avoid behavior that will incite players, opponents or spectators.
8. Avoid and eliminate negative comments to radio, TV and newspaper reporters.
9. Remember that the use, abuse and resulting negative influence of drugs, including alcohol, tobacco and performance-enhancing supplements is detrimental to the game and its participants.

STUDENT-ATHLETE CODE OF BEHAVIOR/ETHICS

It is the responsibility of the athlete to:

1. Demonstrate self-control and respect for others at all times, be they officials, spectators or other athletes.
2. Remember that participation in athletics is a privilege that is not to be abused by unsportsmanlike conduct.
3. Deal with opponents with respect. Shake hands after the competition and congratulate them on their performance.
4. Respect the integrity and judgment of the officials.
5. Remember that improper behavior while in uniform in school or in our community reflects poorly upon yourself, your family, your team, your school and your community.
6. Understand and abide by the rules and regulations of the game.
7. Accept victory with grace and defeat with dignity and class.
8. **Remember that the use, abuse and resulting negative influence of drugs, including alcohol, tobacco, and performance-enhancing supplements are detrimental to the game and its participants. To participate in athletics at Northern Adirondack, there will be no use of these substances.**

PARENT/GUARDIAN/SPECTATOR CODE OF BEHAVIOR/ETHICS

It is the responsibility of the parent/guardian/spectator to:

1. Keep cheering positive. No profanity or degrading language/gestures.
2. Avoid actions which offend visiting teams or individual players.
3. Show appreciation of good play by both teams.
4. Learn the rules of the game in order to be a better-informed spectator.
5. Treat all visiting teams and spectators as guests and show respect.
6. Accept the judgment of coaches and officials.
7. Encourage all spectators to participate in the spirit of good sportsmanship.
8. Avoid the use, abuse and resulting negative influence of drugs, including alcohol and tobacco.

CHAIN OF COMMAND

1. Coach
2. Director of Athletics
3. Principal
4. Superintendent of Schools

COMMUNICATION TO EXPECT FROM THE COACH

1. Philosophy of the coach
2. Expectations the coach has for your child as well as all the players on the squad.
3. Locations and times of all practices and contests.
4. Team requirements, i.e., fees, special equipment, off-season equipment, etc...
5. Procedure should your child be injured during participation.
6. Discipline that results in the denial of your child's participation.

COMMUNICATION COACHES EXPECT FROM PARENTS

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concern in regard to a coach's philosophy and/or expectations.

It is very difficult to accept your child's not playing as much as you may 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, things such as those that follow must be left to the discretion of the coach.

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES

1. Playing time
2. Team strategy
3. Play calling
4. Other student-athletes

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

PROCEDURE TO FOLLOW TO DISCUSS A CONCERN WITH A COACH:

1. Call the Director of Athletics at 594-3962 to set up an appointment with the coach.
2. **Do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do no promote resolution.**

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

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

Parents/Guardians are encouraged to discuss issues and problems with the Director of Athletics/Administrator. However, if a parent/guardian has specific complaints

regarding a coach, then the coach must have the opportunity to be present to meet with the parent.

TRANSPORTATION

All student-athletes are expected to ride the bus to and from all athletic events. Written requests by parents/guardians to provide alternate transportation must be done by the morning of the contest. It is school policy for only team members and coaches to utilize school transportation to/from contests.

HEALTH AND MEDICAL

1. **WARNING:** Participation in athletics does involve some risks. Physical injury can occur in any type of sport activity. By volunteering to participate in a school sponsored athletic activity, a student and his/her parents/guardians acknowledge the potential risk for physical injury to occur.
2. Sports physicals are scheduled at various times during the school year. Every student-athlete must pass a physical prior to practice or participation in any interscholastic sport. The student is responsible for reporting to the physical examination at the scheduled time.
3. The athlete is to report all injuries, no matter how minor, to the coach. The athlete will report to the nurse's office by the following school day to complete an accident form.
4. Medical expenses resulting from any athletic injury must first be submitted to the parent/guardians insurance carrier. Any remaining balance may then be submitted to the school district's insurance carrier by processing a claim form through the District Office, 594-3962. The schools district's insurance provides only supplemental coverage according to a schedule of benefits.
5. A health history update, done by the school nurse, is required for each sport season of participation. Concussion (Impact) testing is required once every two years and may be required after a head injury at school or home as required by a physician or school's Chief Medical Officer. Further information relating to the District Concussion Policy may be found on the NACS District Website.
6. The school's Chief Medical Officer will make the final decision on return to play activity including physical education class and after school sports.

NAC reserves the right to preclude student-athletes from competition for medical reasons which might result in liability to the school district.

EQUIPMENT AND UNIFORMS

Equipment and uniforms issued to each athlete must be properly cared for and not abused. It is the responsibility of the athlete to return all equipment and uniforms in

good condition at the end of the season. The athlete must pay for items not returned or not returned in good condition. The athlete will not be allowed to participate in another sport and will not be issued another uniform or allowed to participate in any athletic awards ceremony until the matter is resolved.

QUITTING A TEAM

Athletes who quit a team will not be allowed to join another team in that sports season without Administrator's Review and Approval after meeting with the departing/receiving coach and Athletic Director. An athlete who quits a team in a disrespectful manner, unbecoming a representative of our program, will meet with the Building Principal, Director of Athletics and Coach before being allowed to represent our school in interscholastic athletics for the remainder of that school year.

INITIATION/HAZING

Hazing or initiation by students is prohibited by the Northern Adirondack Central School District. Violations of this section will result in suspension and/or possible removal from the team/club.

TEAM RULES

Team rules approved by the Athletic Director and presented to the team and parents at pre-season meetings will be in addition to this Code of Conduct.

Student athletes and parents/guardians will meet with the Athletic Director and coaches before each sports season to receive and review a copy of the Athletic code of Conduct and to sign the contract and parent consent form.

**NORTHERN ADIRONDACK CENTRAL SCHOOL
INTERSCHOLASTIC CODE OF CONDUCT CONTRACT
AND
PARENT CONSENT**

Student-Athlete Name (Please Print)

Grade

I, (the athlete) _____ have read the Athletic Code of Conduct and understand the expectations and responsibilities that go along with being a member of a Northern Adirondack Central School Athletic team. I understand the consequences that will occur if I do not follow the contract. I agree to follow the rules and regulations stated in the athletic contract as well as team rules presented by the coach.

Signature of Student-Athlete

Date

I, (the parent/guardian) _____ have read the Athletic Code of Conduct and I understand the rules and regulations that my child must follow. I have discussed the contract with my child, and the consequences that will occur if the contract is not upheld and I agree that my child will abide by the contract. By signing this form, I will be responsible for the actions of myself and of my child. I also understand that as an adult I am a role model for other individuals around me at sporting events and agree to conduct myself in a sportsmanlike manner at all times at both home and away events. I also understand that it is a privilege to watch my child participate in an athletic event and can be asked to remove myself from an event if I cannot abide by the expectations of the Northern Adirondack Central School District for Good Sportsmanship. Furthermore, I authorize the initiation of emergency medical treatment, if required, in my absence.

Parent/Guardian Signature

Parent/Guardian (Please Print)

Date