

# Lansing Central School District

## Athletic/ Extracurricular Code of Conduct and Handbook

Adopted: July 26, 2010  
Revised: November 26, 2012  
Revised: 2015  
Revised: 2021



## High School Potential Sports (based on participation)

<i>Fall Season</i>	<i>Winter Season</i>	<i>Spring Season</i>
V Boys' Cross Country	V & JV Girls' Basketball	V & JV Baseball
V Girls' Cross Country	V & JV Boys' Basketball	V & JV Softball
V Football	V B&G Bowling	V Girls' Track & Field
V Cheerleading	V & JV Cheerleading	V Boys' Track & Field
V & JV Boys' Soccer	V & JV Wrestling	V Boys' & Girls Golf
V & JV Girls' Soccer	V Girls' Track & Field	V Boys' Tennis
V Girls' Swim & Diving	V Boys' Track & Field	
V & JV Girls' Volleyball	V Boys' Swim & Diving	

## Modified "A" and "B" Sports

<i>Fall Season</i>	<i>Winter I Season</i>	<i>Winter II Season</i>	<i>Spring Season</i>
Football	Boys' Basketball	Girls' Basketball	Baseball
B Cross-Country	Girls' Volleyball	Wrestling	Softball
G Cross-Country		Boys Swim & Diving	B&G Track & Field
Girls Swim & Diving			
B&G Soccer			

# LANSING CENTRAL SCHOOL DISTRICT

HOME of the BOBCATS

## **Dear Families and Students:**

I would like to welcome you to the Lansing Central School district Interscholastic Athletic and Extracurricular Program. This handbook has been developed to explain the beliefs and procedures that are necessary to conduct safe and educational interscholastic and extracurricular programs.

Parents and student-athletes are encouraged to carefully read this handbook. This booklet contains important information, so please keep it as a reference tool throughout your athletic/extracurricular season. This handbook reflects the Lansing Central School District Student Handbook and Code of Conduct.

Students participating in extracurricular activities: Along with this booklet, you can access schedules and other information through the school's website [www.lcsd.k12.ny.us](http://www.lcsd.k12.ny.us).

Students participating in athletics: Along with this booklet, you can access team schedules and directions to other schools through the school's website [www.lcsd.k12.ny.us](http://www.lcsd.k12.ny.us) or the Section IV website [www.sectionivathletics.com](http://www.sectionivathletics.com).

Again, I wish all of the students the best of luck in the upcoming academic year, and I hope this booklet is a helpful reference with regards to your athletic program.

**Sincerely,**

Chris Pettograsso  
Superintendent

Katie Crandall  
Athletic Director

Patrick Hornbrook  
High School Principal

Brenda Zavaski  
Interim Middle School Principal

## **SUPREME COURT UPHOLDS CODES FOR ATHLETES**

Sport and athlete specific Athletic Codes of Conduct and drug testing have been upheld five times by the Supreme Court of the United States of America. That is referred to as a shutout! The basis for that support is due to the fact that in athletics we must insure the health and safety of those that partake in high level physical activities.

## **NEW YORK STATE EDUCATION UPHOLDS CODES FOR ATHLETES**

Secondly, in New York State, high school athletics is governed by the New York State Department of Education, with The New York State Public High School Athletic Association authorized to organize sports. In the year 2001 interscholastic athletics was referenced under the Educational Framework for Athletics, the learning standard written for Physical Education and Health, making these experiences educationally based.

## **DIGNITY FOR ALL STUDENTS ACT**

The Board of Education recognizes that learning environments that are safe and supportive can increase student attendance and improve academic achievement. A student's ability to learn and achieve high academic standards, and a school's ability to educate students, is compromised by incidents of discrimination or harassment, including but not limited to bullying, taunting and intimidation. Therefore, in accordance with the Dignity for All Students Act, Education Law, Article 2, the District will strive to create an environment free of discrimination and harassment and will foster civility in the schools to prevent and prohibit conduct which is inconsistent with the District's educational mission.

The District condemns and prohibits all forms of discrimination and harassment of students based on actual or perceived race, color, weight, national origin, ethnic group, religion, religious practice, disability, sexual orientation, gender (including gender identity and expression), or sex by school employees, volunteers, visitors, or students on school property and at school-sponsored activities and events that take place at locations off school property. In addition, any act of discrimination or harassment, outside of school sponsored events, which can reasonably be expected to materially and substantially disrupt the education process may be subject to discipline.

This Athletic/ Extracurricular Code of Conduct is an extension of our District Code of Conduct.

## **STUDENT-ATHLETE SECTION**

The basis for this code of conduct for athletes is in this domain and this statement:

### **Learning Standard 2 for Health, Physical Education and Family and Consumer Sciences:**

A safe and healthy environment, which calls for students to demonstrate personally and socially responsible behavior, to care and respect themselves and others, to recognize threats to the environment, and to demonstrate responsible personal and social behavior while engaged in physical activity.

EFA also links character development with educational goals and addresses the characteristics of the 4 C's, NY Character Educational Strategy.

The 4 C's were developed to help develop character through sport. Beyond the basic skills taught, it is our goal to develop the character of our youth through our athletic program:

### **Competence, Character, Civility, and Citizenship**

We know that less than 2% of high school athletes go on to play team sports at the college level. Therefore, we understand that high school athletics provide a unique opportunity for the development of not only physical conditioning and athletic skill, but also character traits essential for success in life. To that end, we challenge every athlete to strive for the following:

#### **Competence – *the necessary level of knowledge and skill to sufficiently train and compete.***

- To develop the skills necessary to participate competently in the game.
- To demonstrate knowledge of the rules and conventions of the game.
- To demonstrate knowledge of the strategies of the game.
- To demonstrate a level of physical conditioning and fitness sufficient to participate competently in the game.
- 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.

#### **Character - *the pattern of beliefs, attitudes and therefore behavior that relates to moral strength, constitution and essential qualities that embrace the positive values of Lansing Central School and the Community.***

- To be dependable in fulfilling obligations and commitments.
- To accept responsibility for consequences of actions and not to make excuses or blame others.
- To strive to excel.
- To be committed.
- To persevere, give 100% effort and not give up in the face of setbacks.
- To demonstrate truthfulness.
- To play by the rules of the game and not cheat.
- 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.

#### **Civility – *to demonstrate behavior that exemplifies appropriate respect and concern for others.***

- To practice good manners on and off the field.
- To refrain from trash talk and other put-downs of opponents and teammates.
- To treat all persons respectfully regardless of individual differences; to show respect for legitimate authority (e.g. Coaches Officials Captains).
- To be fair and treat others as one wishes to be treated.

- To listen to and try to understand others.
- To be compassionate and sensitive to others.
- To actively support teammates and others.

**Citizenship – *social responsibility as part of a ‘community.’***

- To be faithful to the ideals of the game including sportsmanship.
- To keep commitments to the team.
- To show team spirit, encourage others and contribute to good morale.
- To put the good of the team ahead of personal gain.
- To work well with teammates to achieve team goals.
- To accept responsibility to set a good example for teammates, younger athletes, fans and school community.

# LANSING CENTRAL SCHOOL DISTRICT

HOME of the BOBCATS

## PHILOSOPHY OF INTERSCHOLASTIC ATHLETICS/ EXTRACURRICULAR ACTIVITIES

The experience of participation in athletic contests and extracurricular activities should reflect the total educational goals of our school district. Our specific objectives:

- To develop an understanding and appreciation of the place which interscholastic sports and extracurricular activities occupy in American culture and by developing sound educational attitudes towards them.
- To serve as a focal point for the morale, spirit and loyalty of students by providing a common meeting ground and enthusiasm that is shared by all.
- To allow for the development of physical growth, mental alertness and emotional stability for all those who participate in athletics.
- To provide the opportunity for a student to learn to handle winning and losing and to make decisions that affect themselves and members of their team.
- To learn to develop through hard work and dedication a feeling of self-confidence and self-esteem in all participants.

Lansing Central School has developed an Athletic Code for students in grades 7 – 12 who wish to participate in interscholastic athletics. While we believe that this code is important to students, we also feel it is important that parents are aware of what we expect. It is understood that participation in athletics is a privilege not a right. When an athletic code violation is reported to either the athletic director or building principal parents will be notified. We ask that you read this and discuss it with your son or daughter. If you have questions about a specific section or about the intent of the code, we would be glad to discuss these with you.

While trying to require good citizenship and an adequate training program for our athletes, we recognize that the coach cannot, and should not; enforce all aspects of a training program. Many of these training suggestions, such as adequate rest and a balanced diet, must be the responsibility of the athlete and his or her parents.

Before a student will be allowed to participate on a team, the parents and the athlete must sign and return the accompanying card indicating that the code has been read and discussed. We encourage you to help your son or daughter live by the code. Let it be known that the extra-curricular handbook is in effect from the time that it is signed through the following school year.

# LANSING CENTRAL SCHOOL DISTRICT

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## PHILOSOPHY OF INTERSCHOLASTIC ATHLETICS MODIFIED “B” AND “A” PROGRAM PHILOSOPHY

The modified program of athletics at Lansing Central School District is governed by the NYSPHSAA, Section IV and the Interscholastic Athletic Conference (IAC) for seventh, eighth and Modified “A” athletes, ninth grade students. Sport activities, when possible, are determined by the existence of leagues, and their relationship to the high school program. At this level, the focus is on learning athletic skills, and game rules, fundamentals of team play, socio-emotional growth, physiologically appropriate demands on the adolescent body and healthy competition. At this level playing time is composed of “significant playing time”, but not equal playing time based on several factors including effort during practice, character on and off the playing field, academics, and number of participants involved. Lansing Central Schools are committed to providing an opportunity to participate and not “cut” players, but when deemed necessary will need to reduce players to create a reasonable roster to handle safely by a coach.

In order for the desired development of the adolescent athlete and team to occur, practice sessions are vital. Occasionally, practice or contests will be scheduled for Saturdays. Opportunities for meaningful contest participation for each team member will exist over the course of a season.

Exceptional seventh and eighth graders may be selectively classified to be placed at an appropriate level of competition for that athlete that excels in the athletic arena, and would need to play at an upper level to meet comparative athletic competition. The Selective Classification criterion was developed by the State Education Department, and the criteria must be met in order to play at an advanced level and permission must be acquired prior to the selective classification test being given. It is required for each sport in each year of participation. The process is as follows:

1. The coach of the sport must recommend the athlete to the parent to begin the process.
2. Parental permission given and documents signed.
3. Teachers’ information is added.
4. Guidance Counselor and School Principal need to fill in the appropriate information.
5. Physical acquired from a school designated physician.
6. Physical Fitness test administered.
7. Final approval by the Athletic Director.



# LANSING CENTRAL SCHOOL DISTRICT

## HOME of the BOBCATS PHILOSOPHY OF INTERSCHOLASTIC ATHLETICS JUNIOR VARSITY PROGRAM PHILOSOPHY

The junior varsity level is intended for those who display the potential of continued development into productive varsity performers. Team selection is based on a criteria set by the coaching staff and athletic department, and includes citizenship, academic progress, and athletic ability. Playing time is determined by the coach and not a right, but the Junior Varsity level is designed for the continued development of players, athletes will be given the opportunity to play when appropriate. At this level playing time is earned but not equal playing time based on several factors including effort during practice, character on and off the playing field, academics, and number of participants involved. Lansing Central Schools are committed to providing an opportunity to participate and not “cut” players, but when deemed necessary will need to reduce players to create a reasonable roster to handle safely by a coach.

At this level athletes are expected to have visibly committed themselves to the program, team, and continued self-development. To this end, increased emphasis is placed on physical conditioning, refinement of fundamental skills, elements and strategies of team play in addition to socio-emotional development. Junior Varsity programs work toward achieving a balance between continued team and player development and striving for victory. The outcome of the contest becomes a consideration at this level.

The realization that practice sessions are important is a premise that is vital to a successful junior varsity team player. For all team members, meaningful contest participation is subjective and becomes an issue based on ability, desire as well as citizenship in and outside of the playing surface. Participants at this level are preparing themselves for the next level of competition at the Varsity Level. A commitment by the individual is necessary at this level and responsibility to communicate with the coach lies with the athlete.

# LANSING CENTRAL SCHOOL DISTRICT

HOME of the BOBCATS

PHILOSOPHY OF INTERSCHOLASTIC ATHLETICS

VARSITY PROGRAM PHILOSOPHY

Varsity competition is the culmination of each sport's program. Normally, juniors and seniors make up the majority of the roster. Occasionally underclassmen have the ability to play at the varsity level and will be placed upon this level. Underclassmen that are placed at the higher level should be receiving "quality" minutes and should not be brought up to fill out rosters. Playing time is the decision of the Head Coach.

Squad size at the varsity level is limited. The number of participants on any given team is a function of those needed to conduct an effective and meaningful practice and to play the contest. It is vital that each team member has a role and is informed of its importance. The number of roster positions is relative to the students' acceptance of their individual roles in pursuit of the team's goals. While contest participation over the course of a season is desirable, a specified amount of playing time at the varsity level is never guaranteed. A sound attitude and advanced level of skill are prerequisites for a position on a varsity team, as is the realization that a varsity sport requires a six-day-a-week commitment. This commitment is often extended into vacation periods for all sport seasons. While contests and practices are rarely held on holidays and Sundays, the dedication and commitment needed to conduct a successful varsity program should be taken seriously. The varsity coach is the leader of that sport's program and determines the system of instruction and strategy for that program. The communication among the modified, junior varsity and varsity programs is the responsibility of the varsity coach. Preparing to win, striving for victory in each contest and working to reach the group's and individual's maximum potential are worthy goals of a varsity level team.

## CONDUCT AND EXPECTATIONS FOR STUDENT ATHLETES, COACHES, OTHER STUDENTS AND SPECTATORS

To be a member of a Lansing athletic team is a privilege, and each student-athlete should strive to perform to the best of his/her athletic and academic potential. All student-athletes should conduct themselves in a manner that reflects positively upon their school and promotes good health.

If a parent/guardian has a concern regarding his or her child, that concern should be addressed directly to that child's coach. The best form of communication is between the student-athlete and his or her coach. At times students may feel awkward speaking to the coach directly. In those cases the parent/guardian should set up an appointment to speak with the coach. If the concern has not been addressed or needs to be further discussed an appointment can be made to speak to the varsity head coach, who is the leader of that sport, and the team's coach regarding the concern. The next step in this process if not resolved is to set up a meeting with the Athletic Director and the coach. Issues such as playing time are only discussed with the coach. Only topics concerning your child will be discussed. **At no time will we discuss matters that concern someone else's child.**

We expect a great deal from everyone involved in our athletic program. We also believe the best way to resolve problems or concerns is through direct communication. When problems are discussed directly, all parties usually have a better understanding of the situation, and a constructive outcome is then accomplished.

### SPORTSMANSHIP/FAIR PLAY

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. Sportsmanship is of major importance and highly emphasized at Lansing. In all sports, coaches rate their opponents' sportsmanship at every contest. The Sportsmanship rating includes that of the opposing coach, players and spectators. Season team averages will determine winners in each league, conference or division. Officials are the proper authorities to make decisions regarding rules and their interpretation; these decisions should be accepted. Each coach in every league, and non-league contest also gives officials a rating. Spectators, student-athletes and coaches must recognize that their conduct plays an important role in establishing the reputation of their school and that their positive actions can relate directly to the success of their teams. On the other hand, student-athletes and coaches who exhibit unacceptable behavior (including profane and abusive language) toward officials can be ejected from the contest and must sit out the next scheduled contest. Spectators who exhibit unacceptable behavior will be required to leave the contest. ***Please remember that spectators play an important role at contests and their rating is a major contributor in team sportsmanship awards.***

## **ATHLETIC CODE OF ETHICS**

It is the duty of all concerned with High School Athletics:

To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.

To eliminate all possibilities which tend to destroy the best values of the game.

To stress the values derived from playing the game fairly.

To show cordial courtesy to visiting teams and officials.

To establish a happy relationship between visitors and hosts.

To respect the integrity and judgment of sport officials.

To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.

To encourage leadership, use of initiative, and good judgment by the players on the team.

To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual players.

## **SPECTATOR CODE OF CONDUCT\***

Spectators are an important part of the game and shall at all times comply with accepted standards of good sportsmanship and behavior.

Spectators shall at all times respect officials, coaches and players and extend all courtesies to them.

Wholesome cheering is encouraged.

Stamping of feet, taunting, foul and abusive language, inflammatory remarks, and disrespectful signs and behavior are not acceptable.

Spectator noisemakers or sound devices are prohibited.

Spectators shall observe and obey the rules and regulations of the school concerning use of tobacco products, food and soft drink consumption, use of lavatory facilities and parking of cars.

New York State Law prohibits alcoholic beverages and illegal drugs of any kind on school property; the law further prohibits any person under the influence of alcohol and/or drugs to be on school property.

Spectators shall respect and obey all school officials, supervisors, and police at all athletic contests.

***\*Violators of this Code are subject to eviction from the area, and other sanctions as indicated in the District Code of Conduct. Refer to Caregiver Code of Conduct (last page).***

## **COACH CODE OF CONDUCT\***

### **Coaches must:**

Provide a physically and emotionally safe environment for practices and competition.

Exemplify honesty, integrity, fair play, and sportsmanship regardless of the impact that might have upon the outcome of the competition.

Maintain a professional demeanor in their relationships with athletes, officials, colleagues, administrators and the public and treat them with respect and dignity, including use of appropriate language.

Maintain confidentiality when appropriate and avoid situations that would potentially create a conflict of interest or exploit the athlete.

Maintain a commitment to the education of their athletes and should encourage academic achievement.

Maintain a commitment to the safety and well-being of each athlete and promote healthy lifestyles by their actions. In addition, providing proper supervision at all times will ensure safety at all times.

Discourage and prohibit the use of performance enhancing substances and dietary supplements.

Prohibit the use of any illegal or recreational drugs.

Educate athletes about nutrition, safe and healthy weight loss or gain, and healthy eating behaviors.

Follow current safe training and conditioning techniques.

Exhibit sound injury and risk management practices.

Demonstrate an understanding of growth and developmental stages of their athletes.

Encourage athletes to adopt a physically active lifestyle.

Place the athlete's needs and interests before their own.

Remember that competition should be healthy and enjoyable for all.

## **GETTING READY TO PLAY/ PARTICIPATE/ PERFORM**

### **MEDICAL CLEARANCE - ATHLETICS**

The high school physician conducts physical examinations for sports in June for the following school year's athletic teams and prior to the start of each athletic season. Students are also permitted to receive his or her physical from your own physician provided that the physician completes the school district's athletic physical form.

Physicals dated after June 1st will be good for the following school year.

### **COACH'S MEETING - ATHLETICS**

Prior to the start of each sports season, coaches will meet with their athletes to distribute important information and forms that must be completed prior to the first practice session. These forms are: The **EMERGENCY CONTACT CARD**, (vital information of contact numbers for coaches) and a Parent/Guardian **PERMISSION FORM** (which allows a student to participate in athletics with the approval of parent/guardian.)

### **ATTEND PRACTICE SESSIONS**

Student-athletes are expected to attend all scheduled practice sessions and games unless excused by the coach in conjunction with the parent. The importance of practice is clearly stated in the Philosophy portion of this handbook. Unexcused or illegal absence may result in exclusion from participation in the next game.

### **WEIGHT CERTIFICATION (Wrestling only)**

All students participating in the sport of Wrestling at the high school level must be certified at a minimum weight at the beginning of this sports season. Since unhealthy weight loss procedures have continued over the years, the New York State Public High School Athletic Association's governing board has approved the Wrestling Minimum Weight Certification Program. Medical concerns for the wrestlers and the success of other State Association programs to determine minimum wrestling weight have resulted in all New York State high school wrestlers beginning in November, 1997 to participate in this program.

Accurate determination of minimum wrestling weight from urinalysis (specific gravity to determine state of hydration) and skinfold measures (determine percent body fat) is important to

provide each wrestler with information regarding a healthy body weight for wrestling. Percent body fat and the individual's body weight can be used to determine a Wrestler's minimum weight at 7% body fat. Because dehydration, a common procedure used by wrestlers to obtain weight loss, will affect the accuracy of determination of minimal weight for wrestlers, urinalysis will be completed prior to skin fold measurements. With dehydration the specific gravity level of the urine will increase. If tested above a specific gravity level dehydration is present, the athlete will need to be tested at another time when hydrated. In all cases, the health and safety of each individual wrestler is of prime importance with emphasis on nutrition and proper hydration.

### **STATE GUIDELINES - ATHLETICS**

Student-athletes must meet the requirements established by the New York State Public High School Athletic Association.

# ACADEMICS

## Academic Eligibility for Lansing Student Athlete/ Extracurricular Participant

### Athletic Eligibility

Lansing's professional staff and parents believe that active student participation in extracurricular activities is vital to the total development of a well-rounded individual. In keeping with tradition, we will continue to encourage student involvement, emphasizing the honor and privilege of representing Lansing Central School District.

The eligibility criteria that follows is intended to motivate students to fulfill high standards of attendance, self-discipline, and academics; they are not punitive, and they should not discourage any student from active participation in the school's extracurricular program. To achieve these ends, the policy will be administered in a firm, fair and consistent manner.

### Academics

**Students failing two (2) subjects at each five week report -- will be placed on the student improvement list.** These students will be allowed to attend practice and play in contests as long as the student attends academic study hall with the teacher/teachers he/she is failing with. Student's failing two classes will attend both teachers' academic study halls at least once a week. The student must continue to show an effort to improve their grades while attending academic study hall. **The students will be obligated to turn in a blue card at the week's end. The card will have the signature of teacher and student that shows the student stayed after school. If the card is not turned into the athletic office the student will be placed on the restricted list.**

**Students failing three (3) or more subjects at each five week report (including the marking period report) will be declared ineligible and placed on the restricted list for two weeks.** The week will run from Monday to Monday. If restricted on a Monday it will carry through the weekend. Students may not attend or participate in any contest/performance for 2 weeks. **After 2 weeks if the student has lowered the number of failures to 2 or lower they will be able to return to the team/group and start the 2 failure protocol. Students failing 3 or more subjects** will attend academic study hall on a daily basis with each of the teachers for all possible days of the week and be expected to turn in a signed blue card. If a student, after the two week period is still at 3 or more they will be restricted for the rest of the 5 week period; restricted from being present/participating in any contest/performance. Students may not drop courses in order to achieve immediate eligibility.



## CONSEQUENCE MATRIX

	1 <sup>st</sup> 5 Weeks 5 Week Report	2 <sup>nd</sup> 5 Weeks End of marking period	3 <sup>rd</sup> and consecutive 5 weeks
<b>Failing 2 Classes</b>	Confidential Verbal Warning Academic SH with both teachers at least once a week	Confidential Verbal Warning Academic SH with both teachers at least once a week	Confidential Verbal Warning Academic SH with both teachers at least once a week
Consequence	Fully Eligible to participate	Fully Eligible to participate	Fully Eligible to participate

	1 <sup>st</sup> 5 Weeks 5 Week Report	2 <sup>nd</sup> 5 Weeks End of marking period	3 <sup>rd</sup> and consecutive 5 weeks
<b>Failing 3 or more classes</b>	Extra-curricular Ineligible Academic SH with those teachers that they are failing for the entire week, all five weeks	Extra-curricular Ineligible Academic SH with those teachers that they are failing for the entire week, all five weeks	Extra-curricular Ineligible Academic SH with those teachers that they are failing for the entire week, all five weeks
Consequence	Practice only, no games or activities for two weeks.	Practice only, no games or activities for two weeks.	Practice only, no games or activities for two weeks.

## **ATTENDANCE**

The following daily attendance policy applies to students involved in all extracurricular activities/ interscholastic sports:

1. Students are expected to be in school for the start of first period in order to practice/ rehearse or compete/ participate in a contest that day. Students who are tardy to school will be given a warning for their first offense, a detention for their second offense, and will be restricted from participation for that day for their third offense. This is cumulative for each season only.
2. Students who sign out may not come back later for practice/ rehearsal or a contest/ performance without the approval of the principal or athletic director.
3. Legal excuses will be accepted with approval from the building administrator.
4. Tardy will be defined as arriving anytime within the first 20 minutes or within the first half of the class on shortened days of the student's first scheduled class.
5. Absent will be defined as arriving anytime after the first 20 minutes of after half of the class on shortened days of the student's first scheduled class.

## **SELECTION CLASSIFICATION**

The Selection Classification program is a process for screening student athletes to determine their readiness to compete in interscholastic athletic competition by evaluating their physical maturity, fitness and skill. The intent of this program is to provide for student-athletes in grades 7 through 12 to safely participate at an appropriate level of competition based upon readiness rather than age and grade. This program has been designed to assess a student-athlete's physical maturation, physical fitness and skill, so the student-athlete may be placed at a level of competition which should result in increased opportunity, a fairer competitive environment, reduced injury and greater personal satisfaction.

The head coach in each sport, in consultation with the student-athlete's physical education teacher and coach, recommends individuals to be selectively classified. In addition to the criteria mentioned, the socio-emotional maturity of each student-athlete is carefully assessed especially in situations where student-athletes are attempting to participate on an advanced level.

Please see the selection classification application on the next page.

**LANSING CENTRAL SCHOOL DISTRICT**  
**HOME of the BOBCATS**  
**APPLICATION FOR SELECTIVE CLASSIFICATION**

Student Name \_\_\_\_\_

Date of Application \_\_\_\_\_

Date of Birth \_\_\_\_\_

Present Grade     7       8

Sport \_\_\_\_\_

Referring Coach \_\_\_\_\_

To qualify, the student must have demonstrated not only academic progress commensurate with his/her potential, but also have exhibited an appropriate social and emotional maturity in order to successfully meet the challenge of athletic acceleration.

***The following will be filled out by school personnel***  
**ACADEMIC PROFILE GRADE SIX THROUGH EIGHT**

<b>ACADEMIC GRADE</b>	<b>GRADE 6</b>	<b>GRADE 7</b>	<b>GRADE 8</b>
<b>ENGLISH</b>			
<b>MATHEMATICS</b>			
<b>SOCIAL STUDIES</b>			
<b>SCIENCE</b>			
<b>LANGUAGE</b>			
<b>PHYSICAL EDUCATION</b>			
<b>TECHNOLOGY</b>			
<b>OTHER</b>			

Please circle the best response:

Attitude toward school work	Excellent	Good	Satisfactory	Poor
Punctuality	Excellent	Good	Satisfactory	Poor
Attendance	Excellent	Good	Satisfactory	Poor
Sensitive to the needs of others	Excellent	Good	Satisfactory	Poor
Communicates well with others	Excellent	Good	Satisfactory	Poor
Controls self in stress situations	Excellent	Good	Satisfactory	Poor
Demonstrates leadership skills	Excellent	Good	Satisfactory	Poor

Recommendations

Counselor \_\_\_\_\_ YES NO Date \_\_\_\_\_

Principal \_\_\_\_\_ YES NO Date \_\_\_\_\_

Physical Education Teacher \_\_\_\_\_ YES NO Date \_\_\_\_\_

## **CHANGING SPORTS - ATHLETICS**

It is important that the student-athlete try to go out for the right sport, particularly at the Junior Varsity and Varsity levels. A student-athlete may not change from one sport to another once a team has been selected, without permission of the Athletic Director. If he or she has been cut from one team it is legitimate to try out for another, if that squad has not been chosen. If an athlete would like to try out for a team that has made cuts, playing time may be significantly altered, and in some cases limited playing time given.

## **EQUIPMENT - ATHLETICS**

Athletic equipment becomes more costly each year. It is the responsibility of the student-athlete to return to the coach all clothing and equipment issued in the condition that represents normal wear and tear. If clothing or equipment is modified or damaged beyond such normal wear and tear, student-athletes will be responsible for associated replacement costs. Students will not receive equipment for the upcoming season until past obligations have been settled.

## **TRANSPORTATION – ATHLETICS/ EXTRACURRICULAR**

Students will be transported to and from school sponsored activities by school-authorized vehicles only. An athlete may ride home with a parent following a contest, pending a signed release to the parent in front of the coach. The Athletic Director/Building Administrator must approve transportation requests for a student who is not the child of the parent driving one day in advance. A signed parent note with a phone contact must be approved one day prior to the request.

**Note:** The Lansing Central School District strongly encourages athletes to ride with their teams, unless imperative reasons necessitate differently.

## **FAMILY VACATIONS - ATHLETICS/ EXTRACURRICULAR**

Family vacations are important for the maintenance of good family ties, but students are also important to their team. Parents and students should make every effort to avoid conflicts between family vacations and scheduled games and practices. It must also be understood that the time missed by the student can affect team/ group chemistry and personal conditioning. Coaches/directors shall make every effort to inform parents and student-athletes of the season's schedule as far in advance as possible.

## **SCHOOL SANCTIONED PROGRAMS/TRIPS - ATHLETICS/ EXTRACURRICULAR**

The athletic/ extracurricular programs support school sanctioned programs and trips, but also realizes that students who choose to participate in such a program may miss substantial amounts of practice/ rehearsal time that affects personal conditioning and team/ group chemistry. Coaches, directors, parents and students have a responsibility to each other to plan and communicate well in advance of each season when considering participation in school-sanctioned programs/trips. This consideration of the team/ group and its ultimate success is an integral part of being a reliable team/ group member.

## **QUITTING A TEAM - ATHLETICS**

Any athlete who quits a team will not be permitted to be a member of any other athletic team until he/she meets with the Athletic Director. A player should notify the coach of his/her intention to leave the team. Failure to personally notify a coach of one's intention may result in the suspension of part or all of his/her next sport season.

## CONCUSSION POLICY

It must be noted any policy is only as good as the degree to which all parties succeed in meeting their related responsibilities. Specifically, student-athletes must accurately report an injury that occurs either in school or away from school and related symptoms to parents, teachers, coaches, school nurse and the athletic trainer. Parents must appropriately report injuries to the school nurse, and supervise post-traumatic recovery. Coaches must follow appropriate guidelines that are outlined as part of the district policy, and report all head related injuries to the school nurse.

Concussion has been defined by the Committee of Head Injury Nomenclature of the Congress of Neurological Surgeons as “a clinical syndrome characterized by immediate and transient post-traumatic impairment of neural functions, such as alteration of consciousness, disturbance of vision, equilibrium, etc., due to brain stem involvement.” Proper grading of the severity of the injury is necessary to establish a protocol for deciding when to allow an athlete to return to the athlete’s sport. This approach to concussions will minimize the risk of further complications.

### **What is a concussion?**

A concussion is a brain injury that is caused by a sudden blow to the head or to the body. The blow shakes the brain inside the skull, which temporarily prevents the brain from working normally.

Some people have obvious symptoms of a concussion (such as passing out or feeling lightheaded), while others do not. With rest, most people fully recover from concussions within a few hours to a few weeks.

On rare occasions, concussions cause more serious problems. Repeated concussions or a severe concussion may require surgery or lead to long-lasting problems with movement, learning, or speaking. Because of the small chance of permanent brain problems, it is important to contact a doctor if you or someone you know has symptoms of a concussion.

### **What causes a concussion?**

Your brain is a soft organ that is surrounded by spinal fluid and protected by your hard skull. Normally, the fluid around your brain acts like a cushion that keeps your brain from banging into your skull. But if your head or your body is hit unexpectedly hard, your brain can suddenly crash into your skull and temporarily stop working normally.

There are many ways to get a concussion. Some common ways include fights, falls, playground injuries, car crashes, and bike accidents. Concussions can also happen while participating in rough or high-speed sports such as football, boxing, hockey, soccer, skiing, or snowboarding.

## **What are the symptoms?**

It is not always easy to know if someone has a concussion. Not everyone who has a concussion passes out. A person who might have a concussion should immediately stop any kind of activity or sport. Becoming active again before the brain returns to normal functioning increases the person's risk of having a more serious brain injury.

Symptoms of a concussion range from mild to severe and can last for hours, days, weeks, or even months. If you notice any symptoms of a concussion, contact your doctor.

Symptoms of a concussion include:

- Passing out.
- Not being able to remember what happened after the injury.
- Acting confused, asking the same question over and over, slurring words, or not being able to concentrate.
- Feeling lightheaded, seeing "stars," having blurry vision, or experiencing ringing in the ears.
- Not being able to stand or walk; or having coordination and balance problems.
- Feeling nauseous or throwing up.

Sometimes it can be hard to tell if a small child has a concussion. If your child has had a head injury, call your doctor for advice on what to do.

Occasionally a person who has a more serious concussion develops new symptoms over time and feels worse than he or she did before the injury. This is called post-concussive syndrome. If you have symptoms of post-concussive syndrome, call your doctor. Symptoms of post-concussive syndrome include:

- Changes in your ability to think, concentrate, or remember.
- Headaches or blurry vision.
- Changes in your sleep patterns, such as not being able to sleep or sleeping all the time.
- Changes in your personality such as becoming angry or anxious for no clear reason.
- Lack of interest in your usual activities.
- Changes in your sex drive.
- Dizziness, lightheadedness, or unsteadiness that makes standing or walking difficult.

## **How is a concussion diagnosed?**

If a doctor thinks that you have a concussion, he or she will ask questions about the injury. The doctor may also ask you simple questions such as "What day is it?" to see if your brain is working normally. Then the doctor will check your strength, balance, coordination, reflexes, and sensation. Sometimes a doctor will order imaging tests such as a CT scan or a MRI to make sure your brain is not bruised or bleeding.



## **How is it treated?**

Initial treatment for a concussion is to watch a person closely for any changes in behavior or for any new symptoms. Some people have to stay in the hospital to be watched while others can go home safely.

If the concussion happened during a sports event, be sure to see a doctor before returning to play.

If you have any swelling on your scalp, your doctor may recommend using cold packs to reduce the swelling. He or she may also prescribe a pain medicine or recommend a pain medicine that you can buy without a prescription, such as acetaminophen (for example, Tylenol) or ibuprofen (for example, Advil or Motrin).

At home, rest is the best way to recover from a concussion. Get plenty of sleep at night and take it easy during the day. To prevent a second brain injury, avoid alcohol, illegal drugs, and any activities that could lead to another head injury for a few days or even a few weeks. Your doctor may also tell you not to drive or swim for a while.

Some people feel normal again in a few hours while others have symptoms for weeks or months. It is very important to allow yourself time to get better and to slowly return to your regular activities. It is also important to call your doctor if you are not improving as expected or if you think that you are getting worse instead of better.

At No time should you take Brain Trauma lightly and always seek medical attention prior to returning to activities.

## LANSING SCHOOL DISTRICT DRUG AND ALCOHOL REGULATION

### TRAINING RULES AND REGULATIONS

Our message to Student Athletes is loud and clear and should be understood by all Stakeholders:

**There will be “NO POSSESSION OR USE” of alcohol, tobacco products, marijuana, controlled substances, or any illicit substances as indicated below.**

A student is considered an athlete and/ or member of an extracurricular activity as soon as he or she begins practice/ rehearsal with his or her first interscholastic sports team or group. The student has the responsibility to observe these rules from that time through graduation. This means that this regulation is in effect all year long including summers.

The possession or use of alcohol by anyone under the age of 21 years of age is against New York State law.

Marijuana and all classified street drugs and controlled substances are illegal for all and punishable by criminal arrest and prosecution.

Prescription drug possession or use of, without a medical authorization is against the law and punishable by criminal arrest and prosecution.

Possession and use of tobacco products by student athletes shall be a violation because of the well-known health risks associated with use and the detrimental effect on physical performance.

- Abide by the rules and regulations explained in the Student Handbook and the District Code of Conduct.
- Attend all practice/ rehearsal sessions, meetings, and games/ performances unless excused by the coach/ director prior to the session.
- Keep all equipment, locker, performance, and team areas clean and in good care.
- Follow the instructions of the coach/ director.
- Treat officials/ volunteers with respect and courtesy and accept their decisions as final.
- Ride the bus to all contests/ performances. Return home on the bus unless a parent signs a transportation release form.
- Demonstrate, on and off the field/ stage, a positive and supportive attitude.
- Refrain from possessing and/or using alcohol, tobacco products and illegal drugs during their sports career at Lansing.

When an athlete fails to follow these rules, the athlete will meet with the athletic director, the coach/ director and possibly the principal. Following this meeting the student may be restricted from athletic/ extracurricular participation. The specific restrictions and the reasons behind the restrictions will be explained in a letter sent to parents/ guardians.

## **CONSEQUENCES - ATHLETICS/ EXTRACURRICULARS**

### **First Offense**

The first student offense in any given year – 7,8, 9, 10, 11 or 12 for tobacco use, drinking an alcoholic beverage, and using drugs or facsimiles (we consider the taking of any foreign substance to enhance performance, cut weight, or add muscle bulk a form of drug use) as well as possession of tobacco, alcohol and drugs or drug paraphernalia, will result in the student-athlete's dismissal from athletic competition/ extracurricular activities for one-third (1/3) of the regularly scheduled season contests. If the students' season runs out or he/she quits the team before the suspension is complete, the remaining percentage will be served in the students next athletic/ extracurricular season.

During the suspension it is expected that the athlete is to be present at all contests/ performances with the team/ group (not in uniform/ costume/ etc). Due to safety and conditioning reasons, suspended students are allowed to practice.

### **Student Responsibility**

If a student is forthcoming about his/her involvement when in violation of the training rules then consequences may be reduced as much as 1/2 of the suspension penalty and be rounded up, in addition to a *community service project*. The coach/ director, parent/guardian, student, athletic director and Principal must all agree to such an arrangement.

### **Community Service Project**

The community service project may include a research paper, a presentation to a school group or a special project that would directly benefit the school and or athletic department. The student under the supervision of the athletic director/ director and with the involvement of the parents will complete this project within a reasonable time frame. The student will remain suspended until the project is complete. The time spent on this project will be at least 10 hours in length. Outside agencies such as The Alcohol, Drug Treatment and Prevention Center may be used as a resource and can oversee projects such as research papers and/or presentations to a school community group.

### **Second Offense**

A second offense of the policy will result in a sixty (60) school day suspension from any participation. This violation may occur any time from when the student has begun athletic competition/ performance through completion of graduation.

### **Third Offense and Beyond**

Any additional violations will result in removal of the individual from participation for the remainder of the student's career.

If the violation were to occur on school grounds, the student would be responsible for both the athletic/ extracurricular policy and the district code of conduct.

If suspension from contests or practices cannot be fulfilled during the sport/ extracurricular season, it will be carried over into the next sport/ extracurricular season in which the student chooses to participate.

### **PARTIES/PRESENCE AT PARTIES (IN THE PRESENCE OF)**

If a student attends a party/gathering, where alcohol or drugs are being illegally dispensed, the student must leave the party/gathering immediately\* (LEAVING MEANS LEAVING IMMEDIATELY \*) and report their attendance to a coach/ director or administrator before the end of the next school day. Because possession and use of alcohol or drugs by youth under age 21, is against NY State law, it is our intent to prevent any community youth from being in an environment which greatly increases the risk of use, danger and nearly all youth negative behaviors of concern.

### **DIVERSION PROGRAM**

In addition to the suspension penalty, any student who violates regulations for drug or alcohol use may be recommended to participate in a Substance Abuse Diversion Program developed by the District after an initial interview by the substance abuse counselor. Such a program could include anything ranging from one or two meetings with the counselor to an intensive program delivered by an outside agency. Failure to participate may result in continued suspension until this requirement is met.

### **INELIGIBILITY FOR AWARDS**

A student who violates training/ practice/ rehearsal rules may be ineligible for all awards for that sport/ extracurricular season. Also, students that leave a team/ group before the end of a season may not be eligible for awards. The ineligibility does not apply to an out of season violation, which allows a student to complete a season.

### **PARENTAL RESPONSIBILITY**

We expect the parents to assist the school district in helping students make good choices and in the enforcement of training rules and reporting of such violations.

### **UNSPORTSMANLIKE CONDUCT AND FLAGRANT FOULS - ATHLETICS**

Students must abide by the rules set forth in the Section IV Misconduct policy as follows:

Any member of a squad ruled out of a contest for unsportsmanlike conduct or a flagrant foul shall not participate in that sport in the next scheduled contest. Disqualification from one season carries over to the next season of participation. A second offense during the same season will result in the athlete being banned from participation for the remainder of that season. Any member of the squad who strikes, shoves, kicks or makes other physical contact with the intent to do so to an official shall be expelled from the game immediately and banned from further participation in all sports for one year from the date of the offense.

## **HAZING/BULLYING POLICY - ATHLETICS/ EXTRACURRICULARS**

The school district recognizes that hazing/bullying is abusive behavior that harms victims and negatively impacts the school culture by creating an environment of fear, distrust, intimidation and intolerance. The school district is committed to providing an educational environment that promotes respect, dignity and equality and that is free from all forms of hazing/bullying. Hazing means committing an act against another individual, or coercing a student into committing an act that creates a risk of emotional, physical, or psychological harm to a person, in order to be initiated or affiliated with an organization, or for any other purpose. Depending on the offense, penalties range for each offense from detention to in-school or out of school suspension coupled with suspension to dismissal from the student's athletic team. See the District Code of Conduct for more information regarding hazing and bullying.

## **CYBER IMAGE POLICY - ATHLETICS/ EXTRACURRICULARS**

Any identifiable image, photo or video which implicates a student-athlete to have been in possession or presence of drugs or portrays actual use, or out of character behavior or crime, shall be confirmation of a violation of the code. Since there is no way to establish a timeframe for when or location of where the image was taken, it shall be a responsibility that the student-athlete must assume. It must also be noted that there may be persons, who would attempt to implicate a student, by taking such images, to place them in a situation where they might be in violation of this code standard. This is our rationale for demanding that our students not place themselves in such environments. See the District Code of Conduct for more information regarding hazing and bullying.

## **WELLNESS AND SAFETY - ATHLETICS/ EXTRACURRICULARS**

### **INJURIES**

It is the student's responsibility to immediately report to his or her coach/ director any personal injury. The coach and student will then complete an accident report, and submit this form to the school nurse. If a student has been removed from a practice/ rehearsal or contest/ performance because of an injury requiring medical attention, the student cannot return to practice or competition without a physician's release.

### **INSURANCE**

Parents/ guardians will receive school insurance forms from the nurse's office after the coach/ director or designee has filed an incident/accident report. Parents/ guardians must submit accident claim forms to their insurance company as well as the school's insurance company. The school's claim form must be submitted within 90 days from the date of the injury. For more information, please contact the school nurse or administrator.

## **CORPORAL PUNISHMENT**

Corporal punishment is any act of physical force upon a student for the purpose of punishing that student. Corporal punishment of any student by any district staff is strictly forbidden. However, in situations where alternative procedures and methods that do not involve the use of physical force cannot reasonably be used, reasonable physical force may be used to:

1. Protect oneself, another student, teacher, or any person from physical injury.
2. Protect the property of Lansing Central School or others.
3. Restrain or remove a student whose behavior interferes with the orderly exercise and performance of Lansing Central School functions, powers, and duties, if that student has refused to refrain from further disruptive acts.

The district will file all complaints about the use of corporal punishment with the Commissioner of Education in accordance with commissioner's regulations.

## **RESPONSIBILITY FOR MATERIALS CONTAINED IN THE HANDBOOK**

Parents/ guardians and students are responsible for knowing and understanding the policies and procedures contained in this handbook. Student participation on any athletic team/ extracurricular group implies that the student and their parents/ guardians have knowledge and understanding of this handbook. It is available in the main office, on the school website, and from each coach/ director. Parents/ guardians and students must sign the acknowledgement card that is part of the permission paperwork required before participating.

## **DISCRETION AND INTERPRETATION OF HANDBOOK**

The building Principal has authority to waive aspects of the regulations in this handbook or make any changes in special cases where it is determined that circumstances require such action, if such action complies with New York State Education Law, and does not deviate from the intended purpose of the regulations.