

CO-61

Ichabod Crane Central School District



ATHLETIC DEPARTMENT

HANDBOOK FOR STUDENT-ATHLETES

“Home of the Riders”

Ichabod Crane Central School
Valatie, NY 12184

Parents of Ichabod Crane Athletes:

The Ichabod Crane Athletic Department is very excited to inform you of a new technological innovation available for your use. This innovation will enhance the lines of communication by providing up-to-date schedules, current weather conditions, directions to away events, and change notification services available through a professional web site link. It is easily accessible and available at your convenience.

The use of this technology will provide the latest changes that may occur due to inclement weather conditions. Understanding the unpredictable northeast weather during the school year, unforeseeable schedule changes will need to occur due to these conditions. To receive the most up to date cancellations and necessary information regarding a team or a particular game, you may log on the Web site at www.viewmyschedule.com. This professional service is connected to the ICC Athletic Department's management database that is updated as changes occur.

Providing this technological vehicle of pertinent scheduling information on an immediate basis will alleviate assumption, phone calls, and unwarranted stress. The athletic department believes you will find this service helpful, and a tremendous asset when planning to attend Ichabod Crane interscholastic athletic events.

Sincerely,

Paul Thompson
Director of Athletics

Ichabod Crane Central School
Athletic Department

Handbook for Student-Athletes

INTRODUCTION

The establishment of this athletic handbook is a reflection of the school district concern for safety, well being, and conduct of its athletes. The rules and regulation that are contained in this athletic handbook are in the athletes' best interests.

The athletic program at Ichabod Crane Central School is founded on the principle that the playing field is indeed an extension of the classroom, and the athletic experience contributes to the growth of mind, body, and spirit. The cornerstones of the "Riders" tradition were laid generations ago by some of the community's most respected student athletes, many of whom continue to reside in the community and/or are involved in the athletic program as supportive parents, coaches, and sports' boosters. While the names change from year to year, the principles they embodied remain the same – dedication and desire, cooperation and compassion, and the importance of working collectively toward a common goal. These are just some of the ideas that echo across the Ichabod Crane playing fields and gymnasiums.

The creation of such rules necessarily carries the responsibility for enforcement. Such enforcement requires cooperation between the school and the home. Together we can work toward our mutual concerns of reducing the risks and possible penalties that could occur if the provisions of this handbook and the Athletic Code of Conduct are not followed.

Your child has expressed a desire to participate in our interscholastic athletics program. Participation on an Ichabod Crane athletic team is a privilege, which should elicit great pride in both the student-athlete and his/her family. It is also an acceptance of responsibility, which requires an extra commitment from those who wear the royal blue and white and represent their teammates, coaches, school, family, and community. Standards of behavior are necessarily high, and a personal commitment to meet these standards is a condition for being a member of one of our teams.

Consistent with these standards, and as a continuing condition of participation, student athletes are required to meet behavioral and academic standards, and sign a statement of personal commitment. The student-athlete's signature, along with that of his/her parents or guardian, indicates that both parties recognize, understand, and accept this responsibility, and agree to adhere to the basic concepts of good school and community citizenship, proper training regulations, and those positive behaviors with which every athlete should be identified.

Please read and review this handbook, which governs our interscholastic programs, with your child. If you have any questions regarding the conditions for participation in our interscholastic athletic program, please contact your child's coach.

MODIFIED AND INTERSCHOLASTIC ATHLETIC PROGRAM PHILOSOPHY

Our modified and interscholastic program offers students in grades 7-12 participation in a variety of sports. The purpose of these athletic programs is to provide competitive opportunities so that all student-athletes may further develop their personal, academic, and athletic abilities. Student-athletes will strive to achieve their goals while learning and practicing the ideals of effective teamwork and sportsmanship in a positive atmosphere.

Our philosophy is that athletics should be a broadening experience in which harmony of mind and body is created through striving for physical and mental excellence. A well-coordinated program is vitally important to the morale of the school and our community.

Everyone involved in the delivery of athletics possesses a unique opportunity to teach positive life skills and values. Desire, dedication, self-discipline, and responsibility need to be developed in order to ensure the commitment and personal sacrifice required by athletes. Making such a commitment helps nurture integrity, pride, loyalty, and overall character. The final outcome is a better citizenry carrying these values throughout life.

A. Objectives of the Interscholastic Program

Student-athletes will be placed in an appropriate level of competition based upon each individual's sport specific knowledge and skill level. At each level of competition, specific objectives will be emphasized. The following information is a breakdown of the different competitive levels offered in the interscholastic program and the focus of emphasis at each level.

1. Modified Level

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

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

2. Junior Varsity Level

This is an intermediate competitive level that serves as a bridge between the modified and varsity levels of competition. The objectives of this level are:

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

3. Varsity Level

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

- a. To place emphasis on highly skilled competition
- b. To base participation upon the demonstrated performance of an individual in sport-specific skills and abilities
- c. To field competitive and successful teams at the league and sectional level of competition.

4. Dual Competition

Student –athletes will not be allowed to participate in more than one sport at any given time. Exceptions will be made for sectional competition that carries over from one season to the beginning of the next (i.e., fall-winter; winter spring).

B. Roles and Expectations

High School sports bring people together. Coaches, parents, students, and fans play integral roles in supporting our philosophy of providing a quality competitive experience for our student-athletes. The following identifies the role and expectations of these groups in relation to our interscholastic athletic program.

1. The Coach

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

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

Our coaches are responsible for providing the opportunity and leadership for the student-athlete to compete in an athletic environment that fosters sportsmanship and fair play. The coaches understand that the academic pursuit of the student should be enhanced by athletic participation. The following guidelines serve as benchmarks for the conduct of coaches, and will be reflected in the Athletic Code of Conduct.

Coaches will:

- a. Build a personal and team philosophy based upon the values expressed in the Interscholastic Athletic Program Philosophy statement
- b. Strive to enlarge their technical knowledge and develop wisdom and competency in all areas of the profession
- c. Enhance and protect the physical and mental well being of their student-athletes
- d. Teach student-athletes to respect self, teammates, opponents, and officials
- e. Strive to instill in players a desire to know and live by the spirit of the rules of the school, team, and sports.
- f. Help create an atmosphere of friendly competition wherein sportsmanship and honor transcends victory or defeat
- g. Cooperate with administrators, faculty, and other coaches in maintaining and improving the educational quality of our school
- h. Encourage the highest standards of academic achievement among all student-athletes.

2. Parents

The parents of our student-athletes are recognized as a valuable asset to our athletic programs. Through their academic, emotional, and moral support, parents shall assist our coaching staff in teaching student-athletes the value of responsibility and commitment as it relates to our program objectives.

Through their attendance and conduct at contests, parents shall demonstrate their support for their child and his/her team by exhibiting good sportsmanship towards opponents, coaches, and contest officials, as identified by the Section II Code of Conduct for Spectators.

3. ICC Students and Spectators

Our student body and the fans of our programs within the community provide moral support for our student-athletes and teams through their attendance at contests, and by their adherence to and demonstration of appropriate behavioral conduct as identified by the Section II Code of Conduct for Spectators.

CODE OF ETHICS

It is the duty of all concerned with 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 courtesy to visiting teams and officials
- To establish a cordial relationship between visitors and hosts
- To achieve a thorough understanding and acceptance of the rules of the game and 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 physical, mental, moral, social, and emotional well being of the individual players
- To remember that an athletic contest is only a game - not a matter of life and death for player, coach, school official, fan, or community.

NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION SECTION 2 SPORTSMANSHIP POLICY

Learn and understand the rules of your sport. Play hard, play to win, but play fair.

Do not allow your temper to distract you from the fundamentals of good sportsmanship.

Respect your opponents. Never taunt. Congratulate him/her at game's end.

Respect the integrity and judgement of officials.

Be a positive example to your school, teammates, and opponents.

A player who is disqualified from a contest for unsportsmanship-like behavior by an official is prohibited from playing in the next regularly scheduled athletic contest.

A player who strikes or otherwise physically assaults an official will be subject to an extended suspension from athletic competition. A physical confrontation with an official is any incident in which a player either strikes, bumps, or otherwise physically intimidates an official prior to, during, or after a contest.

SECTION 2/PATROON CONFERENCE CODE OF CONDUCT FOR SPECTATORS

Spectators are an important part of the games and are encouraged to conform to accepted standards of good sportsmanship and behavior.

Spectators should at all times respect officials, opposing coaches, players, and cheerleaders as guests in the community.

Enthusiastic cheering for one's team is encouraged.

Booing, whistling, stamping of feet, and disrespectful remarks shall be avoided.

Ringling of bells, sounding of horns, or other noisemakers are strictly prohibited.

Pep bands are only permitted to play during time outs or between periods in a way that does not interfere with a cheerleading squad on the floor.

Throwing of any objects or debris from the stands is dangerous and strictly prohibited.

During a free throw in basketball, all courtesies should be extended.

Spectators should encourage each other to observe courteous behavior.

Spectators will observe the rules of the home school concerning tobacco use, food and drink consumption, littering, parking procedures, and re-entry to the game.

Any spectator who displays poor sportsmanship may be requested to leave and be denied admission to future contests.

Parent/Coach Relationship

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

Communication you should expect from your child's coach:

Philosophy of the coach.

1. Expectations the coach has for your child, as well as all of the players on the squad.

2. Locations and time of all practices and contests.
3. Team requirements (ie., fees, rules, special equipment).
4. Procedures should your child be injured during participation.
5. Discipline that results in 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.

As your children become involved in the Ihabod Crane Interscholastic Athletic Program, they will experience some of the most rewarding moments in their lives. It is important to understand that there also may be time when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged.

Appropriate concerns to discuss with the coaches:

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

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

Issues not appropriate to discuss with coaches:

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

There 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 other's 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:

Parents are encouraged to call the coach to set up a meeting to discuss any concerns or issues that they may have. The coaches can be reached by calling the numbers below:

1. Ichabod Crane High School - 758-7577
2. Ichabod Crane Middle School - 758-7676

If the coach cannot be reached, call the Athletic Director (758-2799) who will arrange the meeting.

Please 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 not promote resolution.

The next step:

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

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

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

SPORTS PHYSICALS

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

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

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

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

All athletes who are seen by a doctor must be released (signed statement) by that doctor in order to participate with their team. This release must be filed with the school nurse.

Risk Factor In Sports

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

Injuries/Insurance

It is extremely important to report any and all injuries, regardless of severity, to your coach and/or athletic trainer immediately. The coach or trainer will then file an accident report with the Administrator in charge of the program. Medical expenses resulting from any documented injury must first be submitted to your own insurance carrier. Any remaining balance can then be submitted to the District's school accident insurance carrier. Filing a report of injury with the District will cause the school accident insurer to contact the family directly.

NOTE: THE SCHOOL ACCIDENT INSURANCE PROVIDES FOR USUAL AND CUSTOMARY FEES AND IS SECONDARY TO ALL INSURANCES THAT THE FAMILY MAY HAVE TO COVER THE STUDENT. In the event that there is no other insurance coverage in force, the student accident coverage will cover usual and customary charges for services without a deductible.

SELECTION CLASSIFICATION

Ichabod Crane participates in the New York State Education Department approved program that can provide the opportunity for seventh and eighth grade students to participate on varsity, junior varsity, and freshman teams. This program has been designed for the EXCEPTIONAL FEW in each school who would be served by playing on a higher level team than age and grade might indicate. It is expected there will be very few participating under this program. Information must be collected and evaluated by the Athletic Director before a student may try out for a team. Selection into this process is initiated by the coaching staff, physical education staff, and/or athletic administrators. Considerations that must be met include:

1. Parental permission

2. Medical examination and approval by the school physician with the developmental and maturity level determined by the school physician in accordance with established guidelines for the level of a particular sport.
3. The six-item athletic performance test must be administered by the Athletic Director. The athlete must meet or exceed the criteria established for the level of participation desired. Students who do not meet the criteria during the test may have an opportunity to try one more time.
4. The individual's prior experience and skill level is judged on the demands of the sport at the level of play at which the student is endeavoring to quality.

NOTE: See your physical education teacher for physical fitness criteria.

Issuance of School Clothing and Equipment

It is the responsibility of the athlete to return to the coach all clothing and equipment issued to that student. Failure to do this will result in the athlete paying for the missing articles. Athletes not paying for the missing articles will forfeit their eligibility for any certificate, pin, or letter, and may not participate in the next sport season. A list of all violators will be sent to the Athletic Director and forwarded to the building principal involved.

Washing Instructions for All Uniforms

1. Use a liquid soap - do **not** use powder soap
2. Wash in cold water
3. Hang to dry - do **not** put in a dryer
4. Do **not** dry clean!

Tobacco Policy

To comply with Federal and State law and to acknowledge the dangers of smoking, particularly in an environment where children are present, the Ichabod Crane Board of Education prohibits the use of tobacco in all school facilities, on all school grounds, and in any vehicle on school ground.

Ref: NY Public Health Law 1399-n; 1399-o 108 STAT 124. P.L./103-277 Section 1042. This policy became effective December 29, 1994.

Physical Education Class Participation

If a student/athlete does not participate in his/her physical education class, he/she may **not** participate in any practice and/or game on that date. Repeated offenses will result in an Athletic Director's review.

Athletic Department

Interscholastic Athletic Teams Offered at Ichabod Crane

SPORT	VARSITY	JUNIOR VARSITY	MODIFIED
Baseball - Boys	X	X	X
Basketball - Boys	X	X	X
Basketball - Girls	X	X	X
Bowling - Co-ed	X		
Cheerleading - Girls	X		
Cross Country - Boys	X		X
Cross Country - Girls	X		X
Field Hockey - Girls	X	X	X
Football - Boys	X	X	
Golf - Co-ed	X		
Indoor Track - Boys	X		
Indoor Track - Girls	X		
Soccer - Boys	X	X	X
Soccer - Girls	X	X	X
Softball - Girls	X	X	X
Swimming - Boys	X		
Swimming - Girls	X		
Tennis - Boys	X	X	
Tennis - Girls	X	X	
Track - Boys	X		X
Track - Girls	X		X
Volleyball - Boys	X	X	
Volleyball - Girls	X	X	
Wrestling - Boys	X		X
TOTALS	24 teams	12 teams	12 teams

Ichabod Crane Central School District

IMPORTANT PHONE NUMBERS

Paul Thompson, Athletic Director	Office 758-2799 Email: pthomps@ichabodcrane.org
High School Office	758-7577
Middle School Office	758-7676
Top Form (Trainer)	477-2700
Rescue Squad	Dial 911
IMPORTANT WEB SITES	
ICC District	www.ichabodcrane.org
Schedules	www.viewmyschedule.com
New York State	www.nysphsaa.org
Section 2	www.section2athletics.org