

Frontier Central
School District

Regulations for Athletes



4432 Bay View Road
Hamburg, NY 14075
926-1704

Frontier Central High School

Regulations For Athletes

The conduct of an athlete is closely observed in the community. The conduct of an athlete is a reflection of the total educational institution that he/she represents. All student athletes are subject to the Code of Conduct for all students as presented in the Student Handbook. Any suspendable offense in the student handbook will result in not participating in contests, or the disciplinary measures deemed appropriate after consultation with the coach, Athletic Director and Principal. It is important that the athlete's behavior be above reproach in all of the following areas, but not limited exclusively to them:

ON THE FIELD- In the area of athletic competition, an athlete shall not use profanity or illegal tactics. He/She shall be gracious in defeat and modest in victory. He/She will exhibit Good Sportsmanship at all times.

IN THE CLASSROOM- A good athlete becomes a good student. If he/she is lazy in class; he/she will be lazy on the practice field or floor and never reach full potential. Plan to study to ensure acceptable grades.

In addition, an athlete should show respect for other students and faculty at all times. Horseplay and disrespect are **not** acceptable.

IN SCHOOL- The way athletes act and look in school is of great importance. Athletes should be leaders and fellow students should respect and follow them.

- 1. Bonafide - Student** Students participating in the Interscholastic Athletic Program must be a bona fide student as defined in the New York State Public High School Athletic Association's Handbook and-
 - a. register for school and appear in that school's Official Attendance Register;
 - b. enroll in and actually carries at least four (4) subjects including Physical Education;
 - c. is in regular attendance for at least 90% of the school calendar year and is not habitually tardy to school or class as defined in the attendance regulations.

Note: (1) Foreign exchange students and BOCES students also are classified bona fide students for purposes of athletic eligibility providing they are not postgraduates.

(2) Absences due to personal illness or other extenuating circumstances may be waived by the Regulations Committee (Assistant Superintendent for Instruction, Principal, Director of Health, Physical Education, and Recreation).

- 2. Medical -** As stated in the eligibility standards, NYSPHSAA mandates that all athletes have a physical prior to trying out for a school sport. Frontier Central District Department of Athletics requires that all Frontier Central athletes must have a **sport physical** by one of our Board approved medical personnel or the student's private medical

provider. A physical must be done annually and is valid for twelve months. All students examined more than thirty days prior to the beginning of the sport season must complete a health update form. Sign-ups for sports, physicals and other related forms are available throughout the school year and during August in the health offices.

Parent Permission: Each student must have a parent's written permission to participate in an interscholastic activity on forms provided by the school before he/she can be scheduled for a physical. This same form must also have the health history completed including current medications. **Emergency Cards**, available from the nurse after all necessary paperwork is completed, must be completed including a parent's signature and returned to the coach on the first day of tryouts. No student will be able to practice without a physical and completion of all paperwork.

Students whose vision is less than 20/40 may need vision correction and/or protection to participate in his/her sport. It is the responsibility of the parent to ensure glasses are safe for sports and that proper eyewear is with the student for participation. As with all medications for chronic medical conditions, students on prescriptions for asthma, diabetes, anaphylaxis, or to improve attention span should be sure to take their medications as directed. Inhalers, Epi-Pens and glucagon are permitted to be with the student with proper authorization and paperwork completed and on file with the nurse. This paperwork is available from the nurse.

a. If an athlete is injured or has had an illness and sees a physician, the school physician or nurse practitioner must approve the athlete to return to play. The school physician or nurse practitioner's signature should appear on all Return to Play forms indicating approval and any other recommendations. He/She may authorize the school nurse to use these forms with his/her signature.

3. **Parent - Permission** Each student must have written permission on file from either his/her parent or guardian on forms provided by the school before he/she can participate in an interscholastic activity.
4. **Selection -** The selection of an interscholastic team is the responsibility and prerogative of the Head Coach. He/She shall also determine lineup, playing time, and responsibility of team members, and if necessary, will consult with the members of his staff in the discharge of duties.
5. **Attendance -** Participating students are required to attend practice and regularly scheduled games unless excused by the Head Coach.
 - a. A student who finds it necessary to be excused for any valid reason must see the coach ahead of time, if possible;
 - b. A student who is absent from school may not participate in a practice or a game unless specifically authorized in writing by the Building Principal or his designee;
 - c. A student must be in attendance at school by 10:00 A.M. in order to be eligible to practice, or participate in a contest that school day.
 - d. A student is to be on time for his/her practices and games; chronic

lateness will not be tolerated.

- e. If a student is absent the day before a scheduled game on a non-school day, he/she is not eligible to participate in that game unless the absence was due to illness or any other extenuating circumstance approved by the Athletic Director, or his designee.

Legitimate excuses, of course, are accepted and extraordinary circumstances can arise at any time. Practice is most crucial to success, so every player must be there to work and learn.

6. **Chemical - Free Rules** A student is **NOT AT ANY TIME**:
- a. to use, or possess tobacco, alcohol, e-cigarette, vapors and/or drugs. *drugs defined for the purpose of this policy include any illegal substance, any legal drug misused, and dietary supplements that enhance performance, endurance, increases competitive edge, suppresses the appetite, or causes the body to sweat and/or loose fluids.
 - b. to buy, sell, barter, or distribute tobacco, alcohol e-cigarette, vapor and/or drugs.
 - c. knowingly attend or knowingly remain at gatherings where any of the activities listed in “a.” and “b.” above are being conducted. Nor will participants engage in behavior which promotes or condones activities listed in “a.” and “b.” above, such as serving as a designated driver in order to allow others to participate in illegal activities, or promoting gatherings where activities listed in “a.” and “b.” above will be conducted.

Penalties: 1st Violation

- Student shall be suspended for a minimum of 1/3 of competitions. (Suspension may be carried into the next season in which the athlete participates.)
- Student shall practice with team during suspension period. Student shall not dress for games, but must attend. Student athlete will be under the direct supervision of the coach during contests.
- Students shall enter a school-approved awareness program before re-entering competition.
- Student shall lose any leadership role held, e.g. captaincy, etc.
- Student shall forfeit any post-season awards other than a varsity letter for completion of the season (where applicable).
- Student and parent(s) shall have a conference with Athletic Director, and coach before re-entering competition.

2nd Violation

Student shall be suspended from sports for an entire year.

3rd Violation

Student shall be suspended from sports for his/her career.

Appeals Process:

Student/parent(s) may appeal to the assistant superintendent of instruction or his/her

designee within three (3) days of the decision of the Athletic Director.

7. **Conduct - Behavior** A student shall not be insubordinate, disorderly, or uncooperative and shall **not** use profanity. A student whose general conduct in or out of school endangers the safety, morals, health, and welfare of the students will be subject to disciplinary action. Depending on the severity of the infraction, penalties may include:
1. removal from title of captain / co-captain;
 2. warning to the athlete;
 3. counseling and parental notification by the coach;
 4. suspension for one game;
 5. suspension for sports season.

Theft or destruction of any school or individual's equipment or property will not be tolerated.

- Penalties:
- a. **First Offense-** The individual will be suspended from the squad pending further notice. At the end of the period, following counseling by the head coach and Director of Athletics, a decision regarding further competition will be made. Parental notification will be made by the coach.
 - b. **Second Offense-** Suspension for a period of time to be determined by the Director of Athletics and coach after considering the relevant facts and circumstances. Such suspension may include all interscholastic sports for the remainder of the school year.
8. **Hazing -** Hazing in any form, including initiation, which is degrading, is strictly forbidden by NYS law. No student-athlete shall conspire to engage in hazing, participate in hazing, or commit any act that causes or is likely to cause bodily danger, physical harm, personal degradation or disgrace, resulting in physical or mental harm to any fellow student or other persons. It is understood that hazing of any kind is not allowed in athletics. It is further understood that we have a duty to report any acts of hazing that we see or know of to a coach or administrator and participation in or failure to report any hazing will result in a disciplinary review and possible suspension and dismissal from the athletic team or program
9. **Transportation-**All students must ride to and from away games via transportation provided by the School District. No student may be let off the bus until it has arrived back at school.

A student may leave an away contest with a parent or guardian **ONLY** if a Parent Permission Slip (available from the coach) has been completed and submitted to the Athletic Office at least **24** hours before the away contest. Athletes and or parents may not approach a coach at the away contest and request to take their child home. Board Policy 5610.1 requires that an athlete return with the team on the bus to Frontier High School after an away contest unless a Parent Permission Slip is on file at the Athletic Office.

10. **Uniforms -** Students who are entrusted with school uniforms or equipment are

expected to return them at the close of the season in a reasonable condition considering normal wear and tear. Students are financially responsible for equipment and uniforms if they are damaged or not returned at the close of the season. Uniforms are not to be taken from the school unless authorized by the coach and only worn while representing the school. A student may not participate in sports at Frontier unless he/she has turned in or paid for athletic equipment/uniforms issued in a previous season.

- 11. Early - Dismissal** Any athlete who is granted early dismissal must leave the school grounds immediately at the time requested and is to report back to practice or games promptly. There is to be absolutely no loitering on school grounds between early dismissal and practice/games.
- 12. Outside - Competition** An athlete may represent an outside team in the same sport while representing Frontier Central. However if a conflict arises between the two teams, the High School team takes preference. It is the position of the Frontier Athletic Department that once an athlete enters a competition as a member of a Frontier Central School District Team, he/she can not compete for any other organization during that competition.
Commitment Rule - A player who participates in a practice or game for a team other than his/her high school team at the same time as a scheduled high school game, or competition is in violation of the commitment rule, and shall be suspended from the next game of his/her team; however, all rostered players shall be required to practice and attend games during the suspension period. A second violation in which a player misses a game or competition due to participation in a practice or game for a team other than his high school team shall result in suspension for the season. A player who participates in a practice or game for a team other than his/her high school team at the same time as a scheduled high school practice shall face disciplinary action at the discretion of the coach which may include suspension, and/or loss of captaincy.
- 13. Conference** - All students are to abide by the Regulations established by the Commissioner of Education, the New York State Public High School Athletic Association, Section VI, the Erie County Interscholastic Athletic Conference, and the Frontier Central Board of Education.
- 14. Insurance - Coverage** The athlete is covered by a school time plan of Insurance for loss arising from an accidental bodily injury:
 - While attending school, during school hours.
 - While traveling directly to/from school for regular school classes**THIS POLICY WILL PAY CLAIMS IN EXCESS OF OTHER COVERAGE THE PARENT/GUARDIAN MAY HAVE ON HIS/HER CHILD. THE LEVEL OF BENEFITS WILL BE DETERMINED IN ACCORDANCE WITH POLICY PROVISIONS. IMPORTANT... YOU MUST FIRST FILE**

A CLAIM THROUGH YOUR OWN INSURANCE. THIS POLICY PAYS BENEFITS IN EXCESS OF YOUR OWN INSURANCE. THESE BENEFITS ARE SUBJECT TO ANY DEDUCTIBLES OR OTHER PROVISIONS OF YOUR SCHOOLS PARTICULAR POLICY.

IT IS IMPORTANT THAT YOU SUBMIT THE CLAIM TO YOUR OWN INSURANCE COMPANY FIRST. THE SCHOOL INSURANCE WILL NOT MAKE A PAYMENT FOR ANY SERVICE WITHOUT PROOF OF PAYMENT OR DENIAL FROM YOUR OWN INSURANCE COMPANY. IF A STUDENT HAS COVERAGE UNDER A PARENT'S HMO, PPO ETC., THEY MUST UTILIZE SUCH COVERAGE IN ACCORDANCE WITH THE CONTRACTUAL AGREEMENT UNDER THAT PLAN. IF THEY DO NOT, THERE ARE NO BENEFITS PAYABLE UNDER THIS PLAN FOR EXPENSES THAT WOULD HAVE BEEN PAID HAD THE PLAN BEEN USED CORRECTLY.

For additional information call 926-1717.

15. **Academic - Eligibility** All students who participate in athletic activities are encouraged to ensure that academics is the highest priority. It is the responsibility of the student to improve any identified academic deficiency. Once notified by a coach that a deficiency in two or more subjects exists, the student must:
- meet with the teachers to determine the nature of the deficiency; and
 - establish what needs to be done to remove the deficiency (this may include, but is not limited to, doing back assignments, taking a major test, turning in a project, working with tutor, attending some type of remediation program, etc.).
- The student must make up the deficiency in at least all but one of these identified courses within five class periods. During this period of time, the student would be permitted to participate in athletic games, meets, matches and practices. When the deficiency has been removed, the student will obtain a statement from the teacher certifying that the deficiency no longer exists, allowing the student to participate in all games, meets, matches. The statement will be given to the coach. If the deficiency is not removed within five class periods, the student becomes ineligible to participate in athletic practices or games, meets, matches.
16. **Transfer -**
- a. any student in grade 9 through 12 who transfers, with a corresponding change in residence of his/her parents (or other persons with whom the student has resided for at least six months) is eligible to participate in interscholastic athletics.
 - b. a student who transfers without a corresponding change in residence of his/her parents (or other persons with whom the student has resided for at least six months) is ineligible to participate in any interscholastic athletic contest in a particular sport for a period of

one (1) year if the student participated in that sport during the one (1) year period immediately preceding his/ her transfer.

Exemptions to b:

- (1.) The student reaches the age of majority and establishes residency in a district.
- (2.) If a private or parochial school ceases to operate, a student may transfer to another private or parochial school of his/her choice. Otherwise, a student must enroll in the public school district of his/her parent's residency.
- (3.) A student who is a ward of the court or State and is placed in a district by court order. Guardianship does not fulfill this requirement.
- (4.) A student from divorced or separated parents who moves into a new school district with one of the aforementioned parents. Such a transfer is allowed once every six months.
- (5.) Students who return from a non-public to the public school district of their residence are exempt from the transfer rule. This type of transfer without penalty is only permitted once in a high school career.

Note: It is provided, however, that each student shall have the opportunity to petition the section involved to transfer without penalty based on an undue hardship for the student.

- c. Transfer students trying out for sports before school opens in the fall shall register and be accepted by the principal of that school before the medical examination and the first practice. This shall constitute the start of regular attendance for fall sports.

Note: After approval by the school medical officer, a student may practice immediately and must satisfy the specific Sports Standard according to the number of practice sessions required.

- d. Practices at the previous school district may be counted toward the minimum number of practices required provided the principal or athletic director of the previous school submits, in writing, the number and dates of such practices to the Principal or Athletic Director of the new school.

- e. A student who transfers from an out-of-state school to a New York State school for other than residential reasons, and is ineligible to compete in inter school athletic games in the out-of-state school is ineligible to represent a New York State school in inter school athletics.

Modified Program Rules

Transfer - A 7th or 8th grade student who is enrolled in one school may subsequently transfer no more than once during a school year without a corresponding change in the residence of his parents or guardians.

PARENT DRUG AND ALCOHOL FORUMS

The Frontier Central School District like many schools and communities across the nation are engaged in a constant effort to keep their students healthy, safe and free of the abuse of alcohol and other drugs. In fact, surveys show that kids who stay drug-free cite parental disapproval as the main reason they abstain. Unfortunately, too few kids report having had meaningful discussions with their parents about alcohol and other drugs.

In an effort to educate parents about the growing concerns of students using and experimenting with drugs and alcohol, our strategy is to require that one parent or guardian attend our District's *Drug & Alcohol Parent Forum*. In coordination with the Town of Hamburg Police Department, WNY United Against Drug and Alcohol Abuse, Inc. and the Erie County Council for the Prevention of Alcoholism and Substance Abuse, the *Drug & Alcohol Parent Forum* is a 90 minute program that addresses recognition of drugs and drug paraphernalia, signs and symptoms of abuse, health risks associated with abuse and your liability as a parent for hosting and/or purchasing alcohol and other drugs.

Your attendance is **mandatory**. You must attend the Forum to allow your child to participate in any High School special events as of January 2010. Special events include, but are not limited to: school dances (Homecoming Dance, Snowball Dance, Valentine's Dance), field trips (music, athletic and classroom-related), the Junior Ball and the Senior Prom. **Athletic State Competitions or competition requiring an overnight stay are included in this mandate.**

The Forum will be offered on the following dates:

- Wednesday, Sept. 25, 6:30 p.m.-7:45 p.m. – High School
- Wednesday, April 23, 6:30 p.m.-7:45 p.m. – High School

One adult per household is required to attend one session. Once met, this requirement is valid for the four-year high school career of your child(ren).

Thank you in advance for your compliance and for your support of this important effort to prevent substance abuse in our school and community

James Helmicki
Director of H.P.E.R. & Athletics

Mr. Daniel Charland
High School Principal

CONCUSSION MANAGEMENT

Frontier Central School District

Dear Parent or Guardian,

The Frontier Central School District recognizes that concussions and head injuries are the most commonly reported injuries in children and adolescents who participate in sports and recreational activity. Therefore, effective September 2009, Concussion Management Guidelines were initiated to assist in the proper evaluation and management of head injuries.

Concussion is a mild traumatic brain injury. Concussion occurs when normal brain functioning is disrupted by a blow or jolt to the head. Recovery from concussion will vary. Avoiding re-injury and over-exertion until fully recovered are the cornerstones of proper concussion management.

Any student demonstrating signs, symptoms or behaviors consistent with a concussion while participating in a school sponsored class, extracurricular activity, or interscholastic athletic activity, shall be removed from the game or activity and be evaluated as soon as possible by an appropriate health care professional. The student should not return to school or activity until medically released by an appropriate health care professional. After the student is medically released, the school District's Concussion Management Team will make the final decision on a students return to activity. The guidelines and management of concussion in the school district follow a stepwise approach with a gradual return to play. Once an athlete is asymptomatic for 24 hours and has been released by a health care provider, the following gradual return to play protocol will be followed:

1. Light aerobic exercise – walking, swimming, or stationary bike (< 70% max HR)
2. Sport specific exercise – skating drills in ice hockey, running drills – no head impact activities
3. Non-contact training drills – progress to more complex training drills, may start progressive resistance training
4. Full contact clearance – participate in normal training activities
5. Return to play – normal game play

This progression should be over 7-10 days with a minimum of 7 days. The athlete must remain asymptomatic to progress to the next level. In the event that symptoms return the athlete must stop activity and return to previous level 24 hours later if asymptomatic. An additional consideration in return to play is that concussed athletes should not only be symptom free but also should not be taking any pharmacological agents/medications that may effect or modify the symptoms of concussion.

The Frontier Central School District's Concussion Management Team consists of School Nurses, Athletic Trainer, Athletic Director, School Nurse Practitioner and School Physician.

The health and safety of the students in the Frontier Central School District are of the utmost importance. If you have any questions regarding the Concussion Management in our schools, please feel free to call your child's school nurse or the School Nurse Practitioner.

Thank you,

Jennie Asaro, FNP, BC

James Helmicki, Director of HPER

Signs and Symptoms of Concussion Facts for Parents:

Signs Observed by Parents

- Appears dazed or stunned
- Is confused with events
- Answers questions slowly
- Repeats questions
- Can't recall events prior to the hit, bump or fall
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Forgets class schedule or assignments

Symptoms Reported by your Child or Teen

- Difficulty thinking clearly, difficulty concentrating or remembering
- Feeling more slowed down, sluggish, hazy, foggy, or groggy

Physical

- Headache or pressure in head
- Nausea or vomiting
- Balance problems or dizziness
- Fatigue or feeling tired
- Blurry or double vision
- Sensitivity to light or noise
- Numbness or tingling
- Does not feel right
- Irritable, sad, more emotional than usual, nervous
- Sleep*(Only ask about sleep symptoms if the injury occurred on a prior day)
Drowsy, sleeps less than usual, sleeps more than usual, has trouble falling asleep



Return the Following Agreement To Your Coach!

AGREEMENT TO CONTRACT

I, _____, parent/guardian of _____,

_____, by signing this contract, recognize it is an honor and a privilege to represent the Frontier Central School District and its Interscholastic Athletic Sports Program. By accepting this honor, my son/daughter and I will accept the responsibilities that go with it. These responsibilities include abiding by the rules set forth by the Athletic Department's Rules and Regulations Booklet, The District's Student Handbook, The Erie County Interscholastic Conference (ECIC), Section VI, and the New York State Public High School Athletic Association (NYSPHAA Inc.).

I also pledge to conduct myself in a manner that demonstrates good sportsmanship. I will not make derogatory comments to officials, coaches, competitors, or other parents. I will exhibit in my behavior and comments respect for all persons involved in the contest I am watching.

I have been given the opportunity to consult with the coach of my son's/daughter's team and I am satisfied that I understand the nature of the activity in which my son/daughter will be engaged and the program offered by Frontier Central. I understand that it is my responsibility to advise the coach of my son's/daughter's team of any physical condition which my son/daughter may have or may develop during his/her participation in the program which may affect in any way his/her ability to participate in the program.

I hereby give permission for my child to participate in _____ during after school hours and to go with the coach on trips away from school. In the event of an accident, illness or other incapacity affecting my child, I authorize the coach/trainer to secure emergency medical treatment. I understand that if my child requires medication during after school hours and trips away from school, I must consult with the school nurse regarding procedures for administering the medication. I will be financially responsible for any uniforms, supplies or equipment which is issued to my child.

(Parent's/Guardian's Signature)

(date)

AGREEMENT

I have read and understood the regulations for athletes and cheerleaders and agree to abide by them in accordance with the penalties cited for violations of said regulations. I have also discussed these regulations and conditions under which I am to participate with my parents/guardians.

(Athlete's Signature)

(date)