

Cincinnati Central School



Student/Parent Interscholastic Athletic Handbook

2019-2020

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Cincinnati Central School's Interscholastic Athletic Statement of Philosophy

Education has the important responsibility of developing young people into well-rounded individuals, prepared to take their place in society as responsible citizens. The interscholastic athletic program is an ideal arena in which to cultivate the development of the whole person; the mental, physical, social and emotional.

Our school supports the NYS Education Department's educational goals of a quality interscholastic athletic program, which includes the Fours C's (competence, character, civility, and citizenship). Success is not necessarily measured in wins or loses but in the fine spirit of competition, positive learning experiences, and overall enjoyment of participation in athletics.

We must encourage good sportsmanship at every level from coach, player, student body, and spectators. We further believe that student athletes should be able to compete in the athletic program based on their skill and physical, mental, and emotional development. Once our teams are chosen, we shall strive for excellence. Our coaches will work to develop our school teams into a cohesive working unit where each athlete has the opportunity to achieve to the best of his/her ability. Our coaches will also strive to have themselves and our student athletes represent themselves, our school, and their families in a positive and respectful manner always.

**NYS Education Department's
Goals of a Quality
Interscholastic Athletic Program**

1. Competence:
 - Skill development
 - Knowledge of game
 - Strategies
 - Fitness
 - Conditioning
 - Health behavior

2. Character:
 - Demonstrates responsibility
 - Accountability
 - Dedication
 - Trustworthiness
 - Fair play
 - Self control

3. Civility:
 - Respect
 - Fairness
 - Caring

4. Citizenship:
 - Loyalty
 - Commitment
 - Team work
 - Role modeling

Cincinnati Central School's Interscholastic Athletic Teams

<i>Boys</i>	<i>Girls</i>
Varsity Soccer	Varsity Soccer
Junior Varsity Soccer	Junior Varsity Soccer
Modified Soccer	Modified Soccer
Varsity Basketball	Varsity Basketball
Junior Varsity Basketball	Modified Basketball
Modified Basketball	Junior Varsity Basketball
	Varsity Volleyball
	Junior Varsity Volleyball
	Modified Volleyball
Varsity Baseball	Varsity Softball
Modified Baseball	Modified Softball

<i>Co-Ed Teams</i>
Varsity Cheerleading
Junior Varsity Cheerleading
Varsity Golf
Modified Golf
Varsity Track & Field
Modified Track & Field

Note: Team offerings are subject to change. (All athletes in grades 7-12 can be members of the Athletic Association.)

Code of Conduct for Athletes

The Cincinnati Central School's policy regarding student conduct and discipline is in effect at school and school-sponsored activities throughout the year. An athlete's behavior, on and off the field, is under the scrutiny of the coach. If an athlete is ejected from a game by a referee, the athlete cannot participate in the next game, but is expected to sit the bench in street clothes. The coach will not condone poor personal conduct, unsportsmanlike conduct, and inappropriate locker room behavior. If an athlete is removed from a team by a coach, for misconduct, the student is ineligible to play on any other team during that season. If the infraction is severe enough the student could be banned from participation in interscholastic athletics for up to one calendar year. Students must comply with the CCS, Section III, NYSPHSAA, SED, and sport specific rules and regulations.

Athletic Eligibility Policy and Procedures

Eligibility Policy for Interscholastic Athletics, Extracurricular Activities, and Social Activities

In order to participate in extracurricular, social, and athletic activities, students must maintain passing grades in their classes as evidenced by their report cards and interim progress reports.

Students who are failing two or more courses (including incompletes) as documented on their report cards or interim progress reports will be placed on probation. Report cards and interim progress reports are issued one week after the end of each marking period. The probationary period begins the Monday after the report card or interim progress report is issued.

During the probationary period, the student will be expected to improve classroom performance, where needed. Students on probation for the first time are level one. Students on probation for the second time consecutively are level two. Students at level three have been on probation three consecutive times. The secondary principal is directed to develop participation guidelines for district activities and athletics pursuant to this policy. Those guidelines will be published annually in the Student Handbook.

Any student who fails two or more first semester courses and does not repeat the courses the following semester will be on probation for the first five weeks of the next semester. A student who fails two or more courses at the end of a school year will be on probation beginning the first day of classes in the fall, unless the student receives credit for the courses after attending summer school.

Student appeals regarding eligibility will be addressed in the following manner:

Students will have an opportunity to request an appeal within the **first three days** of ineligibility. Such a request will be made to the advisor or coach. Once the request has been made, the club advisor/coach, the teacher(s) of the applicable course(s) and the Appeal Committee will meet with the parent, for purposes of clarifying information or addressing concerns regarding extenuating circumstances. *Such meeting is to occur within twenty-four (24) hours of the request for an appeal (within a reasonable amount of time, when the committee can meet, when the committee is complete...all of these are adjustments that will be addressed).* The Appeal Committee will then render a decision within one school day of the meeting. Any parent or student who chooses to appeal the decision of the Appeal Committee shall appeal directly to the Principal.

REGULATIONS FOR INTERSCHOLASTIC ATHLETICS

Level 1

Student can participate in team practices. At the discretion of the coach, the student may be allowed to attend any contests held during the probationary period, but will not be allowed to participate in these contests. The student will wear Cincinnati athletic attire but will not participate in any warm-up activities before contests. At the end of the probationary period, students who are passing their courses will be fully reinstated to the team. A student at level 1 who fails two or more courses anytime within the next two probationary periods, moves to level 2. A student at level 1 who is successful during the next two probationary periods, but later fails two or more courses anytime, moves to level 1.

Level 2

Student will be suspended from all team activities and athletic participation. At the end of the probationary period, students who are passing their courses will be fully reinstated to the team. A student at level 2 who fails two or more courses the next consecutive marking or interim period, moves to level 3. A student at level 2 who is successful the next marking or interim period, but later fails two or more courses within the next two probationary periods, moves to level 2. A student at level 2 who is successful during the next two probationary periods, but later fails two or more courses anytime, moves to level 1.

Level 3

The student will be suspended from the team for the remainder of the season. A student at level 3, who fails two or more courses anytime within the next two probationary periods, stays at level 3. A student at level 3 who is successful during the next two probationary periods, but later fails two or more courses anytime, moves to level 1.

End of the Year

A student at level 1, 2 or 3 at the end of the school year who either does not attend summer school or is not successful in summer school will begin the next school year at the same level. In this case, only students at level 1 can participate in practices during pre-season.

Any student on Level 2 or 3 or who was suspended at the end of the season will not be considered a "student athlete in good standing," and will not receive a letter or certificate.

Coaches will encourage our athletes to do what is necessary to achieve passing grades, i.e. completing all homework and/or seeking extra help from faculty after school (before attending practices).

Appeal Committee

The Appeal Committee membership, for interscholastic athletics, includes the athletic director and two out-of-season coaches, both appointed to the committee by the athletic director, and teachers of the courses the student athlete is not passing.

Academic Ineligibility (beginning of a new school year)

A student interested in regaining his/her athletic eligibility in September can request, through the athletic director, a meeting to determine their academic standing. A meeting with the student and his/her teachers, as well as the athletic director, will be held after the second Friday of the start of school year, and if the student is now meeting eligibility standards he/she will be reinstated, effective the next day. If the student has a program change, then a written statement agreeable to reinstatement must be submitted by all of the student's teachers to the athletic director.

Athletic Association Regulations for Extra-curricular Activities

Level 1

Student can attend meetings.

Level 2

Student cannot participate in the club at all during the probationary period.

Level 3

Student cannot be a member of the club for the remainder of the school year.

The athletic association adviser will encourage all students to do what is necessary to achieve passing grades, such as completing all homework and/or seeking extra help from their teachers after school.

Note: All athletes in grades 7-12 can be a member of the Athletic Association.

Regulations for Social Activities

Students on probation at any level are not allowed to play in Athletic Association tournaments.

Appeal Committee

The Appeal Committee for extracurricular and social activities consists of the three faculty coordinators. (If a coordinator is a teacher whose course the student is failing, the coordinator will choose another teacher from his/her group as a replacement.)

PROBATIONARY PERIODS FOR 2019-2020

***Stated in the student/parent handbook

October 4, 2019 - 5 weeks MMP 1

November 8, 2019 - 10 weeks MP 1

December 13, 2019 - 15 weeks MMP 2

January 24, 2020 - 20 weeks MP 2 - End of Semester 1

March 6, 2020 - 25 weeks MMP 3

April 17, 2020 - 30 weeks MP 3

May 21, 2020 - 35 weeks MMP 4

June 26, 2020 - 40 weeks MP 4

Vacation weeks are included in the probationary periods.

Student Athlete Code of Conduct

Training Standards

The following regulations deal with students involved in athletics and pertain to the entire sports season; from the first day of practice, until the last contest of the season.

A student athlete shall not:

1. Consume alcohol at any time (however, religious exemptions do not apply).
2. Use, have in ones' possession, or sell any controlled substance, including marijuana, or any drug paraphernalia, such as a pipe or syringe, at any time. The only exceptions are for drugs prescribed by medical personnel.
3. Smoke a cigarette, cigar, or pipe, or use chew less or smokeless tobacco.
4. Supply alcohol or drugs to anyone or host and/or attend a party in which alcohol or drugs are used.

Range of Penalties

These ranges of penalties apply for all student athletes.

First offense:

The student will be suspended for 25% (fractions of .5 or higher will be rounded up the next whole number) of the games in the regular season. If the infraction occurs in school, the Athletic code penalty would begin after the regular school consequences are over. The student must complete a school-approved drug/alcohol evaluation program.

Second offense:

The student will be suspended for the remainder of the season or two months, whichever is longer. If the season ends during the suspension, the suspension will resume on the date of the first contest of the athlete's next season. She/he must complete a school-approved drug/alcohol program.

Third offense:

The student will be suspended from any sport/team for one calendar year. She/he must complete a school-approved drug/ alcohol evaluation program.

Fourth offense:

The student is suspended from athletic participation for the rest of his/her enrollment at Cincinnati Central School.

Citizenship Standards

A student athlete shall not:

1. Engage in any act of fighting or violence, including those not covered by NYSPHAA and Section III rules.
2. Engage in any act of vandalism.
3. Engage in any act of criminal or illegal behavior, whether it occurs in or out of school.
4. Engage in any act of hazing.

Athletes are expected to display proper sportsmanship and self-control during practices, on road trips and during athletic contests.

Range of Penalties

These ranges of penalties apply for all student athletes.

First offense:

Minimum consequence- Warning

Maximum Consequence- Suspension for one calendar year

Repeat offense:

Minimum consequence- 1 game suspension

Maximum consequence- Suspension from all sports activities

Coaches Code of Ethics

- I will treat each player, opposing coach, official, parent, and administrator with respect and dignity.
- I will do my best to learn the fundamental skills, teaching and evaluation techniques, and strategies of my sport.
- I will become thoroughly familiar with the rules of my sport.
- I will become familiar with the objectives of the youth sports program in which I am affiliated. I will strive to achieve these objectives and communicate them to my players and their parents.
- I will uphold the authority of officials who are assigned to the contests, which I coach, and I will assist them in every way to conduct fair and impartial competitive contests.
- I will learn the strengths and weaknesses of my players so that I might place them into situations where they have maximum opportunity to achieve success.
- I will conduct my practices and games so that all players have an opportunity to improve their skill level through active participation.
- I will communicate to my players and their parents the rights and responsibilities of individuals on my team.
- I will cooperate with the administrator of our organization in the enforcement of rules and regulations, and I will report any irregularities that violate sound, competitive practices.
- I will protect the health and safety of my players by insisting that all of the activities under my control are conducted for their psychological and physiological welfare, rather than for the vicarious interests of adults.

Spectator Code of Conduct

Board of Education Policy # 3440

Subject: Athletic Department Spectator Code of Conduct

The Board of Education encourages members of the school community to attend and cheer for the athletic teams of the District. Good Sportsmanship is required not only of the athletes, but of the spectators as well. Poor sportsmanship will not be permitted. A series of procedural steps, outlined in the district's administrative regulations manual, will be used to address unruly spectators.

An unruly spectator is one that heckles, taunts, uses inappropriate language, and/or disputes an athletic contest in any way.

A contest official may demand the removal of an unruly spectator at any time, and school officials must comply with his/her request. If this happens, the Athletic Director and Secondary Principal will send a follow-up letter to the individual.

A physical threat made by a spectator towards anyone will result in an immediate ban from all contests for the remainder of the school year.

Meet the Coaches Night

Prior to the start of each sport season, there will be a ***“Meet the Coaches Night.”*** This is an opportunity for the parents to meet all of the coaches that will be working with their child/children throughout the season and understand exactly what his/her expectations are for the season. At the same time, it offers the parents an opportunity to ask questions pertaining to the program. All parents and student athletes are encouraged to attend.

Bona Fide Students

A contestant must be a bona fide student of the high school represented. To be eligible for athletics at Cincinnatus the student must be enrolled in a full day educational program whether at Cincinnatus School or in a BOCES program or both and must be taking a physical education class. A foreign exchange student may be considered a bona fide student if all of these eligibility rules are satisfied. A student in an education program in two schools may represent only the home school.

A student who satisfies all eligibility standards, enrolled in the equivalent of three subjects as well as meeting the Physical Education requirements, who has not completed requirements for graduation, may be enrolled in one or more college courses for advance placement. The student must be earning a minimum of three high school credits and Physical Education to be eligible.

NOTE: *A student in a shared service part-time or full-time program, taking the equivalent of four subjects, including physical education, is considered as being registered in the home school. Exceptions for special cases must be approved by the league and section.*

Foreign Exchange Student(s)

All foreign exchange students who have graduated from the secondary school system in their country are ineligible for the interschool athletic program.

Foreign exchange students' eligibility shall be determined under the requirements of Standard #29 – Transfer (NYSPHSAA Handbook).

A bona fide foreign exchange student may be immediately eligible the first year in residence and be limited to one year eligibility provided the student (a) is a participant in an established foreign exchange program accepted for listening by the Council of Standards for International Travel (CSIET) and (b) complies with all NYS State Education Department and NYSPHSAA, Inc. standards. Furthermore, there shall be no evidence that a student, school or other interested party has influenced the assignment of the foreign exchange student to a school for athletic purposes.

Age and Grade – J.V. and Varsity Levels

A student shall be eligible for interscholastic athletic competition in grades 9, 10, 11, and 12 until his/her nineteenth birthday. If the age of nineteen years is reached on or after July 1, the student may continue to participate during that school year in all sports. Once a student enters 9th grade in any school, he/she is limited to 4 consecutive years of athletic eligibility.

NOTE: *Students may be eligible regardless of age or grade if they have been approved through the NYS State Education Department's Selection/Classification Program. A 15 year-old below the 9th grade needs only to meet selective/classification maturity standards to be eligible at the high school level.*

Age – Modified Level

Upon entry into the 7th grade, a student is eligible for modified program competition. One is ineligible when their sixteenth birthday is attained. However, if a student attains the sixteenth birthday during a sport season he/she may complete that sport season.

Athletic Placement Process

The intent of the Athletic Placement Process is to provide safe and suitable participation at an appropriate level of competition for students in grades 7-12. Only the very highly talented and high skilled students should be considered for advancement. This Program has been designed to assess the student's physical maturity, physical fitness, and skill.

The coach will consult with the Athletic Director to recommend a student for Athletic Placement. Permission from the student's parents and the school physician must be received before a student can be tested. A member of the Physical Education Department and someone other than the coach will administer the Athletic Placement Process.

Students who qualify may try out for the next level of competition. A maximum of three days are allowed before the student is unable to return back to modified playing status.

Participation during seventh or eighth grade does not affect a student's eligibility status in high school.

Team/Player Selection ("Cuts")

As a result of the plethora of factors that may determine team selection or individual "cuts" from a program, there is no set procedure in place that would be feasible for all of the programs that are offered. If a coach decides that he/she needs to make cuts, then whatever procedure is to be used will be announced and made clear to both student athletes and parents prior to the tryout period commencing.

Team/Athlete Recognition Programs

The Cincinnati Athletic Association will sponsor a year-end interscholastic athletic recognition ceremony. Coaches will recognize student athletes from our varsity and junior varsity teams who have proven a dedication to be the very best on the playing field as well as in the classroom. All student athletes that complete their respective sport season in good standing will be invited to receive a sport letter/pin and certificate. Family, friends, and staff are always more than welcome to attend the recognition program.

To be recognized at the award's ceremony the student athlete must end the season in good academic and conduct standing. If a student athlete is suspended at the end of the season, is on level 2 or 3 of the restrictions procedure or has not made 85% of all team contests (and practices) then the student athlete is not in good standing.

Awards

Only one "Red 6" Varsity C letter will be awarded during a student athlete's high school career. Students will receive sport specific gold pins for every sport in which they participated.

Junior Varsity participants will receive one "Red 4" Junior Varsity C letter. These student athletes will receive sport specific gold pins as well.

Modified participants will receive a "Certificate of Participation" for every modified sport that they successfully complete.

NOTES: *Varsity and Junior Varsity coaches may present special awards typically for the following recognitions: Coach's Award, Most Improved Player, and Most Valuable Player. (Coaches determine the selection process of the recipients of these awards.)*

Students unable to complete a season due to injury, illness, or other special circumstances may earn a letter if the coach feels the letter is justified. Such cases and circumstances should be brought to the attention of the Athletic Director.

Athletic Equipment

It is expected that all issued equipment will be returned to the coach at the conclusion of the season in satisfactory condition. If the equipment is not returned nor returned in satisfactory condition, the student athlete is responsible for the replacement cost of each item that was issued to him/her.

It is important to know that student athletes with outstanding equipment issues may not receive any awards earned until equipment is returned or reimbursement costs satisfied nor be allowed to participate in the next season.

Student Involvement in Additional Extracurricular Activities

The Cincinnati Central School District offers a variety of extracurricular activities for students. At times, a student may want to become involved in more than one activity, resulting in a conflict with practices, meeting times, games, performances, etc. Students must be made aware that it is their responsibility to notify the coach/advisor well in advance of any conflicts that may occur during the season. Coaches and Extracurricular Advisors are asked to display flexibility in these situations where possible.

Transportation to and from Contests

All students will travel to the contests with the team via transportation supplied by the district. Students will also return in this same manner unless a parent/legal guardian wishes to transport their child. In this situation, the parent must sign a CCSD Athletic Department Alternative Transportation Form at the conclusion of the contest in the presence of the coach. If the parent wants his/her child to travel from the game with another responsible adult, the parent must provide a permission note to the Athletic Director (through the office of the secondary principal) twenty-four (24) hours prior to departing from the school to the contest. The coach will then be notified of this alternative transportation. The responsible adult must then sign the CCSD Athletic Department Alternative Transportation Form at the conclusion of the game.

Transportation – Home Contests and Practices

For students needing transportation from practice or home contests, parents/guardians are requested to arrive at the school or practice site at the conclusion of practice or the home contest to transport. Coaches will not be expected to supervise student athletes for any unreasonable and extended amounts of time (more than fifteen minutes after the conclusion of practice or a game).

Sport Physicals

All potential student athletes must have a current physical exam in order to participate. The physical exam is good for a twelve-month period. If a student athlete begins a season and the twelve months expires the student athlete is considered current until the end of that sport season. The student's physician must complete the Sport Physical Form supplied by the school.

In addition to the sport physical, each student athlete is required to have his/her parent/legal guardian complete a Cincinnati Central School Medical Questionnaire (aka, a golden rod) for Interscholastic Sports, prior to each season and return the questionnaire to the coach/nurse. This form must be reviewed, approved, and returned to the coach by the school nurse before a student is allowed to participate in a practice, scrimmage or game.

Reporting an Injury

If an injury occurs during a practice or a contest and the coach does not witness the injury, the injury must be reported to the coach immediately. The coach will administer first aid, and, if necessary, call for or recommend medical services to the parent/legal guardian. The coach will then complete an incident report and submit the report to the school nurse for school records and insurance purposes.

Please know that the district provides medical insurance for all extracurricular programs that are offered.

Primary coverage: Any and all claims must be submitted to the parent's/legal guardian's insurance company first.

Secondary coverage: The school nurse must be contacted if there are any medical expenses not covered by the primary insurance company. The nurse will then supply to the parent/legal guardian, the appropriate insurance forms for completion. The parent/legal guardian is then responsible for submission of forms and medical billing statements to the district's insurance carrier.

NOTE: In a case where a family does not carry health insurance, the district's insurance carrier will become the primary insurance company. In a case such as this, the district's insurance carrier must be notified.

If there are any questions or concerns, parents/legal guardians are asked to contact the school nurse at (607)-863-3200.

Medical Release to Return to Respective Sport

Whenever a student athlete receives treatment for an injury sustained during a sport season, he or she must deliver to the school nurse a release prepared by the appropriate medical personnel where treatment was received.

Physical Education Requirements for Athletes

Because Athletics is an extension of Physical Education, all student athletes at Cincinnatus School are required to take and participate in Physical Education Classes throughout the academic year without exception.

Attendance – School/Practices/Contests

- Student athletes must be in school prior 8:08 a.m. in order to attend practice or to participate in an athletic contest that day. Any student who leaves school due to an illness is not eligible to participate that day. Any student who is tardy or absent for part of the day due to a medical or dental appointment must provide documentation signed by the physician's or dental office including the date and time of the appointment and provide said to the school's attendance aide. If an event is on a Saturday, the student must have been in school all day the previous day (Friday). During the course of a season every 5 unexcused tardiness's to school will require the athlete to "sit" one contest.
- The coach reserves the right to refuse an athlete's participation in practice or contests where the athlete's health is of concern.

- For health and safety reasons, when a student is returning to school from a long-term illness (absence of more than 5 school days), the student is to attend at least half the number of missed practices (or no more than the required number of practices at the start of the season) before playing a contest.
- For safety reasons if a student sits out three or more practices and/or games due to an injury they must either pass a stress test on the injured part or practice half of the days missed (or no more than the required number of practices at the start of the season).
- Being on the injured list does not remove a student from his or her status as a team member in good standing.
- Absences from practice or contests without prior notification to the coach may result in consequences ranging from a warning to dismissal from the team. Athletes who attend an academic extra help session with a teacher after school must bring a pass from the teacher directly to the coach for the practice or contest missed. This is considered an excused absence from practice or a contest.

Suspensions and Detentions:

Out-of-School Suspension (OSS):

A student that is placed on out-of-school suspension will not be allowed on school property. This includes all after school activities.

In-School Suspension (ISS):

If a student is placed on in-school suspension for a half-day or more, he/she must leave school property at the conclusion of the regular school day and not return - nor are they allowed to participate in athletics that day.

Detention:

Once detention has been served, the student can attend their after school practice or game.

NOTE: While serving either out-of-school or in-school suspension (half day or more), a student will not be allowed to participate in any athletic contest or practices.

Communication

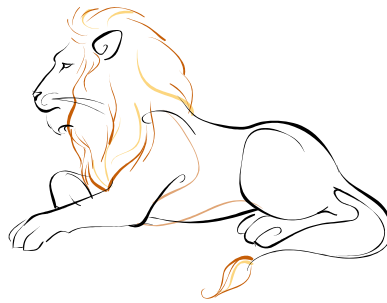
To further improve our athletic programs, it is important that clear communication occur between the coach, parents/legal guardians, and student athletes (establishing clear communication starts with the “Meet the Coaches Night”). Therefore, the following procedure has been established:

The student athlete and/or parent/legal guardian needs to speak with the coach first, in an appropriate place, time, and manner. If the issue is not rectified, then the next step would be to contact the Athletic Director. If there is still a concern, the third step is to contact the secondary principal. If a satisfactory resolution cannot be reached after step 3, the final step would be to contact the Superintendent of Schools .

It is requested that a parent/legal guardian not approach the coach during or at the conclusion of a contest. Please call the coach to schedule a mutually convenient time to fully and appropriately discuss the concern.

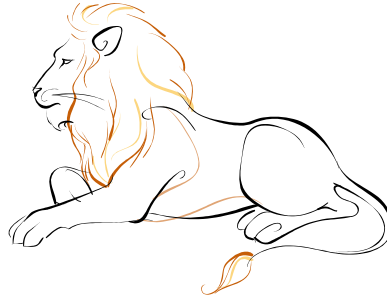
Conclusion

We are dedicated to providing the most exemplary interscholastic athletic experiences for all of our student athletes, their families, friends, and our spectators and staff and look forward to a wonderful school year and athletic season. We wish all who have decided to be an active participant a very safe and successful season.



Please fill out and return this page to your coach – Thank you.

Cincinnati Central School
Student/Parent Interscholastic Athletic Handbook
2019-2020



"I hereby certify that I have read and understand the 2019-2020 Cincinnati Central School's Student/Parent Interscholastic Athletic Handbook."

Signature of Parent/Legal Guardian _____ Date _____

"I hereby certify that I have read and understand the 2019-2020 Cincinnati Central School's Student/Parent Interscholastic Athletic Handbook."

Signature of Student Athlete _____ Date _____

NOTE: *Without exception, this form **must be** signed, dated, and returned to your coach before you can participate as a member of any interscholastic athletic team.*