

Cincinnati Central School



Student/Parent Interscholastic Athletic Handbook 2024-2025

Updated August 14, 2024

Cincinnati Central School 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 Four C's (competence, character, civility, and citizenship). Success is not necessarily measured in wins or losses 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 | Junior Varsity Basketball |
| Modified Basketball | Modified Basketball |
| Varsity Volleyball | Varsity Volleyball |
| | Junior Varsity Volleyball |
| | Modified Volleyball |
| Varsity Baseball | Junior Varsity Softball |
| Modified Baseball | Varsity Softball |
| | Modified Softball |

| <i>Co-Ed Teams</i> |
|-----------------------------|
| Varsity Cross Country |
| Modified Cross Country |
| Varsity Cheerleading |
| Junior Varsity Cheerleading |
| Varsity 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.

ELIGIBILITY FOR ATHLETICS AND EXTRACURRICULAR ACTIVITIES

Extracurricular, social (dances) and athletic activities not related to a credit-bearing class, are entered into at the student's choice. Students who participate in extracurricular activities should recognize that they have an obligation to themselves, their co-participants, and the school community to strive for excellence. It is hoped that participation in our programs will enable the students to value their learning experiences, instill self-discipline and self-control, and to exercise mature behavior and judgment. Students failing any course will be expected to attend after school/extra help sessions. Additionally, all students must perform satisfactorily in all of the following areas: Consistently arriving to class on time; Turning in all homework and classwork;

Participating appropriately in class; and, seeking extra help as detailed above.

Students in grades 7 - 12 are expected to adhere to the following general rules:

Academics: The mission of the Cincinnatus Central School is high academic standards for all students (Connect, Support, Educate, Inspire ALL Lions). Extracurriculars and interscholastic athletics are an integral part of the educational program at Cincinnatus. Our students must realize that the academic and extracurricular programs both strive to achieve this mission. The following Academic Eligibility Policy is established to ensure that the District's mission is being met.

1. Academic eligibility rules apply during the respective activity/sport season and include all social activities (dance) that may occur during that time frame as well. Eligibility levels will NOT be rolled over from the previous school year. Exceptions may be made on a case-by-case basis. Eligibility will be based on the work of the student for the five-week period prior to participation and reviewed at each five-week report for any student with a failing grade, except for the first five weeks of school in September. Eligibility lists will be prepared as soon as reports are issued. Students who failed one or more courses at the end of the school year will be expected to attend summer school for those classes. Determinations on summer school attendance will be made on a case-by-case basis. Eligibility shall be determined from grades in all subjects in which the student is enrolled. Dropping a class to allow athletic/co-curricular activity eligibility is not acceptable.
2. **Failing One Course:** A student failing **one** course must attend a minimum of two extra help/homework help sessions each week in that subject to stay eligible. Any teacher/teaching assistant is eligible to work with the student at mutual agreement between the teacher/teaching assistant and student. It is not necessary for the specific teacher of the failing course to provide the extra help/homework help; however, it is encouraged. Effort and progress must be demonstrated by completing and attaining passing grades on assignments. Students failing one course will be able to fully participate with the team/activity in all practices, games, or activity (including dances).
3. **Failing Two Courses:** A student failing **two** courses will be placed on probationary status for two weeks. The probation period starts at the date of notification, ideally being notified directly by the Principal, and via a letter that will be mailed home. Students will have this probationary period to bring their failing grades to a passing level by attending a minimum of two extra help/homework help sessions each week in those subjects to stay eligible. Effort and progress must be demonstrated by completing and attaining passing grades on assignments. Any teacher/teaching assistant can provide the extra help/homework help with the student, not just the teachers of the courses the student is failing. While on probation, students failing two courses will be able to practice with their team/activity but will not be allowed to play in games, have a lead role in the drama production, or participate in other after-school activities, including dances, associated with their club. They will be allowed to attend games with their team, sit on the bench, but not dress in uniform.

4. **Failing Three or More Courses:** A student failing **three or more courses** will be ineligible to sign up for, try out for, or continue participation in athletics/activities, including dances. Students placed on ineligible status will have their status reviewed using the next five-week report and will be placed at the appropriate eligibility level using the new grade report (failing one course, failing two courses, failing three or more).
5. It is the student's responsibility to reestablish their eligibility. Eligibility is reestablished when they are failing one or no courses. They must use study hall and after school homework help times to get their grades to a passing level. Athletic/activity contest participation can be reestablished by having no more than one failing grade.

Appeals: An appeal committee will remain in place as it is in the existing protocol to discuss individual students' eligibility on a case-by-case basis.

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 one's possession, or sell any controlled substance, including marijuana, or any drug paraphernalia, such as a pipe, vape or syringe, at any time. The only exceptions are for drugs prescribed by medical personnel.
3. Smoke a cigarette, cigar, or pipe, vape or use chew less or smokeless tobacco.
4. Host or attend events where illegal distribution of alcohol, drugs, or other illegal substances are present.

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 may be required to 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 may be required to complete a school approved drug/alcohol program.

Third offense:

The student will be suspended from any sport/team for one calendar year. She/he may be required to 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 Cincinnati the student must be enrolled in a full day educational program whether at Cincinnati 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.

NYSED Athletic Placement Process (APP)

THE INTENT OF THE APP IS TO PROVIDE A PROTOCOL FOR THOSE DISTRICTS THAT CHOOSE TO ALLOW STUDENTS IN GRADES 7 AND 8 TO MOVE UP; OR FOR STUDENTS IN GRADES 9-12 TO MOVE DOWN, ALLOWING THEM TO PARTICIPATE SAFELY AT AN APPROPRIATE LEVEL OF COMPETITION BASED UPON PHYSICAL AND EMOTIONAL READINESS AND ATHLETIC ABILITY RATHER THAN AGE AND GRADE ALONE.

Physical education teachers, coaches, students, or parents/guardians may ask the physical education director and/or athletic director to evaluate a student, using the APP. Students will not be processed through the evaluation procedures without a request from the physical education director and/or athletic director and parent/guardian written permission. It is not the intent to evaluate all modified students, and evaluation should be considered only for those students with the appropriate physical and emotional readiness, and whose athletic abilities are outside of those of their age-related peers.

Students who qualify may try out for the next level of competition. A maximum of three days is 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 physical, each student athlete is required to have his/her parent/legal guardian complete a Cincinnati Central School Medical Questionnaire online on Family ID

prior to each season and be approved by the school nurse. A student must be approved 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 to 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 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
2024-2025



"I hereby certify that I have read and understand the 2024-2025 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 2024-2025 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.