

**Lewiston-Porter Central
School District**

2020 – 2021



**Interscholastic Athletics
Student/Parent
Handbook**

Lewiston-Porter Central School District

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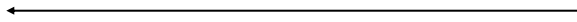
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The Lewiston-Porter Central School District does not discriminate on the basis of an individual's actual or perceived race, color, creed, religion, religious practice, national origin, ethnic group, sex (including sexual harassment and sexual violence), gender identity, sexual orientation (the term "sexual orientation" means heterosexuality, homosexuality, bisexuality, or asexuality), political affiliation, age, marital status, military status, veteran status, disability, weight, domestic violence victim status, arrest or conviction record, genetic information or any other basis prohibited by New York state and/or federal non-discrimination laws in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups. Inquiries regarding the District's non-discrimination policies should be directed to:

e-mail: CivilRightsCompliance@lew-port.com

Dr. Barbara Godshall
Civil Rights Compliance Officer
Lewiston-Porter Central School District
4061 Creek Road
Youngstown, NY 14174

Foreword

Dear Parents and Student-Athletes:

Welcome to the Lewiston-Porter Central School District's Athletics Program. This handbook was prepared by a committee consisting of coaches, parents, teachers, members of the Board of Education, and administrators, as a guide and a reference for our student-athletes and their parents/guardians. It defines responsibilities pertaining to the rules and regulations, as well as policies and procedures for participating in our interscholastic athletics program.

It is important that you and your child understand and abide by the rules and regulations of the program established by the District for the benefit of those who participate as players, students, and representatives of their school community. In addition, coaches may establish more specific rules as they pertain to their particular team.

The Lewiston-Porter Central School District's Athletics Program is governed by the rules and regulations established by the Commissioner of Education's Educational Framework for Interscholastic Athletic Programs, the New York State Public High School Athletic Association (NYSPHSAA), Section VI, the Niagara Frontier League, and the policies and regulations of the Lewiston-Porter Central School District's Board of Education.

If there is anything we can do to make your involvement in our athletic program a better learning experience, please feel free to contact us at 286-7865.

Sincerely,

Bradly S. Halgash
Director of Interscholastic Athletics
Phone: 286-7865
Email: bhalgash@lew-port.com

For all Lew-Port athletics news, events, and schedules
go to: www.Lew-Port.com/Athletics

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Philosophy Statement

Athletics function is an integral part of the total curriculum and life at the Lewiston-Porter Central School District. Athletics serve as a miniature model of life in that they provide opportunities for students with regard to responsibility, fair play, cooperation, concern for others, leadership, respect for authority, good citizenship, and loyalty.

Athletics help individual students develop healthy self-concepts as well as physical well being. Athletic competition adds to our school spirit and helps all students develop pride in their school.

The major objective of our program is to provide opportunities for students to develop themselves as well rounded individuals, with positive social and group attitudes and habits, capable of taking their place in modern society. At no time will our program place educational curriculum secondary to athletics.

Title IX

All students have rights as citizens of the United States not to be discriminated against on the basis of gender. Under a special law, you are protected against being treated unfairly simply because you are a man or woman. In 1972, to ensure that all educational programs and activities were open to all students and that students were not treated differently on the basis of their gender, Title IX of the Education Amendments Act of 1972 was passed.

Title IX states... "No person shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving federal financial assistance."

Parent Responsibilities

1. The Lewiston-Porter Central School District's athletic department will host a pre-season informational meeting which all student-athletes and their parents/guardians are mandated to attend. Athletes will not be able to participate in a practice, scrimmage, or game until both they and their parent/guardian have attended this meeting or a meeting with the Athletic Director and coach. During this meeting, your child's coach will communicate the rules, expectations, team requirements, and their coaching philosophy. The coach will also provide a game and practice schedule. Parents are encouraged to contact the coach if they have any questions or concerns.
2. To be eligible to participate, the parent and athlete must sign the affidavit which states they have read, understand, and pledge to abide by all of the contents in the Athletic Handbook. The coaches may have their own sport-specific set of rules that will also need to be signed by the parent and athlete.
3. Parents need to be aware of all the appropriate paperwork regarding sports physicals, selection classification, and permission slips.

4. It is expected that parents will make arrangements for their child to attend all practices and games. Parents should communicate with the coach regarding the method of transportation the student-athlete will use (sports bus or parent pick up).
5. Practices are closed to spectators/parents.
6. We expect parents to assist the school district in enforcement of all the rules of the NYSPHSAA, Section VI, the Niagara Frontier League (NFL), participating schools, and the Lewiston-Porter Central School District.

Communication with the Coach

When issues arise, it is expected that you be polite and respectful when discussing your concerns. Communication needs to be centered on your child and the conversation needs to be a private matter between the parent/guardian and coach. It may be difficult for parents to accept that their child is not playing as much as they had hoped. Coaches are professional. They make judgment decisions based on what they believe to be the best for all students involved. Below you will find listings of what is appropriate to discuss with the coach and what is not appropriate.

1. Issues that are appropriate to discuss with a coach include, but are not limited to:
 - a. The mental and/or physical treatment of your child.
 - b. Ways to help your child improve.
 - c. Concerns about your child's behavior.
2. Issues not appropriate to discuss with a coach include but are not limited to:
 - a. Playing time
 - b. Team strategy
 - c. Play calling
 - d. Other student-athletes
3. Procedure to discuss a concern with a coach:
 - a. The athlete should first speak with the coach to resolve the situation.
 - b. If a resolution is not reached or if the conversation is better suited to be between the parent and the coach, a parent/guardian should contact the coach to set up an appointment with him/her.
 - c. If you need assistance in contacting the coach, call the Athletic Director at 286-7865 to arrange a meeting.
 - d. Please do not attempt to meet with a coach before or after a practice or a contest. Meetings at those times seldom result in a resolution.
4. If there are still concerns after the student-athlete and parents have met with the coach, they would then follow the chain of command listed below:
 - a. Athletic Director
 - b. Building Principal
 - c. Superintendent of Schools
 - d. Board of Education

Principles of the Interscholastic Program

It is our belief that athletics play an important role in the total education of children. Winning games has often been considered the measure of success. We, here at Lewiston-Porter, do not believe in this. This is not to imply that the will to win is not important. It is very much a part of the total development of an athlete. The greater importance is the development of the person and affording each student the opportunity to fulfill his or her potential. Thus, the athletic program, which is centered on the welfare of the students, is a vital part of the total Lewiston-Porter Central School District curriculum.

It is important to note that interscholastic athletics are not mandatory and those who elect to participate will be obligated to follow the training rules and regulations in this pamphlet.

To fully use the potential of athletics for educational enrichment, the interscholastic program:

- a. is regarded as an integral part of the total educational program and conducted so that it is worthy of such regard.
- b. supplements, rather than serves as a substitute for, basic physical education programs and intramural athletic programs.
- c. is subject to the same administrative control as the total educational program.
- d. is conducted by persons with required training either in physical education or through coaching certification programs.
- e. is conducted so the physical welfare and safety of participants is protected and fostered.
- f. is conducted in accordance with the letter and spirit of the rules and regulations of the league, state, and national athletic associations.

Initial Eligibility

1. The Niagara Frontier League (NFL) and New York State Public High School Athletic Association (NYSPHSAA) requires that a participating student must be a bona fide student at the school he/she intends to compete for and reside within New York State boundaries.
2. Must have an athletic physical. This can be accomplished in one of two ways:
 - a. Physical performed by school medical personnel.
 - b. Physical performed by your family physician, using the district's physical form, and returned to the school nurse prior to practice. Physicals are valid for a 12 consecutive month period.
 - c. Urgent Care or Mash Care type physicals will not be accepted.
3. Health History for Sports Participation.
4. Code of Conduct form must be completed, signed by the athlete and parent, and on file before the athlete can participate on any athletic team.

Duration of Competition

A student shall be eligible for high school competition in a sport during each of four consecutive seasons of such sport commencing with the student's entry into the ninth grade and prior to graduation. A student reaching the age of 19 before July 1 may not participate during that school year or thereafter.

NYSPHSAA 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 respect the integrity and judgment of sports officials.
- To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
- To encourage leadership, use of initiative and good judgment by the players on the team.
- To recognize that the purpose of athletics is to promote the physical, mental, 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.

Athletic Department Code of Conduct

Participation in our athletic program is a privilege. Abiding by the training rules is a responsibility that each athlete accepts when he/she becomes a member of an interscholastic team. Expectations placed on students who participate in athletics are high. Not only is more expected of your time and energy but also of your conduct. Lewiston-Porter is judged by the athletes who represent our school. This is a tradition that each athlete carries to his/her sport. Be proud of your school, your team, and yourself. Situations requiring a decision or discipline will be handled on an individual basis. After a thorough investigation, warranted action will be taken.

1. A genuine interest in and enjoyment of interscholastic competition requires conduct that reflects the understanding that contests are part of an overall school program and are intended to be enjoyed. Behavior that reflects a "winning at all cost" attitude violates this standard.
2. Interscholastic competition provides valuable lessons and learning experiences that complement the regular classroom setting. All involved must support the need to develop the ability to compete with enthusiasm and to accept winning with grace and losing with dignity.

3. Coaches, players, and fans should know that participation is an honor and privilege which requires them to conduct themselves in a manner that brings honor and pride to their school and community.
4. Respect for the cultural and ethnic diversity of one's opponents, their school and community is a fundamental tenet of wholesome athletic competition. This standard suggests that planned activity is needed to demonstrate a warm and friendly welcome, mutual respect, and a genuine readiness to participate in a sportsmanlike manner.
5. Players should demonstrate both knowledge of the rules and respect for game officials and their decisions. Coaches and school officials have the responsibility to teach and encourage these attributes.

Athletic Placement Process

There is a New York State Education Department (NYSED) program that permits physically and emotionally appropriate students to try out for an athletic team that is outside of their grade placement. It is called the Athletic Placement Process (APP). Your child may be eligible to participate in a sport outside of his or her normal grade level. In order to establish the appropriate eligibility, we must have your permission to begin the APP. This evaluation is a comprehensive evaluation of your child's emotional and physical maturity (including height and weight); as well as athletic abilities, physical fitness, and sport-specific athletic skill in relationship to other student athletes at that level.

Physical maturity is determined during a physical exam, using the Tanner Scale. The Tanner Scale requires the inspection of the entire body, including the breasts and genitals. The district does accept Tanner ratings from private medical providers, or from the School Medical Director, Dr. Shawn Ferguson. The district does accept a history of menarche for girls in place of a physical examination. Upon passing the medical clearance, the student may proceed to the physical fitness and skill assessments. Students must pass ALL levels in order to meet the requirements of the APP.

If your child successfully meets the requirements of the APP, he/she will be allowed to try out for competitive high school athletics at the JV or Varsity levels during 7th and/or 8th grade(s). Under normal circumstances, a student is eligible for senior high school athletic competition in a sport for only four consecutive seasons, beginning with the student's entry into the ninth grade. However, by meeting the Athletic Placement Process requirements established by NYSED, your child's eligibility can be extended to permit:

- a) participation during five consecutive seasons in the approved sport after entry into the eighth grade; or
- b) participation during six consecutive seasons in the approved sport after entry into the seventh grade.

In order to advance to the physical fitness portion of the APP process, forms B, C and D of the APP packet must be completed fully at the time of the test.

It is important for you and your child to understand that, once the requirements are met and if he/she is accepted as a member of the team, he/she cannot return to a lower-level team (modified) in that sport in that season. Remember, at the higher level of play your child will be exposed to the social atmosphere that is common among older students in a high school environment. Therefore, it is important to take into account your child's ability to handle the additional demands.

Athletic Rules and Expectations

1. All student-athletes will meet academic eligibility requirements.
2. Training Rules:
 - a. Each student-athlete will conform to the specific training rules of his/her sport.
 - b. The use of alcohol and tobacco, as well as the use of illegal or non-prescription drugs by team members on or off campus is prohibited.
 - c. **Possession by Association:** Student-athletes should not attend social functions where alcohol and/or tobacco are being used by minors or where controlled substances are being used unlawfully by anyone. The athlete must leave the site immediately upon gaining the knowledge of alcohol and/or tobacco being used by persons under the age of 21 or unlawful use of controlled substances by anyone.
 - d. All team members must attend all scheduled practices of the team and must be present at all games. If a player finds it necessary to be late or absent from practice or a game, they must report this fact prior to the practice or game to the coach in charge. The coach will determine the validity of the excuse and whether it will be accepted or not.
 - e. Each student-athlete will practice rules of good citizenship at all times.
 - f. The student-athlete will be courteous and respect the rights of others and will exhibit a high degree of self-discipline.
 - g. The student-athlete will not berate coaches, teammates, or fans.
 - h. The student-athlete will be on time for school and all classes.
 - i. The student-athlete will not engage in disruptive behavior, including angry outbursts or fighting.

3. Appropriate Behavior On or Off the Field/Court
 - a. Once in uniform, the player shall remain with the team at all times. No mingling with the fans will be allowed.
 - b. Students are expected to wear a clean, pre-assigned uniform to all games.
 - c. At the beginning of each season, the coach will provide athletes with school issued uniforms and equipment. To be compliant with all of the rules and regulations, the Athletic Director must approve any piece of uniform or equipment that was purchased by the student-athlete.
 - d. The use of obscenities is inappropriate for players on the bench or field/court.
 - e. Should a player disagree with the decision of a referee or official, he/she will make their feelings known to their coach only. Do not argue with the officials.
 - f. Instigating a fight with players, coaches, fans, or officials will be classified as a most serious infraction.
 - g. Verbal harassment between teams, team members, officials, or fans before, during, or after a game is inappropriate.
 - h. Disagreements with the coach will not be conducted in public or in front of teammates.
 - i. Student-athletes' dress for away contests must meet the requirements of the Athletic Department.
 - j. Student-athletes are representing the Lewiston-Porter Central School District and, therefore, must set a good example by using appropriate behavior on all away trips and home competitions.
 - k. Hazing of a student by another student or group of students is strictly prohibited on or off school property. See Hazing Policy for further information.

Suspension:

Athletes who are found to have violated rules d, e, f, g, h, and i shall be subject to immediate suspension. They will be required to meet with the coach, their parent/guardian, and the Director of Interscholastic Athletics. The Director of Interscholastic Athletics, following the Code of Conduct, will determine the appropriate length of the suspension. Every effort will be made to ensure that penalties imposed are fair and uniform and in the best interest of the student and his/her fellow athletes.

If a student-athlete is dismissed from a team for disciplinary reasons, he/she cannot join another team during the same season.

Consequences for Infractions

<u>INFRACTION</u>	<u>PENALTY</u>
a) Late for practice/game	a) Coach's discretion
b) Absent from practice/game	b) Coach's discretion
c) Use of profanity	c) Coach's discretion
d) Use of tobacco	d) Suspension
e) Use of Electronic Inhalants	e) Suspension
f) Use of alcohol	f) Suspension
g) Possession by association	g) Suspension
h) Possession, use or sale of illegal or non-prescription drugs	h) Suspension
i) Fighting, instigating a fight, or assault	i) Suspension
j) Hazing	j) Suspension
j) In-school suspension	k) Ineligible to participate in practice/games during suspension and possible additional disciplinary action.
k) Out of school suspension	l) Ineligible to participate in practice/games during suspension and possible additional disciplinary action.

Hazing Policy

The Board of Education is committed to providing a safe, productive, and positive learning environment within its schools. Hazing activities are demeaning, abusive and/or illegal behaviors that harm victims, and are inconsistent with the educational goals of the District by negatively impacting the school environment. Hazing of a student by another student or group of students is strictly prohibited on school property; in school buildings; on school buses; by school sponsored groups, clubs or teams; and at school sponsored events and/or activities whether occurring on or off campus. Hazing of a student refers to soliciting, encouraging, aiding, or engaging in "hazing" behavior as defined pursuant to District policy, regulation and/or law. The Board of Education shall require the prohibition of hazing – along with the range of possible intervention activities and/or sanctions for such misconduct – to be included in the *District Code of Conduct* for all grade levels.

Dignity For All Students Act

The Board of Education recognizes that learning environments that are safe and supportive can increase student attendance and improve academic achievement. A student's ability to learn and achieve high academic standards, and a school's ability to educate students, is compromised by incidents of discrimination or harassment, including but not limited to bullying, taunting and intimidation. Therefore, in accordance with the Dignity for All Students Act, Education Law, Article 2, the District will strive to create an environment free of bullying, discrimination and/or harassment and will foster civility in the schools to prevent and prohibit conduct which is inconsistent with the District's educational mission. Since cyberbullying is a form of bullying, the term "bullying" as used in this policy will implicitly include cyberbullying even if it is not explicitly stated. The District condemns and prohibits all forms of bullying, discrimination and/or harassment of students based on actual or perceived race, color, weight, national origin, ethnic group, religion, religious practice, disability, sexual orientation, gender, or sex by school employees or students on school property and at school-sponsored activities and events that take place at locations off school property. In addition, any act of bullying, discrimination and/or harassment, outside of school sponsored events, which can reasonably be expected to materially and substantially disrupt the education process may be subject to discipline. The prohibition of bullying, discrimination and/or harassment along with sanctions for such misconduct will be included in the District Code of Conduct for all grade levels. Any student who is in violation of District policy and/or regulation will be subject to disciplinary measures in accordance with applicable laws and/or regulations, District Policy and Administrative Regulations and the District Code of Conduct.

The entire policy can found on the District's web-site

Attendance in School

Full day attendance is mandatory for all student-athletes in order to participate. If a student-athlete is absent from or tardy to school, it will be the student's responsibility to justify their tardiness or absence to the Director of Athletics in order to participate in any game or practice on that particular day or evening. It will be at the discretion of the Athletic Director as to whether or not the student involved will participate. Student-athletes must attend a full day of school on Friday before a weekend event, unless a verified legal excuse is on record. Parents/guardians should make every effort to notify the coach of any pre-approved legal absence.

Lewiston-Porter Academic Eligibility for Extracurricular Activities Policy

The Lewiston-Porter School District believes that extracurricular activities are a valuable part of the complete education of each student. Participation in these programs, however, is considered a privilege and, therefore, students must adhere to the district's policy regarding academic co-curricular eligibility, attendance, and good citizenship in and out of the classroom. Participation in extracurricular activities should be maintained and supported by academic standards. Each student should maintain high academic standards while pursuing extracurricular activities that contribute to a well-rounded education. Therefore, co-curricular eligibility requirements have been established to monitor and encourage student academic progress. The District must also hold itself accountable as educators, coaches, and club advisors to provide the students with opportunities to reach and maintain these appropriate standards and academic progress.

Extracurricular activities are defined as all activities EXCEPT those in which student participation is necessary to receive a grade in a course in which the student is currently enrolled (i.e., school student government offices, class offices, school clubs, and interscholastic athletics). The Extra-Curricular Policy will affect participation in all extra-curricular programs and activities, including, but not limited to, the following:

All clubs, proms, dances, athletics, cheerleading, class officers, dramatics, Free Lancer, Interact, International Siblings, Key Club, Lancer Council, library aides, Library Club, Master Minds, Mathletes, Model U.N., musicals, Stage Crew, National Honor Society, P.L.E.A., S.A.D.D., Scholastic Bowl, Science Olympiad, Ski Club, Traditions, Yearbook, Youth-to-Youth activities, etc.

Eligibility:

1. Students who are failing two or more courses or Physical Education at each 5-week marking period will automatically be ineligible to participate or practice in any interscholastic athletics or intramurals during the next 5-week period.
2. Students who are failing two or more courses at each 5-week marking period will automatically be ineligible to participate in any extracurricular activities during the next 5-week period.
3. Student-athletes who are academically ineligible must use their 5-week probation eligibility (if it is still available to them) so they may return to their team and participate. Student athletes may not quit or resign from a team to protect probation. If a student athlete has been participating on an athletic team and quits or resigns from the team due to ineligibility status their probation opportunity will be forfeited for the remainder of the school year.
4. Incomplete grades that are not changed to a passing grade within five school days after the report cards and/or progress reports are issued will be considered failing grades for eligibility purposes.
5. On the day that the report is issued, each activity sponsor, athletic director, or coach will verify student eligibility for extracurricular participation.
6. The following grading period shall be used to determine eligibility and shall be in force by the last issuing date of report cards on the school calendar:
 - a. Five week mark
 - b. Ten week marking period
 - c. Fifteen week mark
 - d. Twenty week marking period
 - e. Twenty-five week mark
 - f. Thirty week marking period
 - g. Thirty-five week mark
 - h. Forty week marking period plus final exams (NOTE: The final course grade will determine eligibility for all fall activities in the following school year. Students may become eligible for all fall activities by successfully completing summer school.)
 - i. Following submission of summer school grades.
 - j. Students transferring into the district at any time shall have a clean slate for eligibility purposes.

At each of the above times, every teacher in the building will submit a list of failing students to the main office. A list of students failing two or more subjects will be compiled. Two school days before the list is distributed to faculty, coaches, and club advisors, a letter will be mailed

After each five-week marking period, students may become eligible if they are no longer failing two or more subjects, and, in the case of interscholastic athletics, physical education. A revised ineligibility list will be sent to teachers, advisors, and coaches. Two or more unsatisfactory responses will result in the student remaining ineligible for FIVE more weeks.

Furthermore, the principal may exclude a student from participation for a period of time if he/she deems it necessary, based on the severity and/or chronic nature of academic, behavioral, or attendance difficulties.

6. **INELIGIBLE STUDENT:** An ineligible student will not be permitted to participate in extracurricular activities. Participation includes practicing and traveling to games and scrimmages, or participating in games and scrimmages, dances, musicals, field trips, and all other extracurricular activities. An exception might include a field trip that is deemed a necessary part of a course's curriculum.
7. **PROBATION:** Student-athletes deemed ineligible must take probation. Probation allows a student to continue to participate in all activities and privileges during that specific five week grading and reporting period. Students may elect to take probation only once per academic year. Once notified, the ineligible student must pick up a probation election form in the main office. The student and parent must complete the form and return it to the High School Assistant Principal. The Assistant Principal will review the document, sign off and log the probation. During the probationary period, students will be required to attend the ASAP Program two times per week for the remainder of the 5-week student reporting period. The Director of the ASAP Program will sign off on the attendance and ASAP/Probation log sheet. Students who do not fulfill the ASAP attendance requirement will have their probation revoked. The goal of probation is to promote academic success and to have a more academically focused student body.

NFL Eligibility Rules

A student must be a bona-fide pupil of the school that he/she represents. He/she must have received a passing grade in four academic subjects and physical education during the semester preceding his/her participation and must be enrolled in at least four academic subjects and physical education during the current semester.

Transportation

Bus transportation will be provided for all teams to all away contests.

Student-athletes must ride the team bus both to and from regularly scheduled away games and scrimmages. Players will be picked up at the designated location at Lew-Port and will be returned to that same location. Student-athletes and their coaches are responsible for their conduct, safety, and well-being from the time they are picked up at our school until they are safely returned back to school. Players may be excused from this rule with prior approval. A written note from the student-athlete's parent/guardian must be signed by either the High School or Middle School principal and presented to the coach prior to departing for the away contest. Student-athletes will be released only to their parent or designated legal guardian.

It is strongly recommended that students take the late bus home. The practice of a student riding home with friends after practice is unwise and presents a real safety hazard. The school cannot assume responsibility for students who do not use the school bus for transportation home after practice. No transportation from school to home is provided after games or for special practices on days when school is not in session. This includes all vacation time and Saturdays. Parents are required to assume this responsibility.

Conduct on Trips

The conduct of athletic participants on trips to various schools, while on the bus, at hotels and/or places to eat, is the responsibility of the coach involved as well as the student-athlete. While in transit, unnecessary yelling and shouting out of the bus windows as well as the use of obscene and profane language is not acceptable. The bus company does not permit the wearing of any type of spike on the bus nor do they allow food or drink on board. Payment for damage to the buses, such as broken windows or torn seats, will be the responsibility of all parties involved.

Health Examination

A student who engages in interscholastic competition shall receive an adequate health exam and may not practice or participate without the approval of the school medical officer. The approval shall indicate the activities permitted and shall be valid for one year. Any athlete who is seen by a doctor must be released (signed statement) by the physician who treated the child or the school physician in order to resume participation with his/her team. The release must be filed with the school nurse. It is the athlete's responsibility to give the release to the school nurse. Do not give this responsibility to some other person (coach, teacher, friend, etc.).

Physical Education Requirements

Athletics is an outgrowth of the Physical Education program. Those students demonstrating outstanding attitude and effort are those encouraged to participate in athletics. The wide range of activities in physical education gives the students an excellent background in physical fitness, lifetime sports, and team sports. Because of the importance of physical education, all athletes will be required to participate in physical education throughout the year. Athletes who are illegally absent or do not participate in physical education classes will not be permitted to attend practices or games on the day of the absence/offense. Athletes who have been medically excused from physical education may not participate in a contest on the day they are excused.

Outside Participation

1. The NYSPHSAA allows outside participation in other athletic clubs.
2. Student athletes must understand that commitment to the school team takes precedence over outside participation. Club participation should not be detrimental to an individual or the team. Season schedules will be distributed by the first day of practice for all seasons. Athletes should be made aware that season dates are as follows, and games and practices can be scheduled at any time during these date ranges. Athletes who miss interscholastic contests in favor of club contests will jeopardize their eligibility for post season awards.

Fall 2018:

- + All high school sports – August 13 – November 1
- + All other modified sports – August 27 – November 1

Winter 2018-2019:

- + All high school sports – November 5 – March 9
- + All modified sports – November 12 – February 15

Spring 2019:

- + All high school sports – March 4 – June 8
- + All modified sports – March 18 – May 31

3. Student-athletes should not be actively practicing with another school team while they are a member of a Lewiston-Porter team that is currently in season. Student-athletes cannot play or practice with a college team or individual.

College Athletics

The primary focus of the Lewiston-Porter Central School District's Athletic Department is to teach life long values, skills, and lessons, not to produce scholarship athletes. A small minority of athletes will go on to play at the collegiate level, and an even smaller number of athletes receive athletic scholarships. It is important for parents and athletes to communicate with the coach if there is potential for the athlete to play at the next level. The coaches and Athletic Director will be able to give the athlete an honest evaluation of the appropriate level of play that may be suitable for the athlete. The guidance counselor, Athletic Director, and coach can also guide the parents and athlete through the recruiting process (NCAA Clearinghouse, college visitations, etc.).

Insurance

The school district does not carry student accident insurance. It is the responsibility of the parent/guardian to cover expenses should accidents or injuries occur.

Risk Factors in Sports

Participation in athletic activities involves a certain degree of risk of physical injury. Such physical injury can occur in any type of activity, be it a "contact" or "non-contact" sport. Further, many injuries are truly accidental in nature and by volunteering to participate in a school-sponsored athletic activity, a student and his/her parents/guardians assume the risks.

Injuries

It is extremely important to immediately report any injury an athlete suffers to his/her coach. A certified, licensed athletic trainer is present at all Lewiston-Porter home athletic events. In addition, our trainer is available for consultation on injuries to student-athletes on a daily basis. Student-athletes and their parents are encouraged to see the trainer (at no cost) as soon as an injury occurs as a result of participating in a practice or contest as a member of a school modified, junior varsity, or varsity team.



Lewiston-Porter Central Schools
Concussion Management Policy and Procedures

- 1.) Athlete is to be immediately removed from their sport due to a head injury or displaying concussion-like signs and/or symptoms. Athlete will then be evaluated by a trained health care professional which may include, but is not limited to, an athletic trainer, school nurse, school physician or the athlete's primary care physician. Computer-based evaluations will be available in the athletic training room using IMPACT software.
- 2.) In the event a head injury is confirmed, the school athletic trainer will monitor the athlete's progress through the use of SCAT-5 or computer-based testing and physical evaluation. The results will be made available to the school nurse, school physician, and the overseeing physician of the athlete. Parents will also be notified immediately in the event of a head injury.
- 3.) All evaluations by the athletic trainer must be documented. The student athlete and family will be responsible for obtaining all school documentation and providing it for any follow-up medical evaluations. They must also provide the athletic trainer with any instructions or documentation from their physician regarding the said injury.
- 4.) Return to play decisions:
 - a. Athlete must be cleared by a physician before participating in any activity.
 - b. Evaluation by school athletic trainer must be done and may include the use of computer-based testing (IMPACT) or SCAT-5 testing.
 - c. In the event an athlete is cleared by their physician, but does not pass the athletic trainer evaluation, the athlete may **NOT** participate. The athletic trainer will contact the physician's office to discuss further treatment options.
 - d. If the athlete is cleared by his/her physician, in writing, as well as the school athletic trainer, the athlete will return to play in the following phases:
 - No Activity** – Complete physical and cognitive rest with the objective being recovery.
 - Phase 1** – Low impact, non-strenuous, light aerobic activity, such as walking or riding a stationary bike. If tolerated without return of symptoms over a 24 hour period, proceed to
 - Phase 2** – Higher impact, higher exertion and moderate aerobic activity such as running or jumping rope. No resistance training. If tolerated without return of symptoms over 24 hour period, proceed to

Concussion Management Policy and Procedures (con't.)

Phase 3 – Sport specific non-contact activity. Low-resistance weight training with a spotter. If tolerated without return of symptoms over a 24 hour period, proceed to
Phase 4 – Sports specific activity, non-contact drills. Higher resistance weight training with a spotter. If tolerated without return of symptoms over a 24 hour period, proceed to
Phase 5 – Full contact training drills and intense aerobic activity. If tolerated without return of symptoms over a 24 hour period, proceed to
Phase 6 – Return to full activities without restrictions.

Care of Equipment and Uniforms

Each team member shall assume full responsibility for the uniform and equipment issued to them. The student is financially responsible for any damaged or lost items. Any damage or loss of equipment or uniforms shall be reported to the Athletic Director.

End of Season

The season officially ends for students when all equipment issued to them is returned to the coach. Until the above requirement is met, the student is subject to all eligibility rules and regulations of that sport. Failure to comply with these requirements will result in denial of all athletic awards. It will also prevent a student from participating in the next sport season.

NYSPHSAA Transfer Rule

This rule was established by the New York State Public High School Athletic Association (NYSPHSAA) to control athletic recruitment and athletic shopping. It should be clear that a petition to the section is solely within the discretion of the school district and not the student-athlete or their parent/guardian. For further information, contact the Athletic Director at 286-7865 or visit www.nysphsaa.org.

Philosophy by Sport Level

Modified: This is the introductory level of competitive sports, which emphasizes the fundamentals of the game. At this level, a smaller emphasis is placed on winning and maximum participation is desired. This level introduces middle school students to the regimen and the privilege of participating in high school athletics. A strong emphasis is placed on academics, sportsmanship, and a chemical-free lifestyle.

Junior Varsity: Increased emphasis is placed on team play, physical conditioning, and refinement of basic skills at this level. Winning is considered important and participants should be taught how to cope with game situations and how to win and lose properly. It is recognized that not all participants may play in every contest.

Varsity: This is the culmination of the high school athletic program. Teams play to win, but participants accept the fact that important lessons are learned from losing. It is recognized that not all participants may play in every contest. There continues to be emphasis on academics, sportsmanship, chemical-free lifestyle, and team play.

Chain of Communication

During the course of the season, parents and/or athletes may have questions or concerns that need to be addressed. The team coach is the best source of information. The student athlete should address the issue directly with his/her team coach. If, after speaking with the coach, a satisfactory conclusion is not reached, the next step should be for the parent to speak with the coach, and then, if necessary, the varsity coach. The final step, should a satisfactory conclusion still not be reached, would be for the parent or athlete to communicate with the athletic director. Please be advised that anonymous concerns will not be addressed.

Athlete/Family Vacations

When parents and student athletes choose to take vacations during sport seasons, it must be understood that the time missed by the student athlete can affect team chemistry and personal conditioning. Student athletes who miss practices or competition for any reason may have their position or playing time adjusted. Coaches shall make every effort to inform parents and athletes of the season's schedule as far in advance as possible.

Lewiston-Porter Athletic Department
Letter Award Policy

Modified Sports

Receive certificates for each sport season

JV Sports

- 1st season – 4” graduation year numerals (ex – 11, 12, etc.)
- 2nd season – 6” JV letter
- 3rd season and beyond – JV participation certificate

Varsity Sports

- 1st season – varsity letter (or numerals if first sport) and certificate from Athletic Department authorizing jacket purchase from Stuart Sports in Lewiston
- 2nd season – sport pin (will receive one for each sport played) and chevron
- 3rd season – chevron
- 4th season – chevron
- 5th season – chevron
- 6th season – chevron and white letter
- 7th season – chevron
- 8th season – chevron
- 9th season – chevron
- 10th season – chevron and gold letter

Qualifications:

- * Athletes must finish the season in good standing to be eligible to receive a letter award
- * Athletes who are called up to the varsity after the halfway point of the season will not be issued a letter
- * Athletes will receive one award per season. Lost, misplaced or stolen awards can be purchased through the Athletic Office. Awards will not be reissued.
- * Athletes who are deemed ineligible and do not finish the season, as per the District’s Eligibility Policy, will not be issued letter awards

Code of Conduct Policy for Spectators

Please note the Lewiston-Porter Central School District Board of Education adopted a revised Code of Conduct Policy on August 28, 2013, which empowers school officials to take appropriate action against participants or spectators displaying disrespectful attitudes, vulgar language, harassment, taunting, and/or intimidation towards others, or who do not comply with the Dignity for All Students Act of 2012. Violators will be subject to expulsion from school premises and/or prohibition from returning to future school-sponsored events, or such other actions as deemed appropriate. Please display good sportsmanship and civility at all school sponsored events, whether on or off our campus.

General Conduct for Spectators

Athletes, parents, team boosters, and others should be advised that spectator behavior can cause penalties to be called against a team by the referee. If the referee chooses to call a penalty against the crowd, it may be a factor in the outcome of a game.

The behaviors of players and spectators should always reflect the best example of sportsmanship. This brings pride in our school system and good relationships with all other schools involved.

Section VI - NYPHSAA Sportsmanship Philosophy and Code of Conduct

Philosophy

1. We believe that interscholastic athletics is an important part of education and support the ideals and values embodied in good sportsmanship.
2. We believe that sportsmanlike behavior is essential if interscholastic competition is to contribute usefully and constructively to the broad goals of education and to the quality of life of those involved.
3. We pledge ourselves, individually and collectively, to encourage and support the development and maintenance of a sportsmanlike atmosphere for athletic competition.



No Smoking Policy

To comply with Federal and State Law and to acknowledge the dangers of smoking, particularly in an environment where children are present, the Lewiston-Porter Board of Education prohibits the use of tobacco in all school facilities, on all school grounds, and in any vehicle on school grounds. Anyone who is found smoking or using tobacco products will be asked to leave the campus immediately.

Sports by Season and Level

<i>SPORT</i>	<i>VARSITY</i>	<i>JV</i>	<i>MODIFIED</i>	<i>CLUB</i>
FALL				
Cheerleading	X	X		
Cross Country, Boys	X	X	X	
Cross Country, Girls	X	X	X	
Football, Boys	X	X		
Golf, Boys	X			
Soccer, Girls	X	X	X	
Soccer, Boys	X	X	X	
Swimming, Girls	X	X	X	
Tennis, Girls	X			
Volleyball, Girls	X	X	X	
WINTER				
Basketball, Boys	X	X	X	
Basketball, Girls	X	X	X	
Bowling, Boys	X			
Bowling, Girls	X			
Cheerleading	X	X		
Ice Hockey	X			X
Swimming, Boys	X	X	X	
Wrestling, Boys	X	X	X	
SPRING				
Baseball, Boys	X	X	X	
Softball, Girls	X	X	X	
Tennis, Boys	X			
Track, Girls	X	X		
Track, Boys	X	X		
Lacrosse, Boys	X	X		
Lacrosse, Girls	X	X		

Niagara Frontier League

Code of Conduct for Parents, Spectators, and Fans

I Will Always

Respect the decision of the officials.

I Will Be

Supportive and keep my comments positive.

I Will Never

Do anything to deter the players' love of the game.

I Will Refrain

From entering the field of play during or immediately after the contest for safety reasons.

I Will Never

Use profanity or physically attack a person, player, coach, or official.

I Will Do

Everything in my power to negate trash talking! It's NOT a healthy part of interscholastic athletics.

I Will Recognize

The emotional and physical well-being of the players is first, before my desire to win.

I Will Encourage

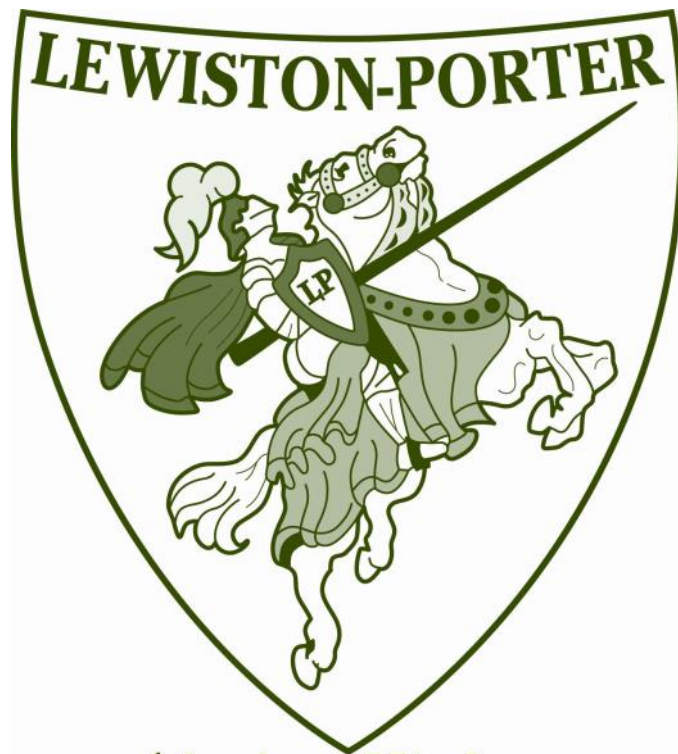
A safe and healthy environment for both teams.

I Will Remind Myself

That the game is for the kids and not the adults.

We, the Student-Athletes of the Niagara Frontier League,

Sincerely hope that IF all the parents, spectators, and fans can follow and abide by these rules, the GAME will be much more enjoyable for all.



Aiming Higher

