

LONGWOOD CENTRAL SCHOOL DISTRICT

ATHLETIC HANDBOOK



FOR

STUDENT-ATHLETES AND PARENTS

RICH IN PRIDE,

RICH IN SPIRIT,

RICH IN HEART!

Dear Parents and Student-Athletes,

Congratulations on making the decision to participate in the Longwood Central School District Interscholastic Athletic Program. Your involvement in our sports program, we hope will be a positive experience and will provide you with the opportunity to meet and work with your fellow students and the coaching staff.

Our coach's care about our athletes and are very dedicated and committed. They encourage academic achievement and character development. They believe that a truly educated individual is intellectually knowledgeable as well as physically educated. Our coach's serve as excellent, positive role models for our students and we are proud of them and their achievements.

We hope that all students will participate in some phase of our program. These will be memorable school experiences that will last a lifetime. When your daughter/son chooses to participate in our sports program we feel that they have committed themselves to certain responsibilities and obligations. This handbook will acquaint you with some specific policies that are necessary for a well-organized program of athletics. The program is governed by the rules and regulations set up by the New York State Public High School Athletic Association.

Longwood High School is a member of Section XI of the NYSPHSAA and competes as a Class AA school. Our section affiliation is Conference I and League

If you have questions or concerns regarding the Longwood Athletic program and/or this guide contact the Athletic Office at 345-9260.

PHILOSOPHY OF **INTERSCHOLASTIC ATHLETICS**

The Longwood Central School District has developed an Interscholastic Athletic Program with educational value for all students. It focuses on the development of self-esteem and individual skills as well as fostering an atmosphere of teamwork, citizenship and sportsmanship. In addition, we believe our sports program emphasized discipline, leadership, respect, loyalty and cooperation. The Athletic program does emphasize lifelong activities where participation by as many student-athletes as possible is a primary objective. Our sports programs provide a source of pride and hopefully motivation for lifelong success. Winning is neither the most important nor the only outcome of the program. The District has set high goals and standards and all personnel and athletes are encouraged to strive to achieve them while maintaining a proper perspective on sports, school and life.

We offer a wide variety of athletic programs that provide the students with diversified and meaningful experience. We currently sponsor over seventy athletic teams involving over 1,500 students in grades 7-12. The District has provided qualified coaches who are positive role models, are enthusiastic about working with student-athletes and an environment to meet this end. Our programs are guided by the rules and regulations prescribed by the New York State Public High School Athletic Association and Section XI.

MODIFIED PROGRAM PHILOSOPHY

This program is available to all students in the seventh and eighth grades. Sport activities offered are determined by the existence of leagues, student interest and the relationship to the high school program. At this level, the focus is on learning athletic skills, appropriate demands on the adolescent body and healthy competition.

At the modified level, cutting of students is not our policy. Ultimately, the number of teams and size of the squad in any sport will be determined by the availability of: 1) financial resources, 2) qualified coaches, 3) suitable indoor or outdoor facilities and 4) a safe environment.

In order for the desired development of the adolescent athlete and team to occur, practice sessions are vital. The New York State Public High School Athletic Association publishes regulations by which practice sessions are governed. Occasionally, a practice or contest will be scheduled for Saturdays. Opportunities for meaningful contest participation for each team member will exist over the course of a season.

Exceptional seventh and eight graders may be permitted to try out for a junior varsity or varsity team under the State Education Department Program called Selection Classification. Criteria that must be met in order to play at an advanced level include parental approval, medical approval, appropriate developmental rating, passing athletic performance test scores and the coach's skill evaluation. Additionally, students must display an advanced degree of socio-emotional maturity before team membership is granted.

JUNIOR VARSITY PROGRAM PHILOSOPHY

The junior varsity level is intended for those who display the potential of continued development into productive varsity level performers. Although team membership varies according to the structure of each program sophomores occupy the majority of roster positions. In certain situations, juniors who are expected to make contributions at the varsity level will be considered for junior varsity participation. Also, freshmen may be included on a junior varsity roster, as well as seventh and eight grade students who have satisfied all selection classification requirements.

At this level, athletes are expected to have visibly committed themselves to the program, team and continued self-development. To this end, increased emphasis is placed on physical conditioning, refinement of fundamental skills, elements and strategies of team play in addition to socio-emotional development. Junior varsity programs work towards achieving a balance between continued team and player development and striving for victory. The outcome of the contest becomes a consideration at this time.

The realization that practice sessions are important is a premise that is vital to a successful junior varsity team and player. For all team members, meaningful contest participation will exist over the course of a season; however, a specified amount of playing time is never guaranteed. Participants at this level are preparing themselves for the six-day-a-week commitment that is expected at the varsity level. While contests and practices are normally not held on Sundays or Holidays, practice sessions are sometimes scheduled during school vacation periods. With the goal of becoming a varsity athlete clearly in sight, a high level of dedication and commitment is expected at the junior varsity level.

VARSITY PROGRAM PHILOSOPHY

Varsity competition is the culmination of each sport's program. Normally, seniors and juniors make up the majority of the roster. Occasionally, a sophomore and infrequently a freshmen may be included on the team providing that evidence of advanced levels of physical development, athletic skill and appropriate socio-emotional development is demonstrated. It is possible but rare for a Junior High level student to be included on a varsity roster. Selection classification occurs more frequently in sports commonly classified as "individual" (track, golf, swimming, etc.)

Squad size at the varsity level is limited. The number of participants on any given team is a function of those needed to conduct an effective and meaningful practice and to play the contest. It is vital that each team member have a role and be informed of its importance. The number of roster positions is relative to the student's acceptance of their individual roles in pursuit of the team's goals. While contest participation over the course of a season is desirable, a specified amount of playing time at the varsity level is never guaranteed.

A sound attitude and advanced level of skill are prerequisites for a position on a varsity team, as is the realization that a varsity sport requires a six-day-a-week commitment. This commitment is often extended into vacation periods for all sport seasons. While contests and practices are normally not held on Sundays or holidays, the dedication and commitment needed to conduct a successful varsity program should be taken seriously. There may be conflicts with other scheduled events (plays, trips, etc.) It is expected at the varsity level that the team and the commitment to the team take precedent.

The varsity coach is the leader of that sport's program and determines the system of instruction and strategy for that program. The communication among the modified, junior varsity and varsity programs is the responsibility of the varsity coach. Preparing to win, striving for victory in each contest and working to reach the group's and individual's maximum potential are worth goals of a varsity level team.

CODE OF CONDUCT

FOR STUDENT-ATHLETES, STUDENTS & SPECTATORS

The Board of Education is committed to providing a safe and orderly school environment where students may receive and district personnel may deliver quality educational services without disruption or interference. Responsible behavior by students, teachers, other district personnel, parents and other visitors is essential to achieving this goal.

To be a member of a Longwood Athletic team is a privilege and each student-athlete should strive to perform to the best of his/her athletic and academic ability while presenting appropriate behavior. It is the responsibility of the student-athlete to abide by the Longwood Central School District Code of Conduct in order to remain in the program. Each student is presented the Code of Conduct and is expected to follow the “Code”. It shall be in force at all times. Within the “Code” there are statements regarding student’s rights and responsibilities. In addition, there is information regarding prohibited student and public conduct. Also within the “Code” is a list of possible methods of dealing with prohibited student behavior. A student-athlete may be removed from the program due to exhibiting prohibited student behavior.

The use of alcohol, tobacco, and other drugs is also a violation of the “Code of Conduct”. Therefore it is also prohibited. Student-athletes are role models within the school and community and are encouraged to follow the “Code” at all times, both in and out of season.

- No student-athlete will possess or consume alcoholic beverages or utilize tobacco products at any time or place during the sport season.
- No student-athlete will possess, sell or use illegal drugs at any time during the sport season.
- No student-athlete will use prescription drugs without the consent of a physician and/or parent at any time during the sport season. They will adhere to the Longwood CSD Code of Conduct at all times. Failure to do so may result in the loss of athletic privileges.

SPORTSMANSHIP AND FAIRPLAY

Visiting team members, students and adult spectators are guests to be accorded all the courtesy and consideration that a friendly well-mannered, well-intentioned host would normally give. The visitors, in turn, are to act as invited guests, using the home school facilities with care and respecting the rules and customs of the home school.

Officials are the proper authorities to make decisions regarding rules and their interpretation, these decisions should be accepted.

Spectators, student-athletes and coaches must recognize that their conduct plays an important role in establishing the reputation of their school and that their positive actions can relate directly to the success of their teams.

Remember that an athletic contest is only a game – not a matter of life and death for player, coach, school, official, fan or community.

Failure to adhere to Conduct and Expectations for Athletes, Students and Spectators could result in appropriate disciplinary action.

GETTING READY TO PLAY

ELIGIBILITY RULES

1. **BONA FIDE STUDENT:** An athlete must be a bona fide Longwood School District and must be taking at least four subjects and physical education. A student attending an alternative education program may represent only the home school. Students who have completed graduation requirements are not eligible.

2. **REGISTRATION:** A student must have enrolled during the first fifteen school days of a semester and must have been in regular attendance 80% of the school time.

3. **AGE:** A student shall be eligible for interschool competition until his/her 19th birthday. If the age of 19 years is reached on or after July 1st, the student may continue to participate in all sports for that year if the student is not in the 5th year of High School.

4. **DURATION OF COMPETITION:** A pupil shall be eligible for senior high athletic competition in each sport during four consecutive seasons of each sport after entry into ninth grade and prior to graduation. An appeal for an extension of athletic eligibility can be made by the Superintendent, if it can be shown that a student's failure to enter competition during one or more seasons of a sport was caused by illness, accident or other circumstances beyond the control of the student.

HEALTH EXAMINATION

Student-athletes must receive medical clearance from the school Health Office before they may practice or tryout for an athletic team. The following guidelines outline the process for obtaining this clearance:

1. Physical exams MUST be approved by the school district physician and are considered current for 12 continuous months. Student-athletes are required to obtain a completely new physical if the previous physical date expires before the upcoming sport season.
2. All student-athletes and their parents must complete the Health History Form prior to each sport season. The school nurse will review the information to ensure safe participation.
3. Questions or information regarding medical clearance can be obtained by calling the Health Office in the student's school

ACADEMIC ELIGIBILITY

The Longwood School District Board Policy #5129 states that all athletes must be academically eligible in order to participate in the interscholastic program. The administration has designed procedures that provide the students and parents with ample notification, fair and reasonable requirements and the opportunity for reinstatement for most cases. The administering of the eligibility program is done through the administration in each building.

PARENT PERMISSION FORM

All student-athletes must submit to their coach the signed parent permission form that is included as part of this handbook. This is utilized for emergency information and signifies that the handbook and the information contained within have been reviewed.

ATHLETIC DEPARTMENT POLICIES

ACADEMICS

The Athletic Department recognized that the primary responsibility of student-athletes is their education. Therefore, the Athletic Department supports the concept that student-athletes should work to their potential in the classroom and be committed to achieving maximum academic success. The Athletic Department strictly enforces the district policy on academic eligibility and no athlete will be permitted to participate unless eligible.

ATTENDANCE

A student-athlete shall be in attendance of their regular classes in order to practice or participate in practices or a contest. Athletes cutting classes or suspended from school will not be permitted to participate until cleared by the building administration. Because of health and safety reasons, absences, tardiness or illness will exclude student-athletes from practice or games on that day. If you are healthy, be in school on time. If you are excused, be sure the excuse is for a valid and acceptable reason. Communication with your coach is extremely important.

PRACTICE SESSIONS

Student-athletes are expected to attend all scheduled practice sessions and games unless excused by the coach in conjunction with the parent. You have made a commitment to your sport by being a member of the team and are responsible for the time commitment. Please, whenever possible, make all of your other plans around your sport season. Communicate with the coach, well in advance, all known conflicts. Unexcused absences will result in a suspension from participation by the coach and/or athletic department.

SELECTION CLASSIFICATION

The Selection Classification program is a process for screening student-athletes to determine their readiness to compete in interscholastic athletic competition by evaluating their physical maturity, fitness and skill. The intent of this program is to provide for student-athletes in grades 7 through 12 to safely participate at an appropriate level of competition based upon readiness rather than age and grade. This program has been designed to assess a student-athlete's physical maturation, physical fitness and skill, so the student-athlete may be placed at a level of competition which should result in increased opportunity, a fairer competitive environment, reduced injury and greater personal satisfaction.

The head coach in each sport, in consultation with the student-athlete's physical education teacher and parents will recommend individuals to be selectively classified. In addition to the criteria mentioned, the socio-emotional maturity of each student-athlete is carefully assessed especially those wishing to participate on an advanced level.

CHANGING SPORTS

It is important that athletes try and make the right choice when selecting a sport, especially at the JV and Varsity levels. A student-athlete may not change from one sport to another once a team has been selected, without the permission of the Athletic Director. If he/she has been cut from one team it is legitimate to try out for another.

EQUIPMENT

Athletic equipment becomes more costly each year. It is the responsibility of the student-athlete to return to the coach all clothing and equipment issued. No one should have any equipment home after the season without school permission. Failure to turn in all equipment will result in the student-athlete being billed for the missing items. Athletes not returning equipment from one season will not be issued any for the next season until restitution is made.

TRANSPORTATION

Student Athletes will be transported to and from away contests by school authorized vehicles only. In special cases a parent may request to provide transportation for their child only. In these cases a written request must be made in advance to the Athletic Office.

FAMILY VACATIONS

When parents and student-athletes choose to take their family 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 student-athletes of the seasons schedule as far as in advance as possible.

CONCERNS/PROBLEMS

Any student-athlete or parent who has a concern or problem with any aspect of their athletic experience is encouraged to communicate with the individual coach as soon as possible. Please do not let a problem that is of concern go on for a long period of time before addressing it. Most times a conversation with the coach will help to clear up the problem quickly. If after your conversation with the coach you wish to discuss it further please call the Athletic Director.

CHEMICAL HEALTH

The NYSPHSAAA and Longwood Central School District recognized the use of tobacco, alcohol and other drugs as significant health risk for adolescents. Student-athletes are prohibited from using tobacco, alcohol and other drugs during the course of their athletic season. Violators of this policy will be suspended from participation pending a review and recommendation of the Longwood Athletic Intervention Team.

WELLNESS AND SAFETY

THE COACH

All Longwood coaches are New York State certified with current certification in first aid, CPR and AED. Each coach is responsible for guiding their student-athletes through practices, scrimmages and games appropriate to their age and level of play. These activities are conducted so that the physical welfare, health and safety of the participants is protected and fostered. The coach teaches physical skills, moral values and proper ideals of sportsmanship, ethical conduct and fair play in accordance with the Longwood Athletic Philosophy.

ATHLETIC TRAINER

The athletic trainer is located in the high school and provides service to the athletes each day during the practice hours. The trainer provides emergency service to the student-athletes and develops prevention strategies through appropriate training methods and physical conditioning programs. To ensure proper follow-up after an injury, the trainer consults with parents, the school nurse and the school physician.

Any student-athlete under treatment by a private physician must have written permission from his/her physician and be cleared by the district physician before they can return to active participation. The school physician has the final determination in all cases.

BENEFITS OF CONDITIONING

The obvious benefit of superbly conditioned athletes is the potential for the team or individual to compete at the highest-level possible. A well-conditioned team is usually a successful team. However, the real benefits of conditioning are long term. Simply, we want our student-athletes to be exercisers for life. The health benefits derived from a regular exercise program are well documented. Developing lifelong habits to improve or maintain cardiovascular endurance, muscular strength, and flexibility is an important goal for anyone involved in our athletic program. This is one of the reasons that we stress the importance of practices.

NUTRITION

In order to approach peak performance in athletics, student-athletes, parents and coaches need accurate information on how to properly fuel and nourish the body. The athletic department on an ongoing basis will emphasize the following dietary guidelines.

- Eat more complex carbohydrates.
- Eat moderate amounts of protein.
- Eat less high fat foods.
- Always stay well hydrated, especially in hot weather.
- Maintain a healthy body composition and avoid quick weight loss.
- Replace carbohydrates used for energy during training and competition.
- Eat an appropriate pre-practice/pre-competition meal.
- Don't be tempted by nutritional supplements or other supposed "performance enhancers".

TOBACCO

All medical experts consider the use of any tobacco product as a major health risk. It is because of this and the part that tobacco plays on conditioning that forbids the use of all tobacco products by its student-athletes. The use of tobacco will not help teams and prevents student-athletes from reaching their goals of excellence. The Athletic Office will discipline student-athletes caught using tobacco products.

RISKS

The athletic program is conducted, first and foremost with the safety of its participants in mind. Student-athletes and parents must be aware that certain risks of injury are inherent in athletic participation. Although not probable, accidents such as brain injuries, paralysis or even death may occur

INJURIES

It is the student-athlete's responsibility to immediately report any injury to his or her coach. The coach will notify the nurse and complete an accident report. The athletic trainer is to be notified by the athlete and coach. If the student-athlete has been injured and has required medical attention, he/she cannot return to participation without the school physician's written permission.

INSURANCE

All information regarding school insurance is available in the school Health Office, and distributed to the parent/guardian upon completion of the accident report. Other questions regarding insurance can be answered by contacting the Business Office.

PHONE NUMBERS

Nickname: Lions

Colors: Green/White/Gold

Enrollment: Grades 9-12 2810 students

League: League I, Section XI, NYSPHSAA

Kevin McCarthy – Director of Athletics and Pupil Services

	345-9260	345-9261	345-9263
High School Main Office	345-9200		
Junior High Main Office	345-2700		
Middle School Main Office	345-2735		
High School Nurse	345-9250		
Junior High School Nurse	345-2720		
Middle School Nurse	345-2740		
Athletic Trainer	345-9273		
Transportation	345-2775		

CHEMICAL HEALTH GUIDELINES

A. PHILOSOPHY

The NYSPHSAA and Longwood Central School District recognizes the use of mind-altering/performance enhancing chemicals as a significant healthy problem for many adolescents, resulting in negative affects on behavior, learning and the total development of each individual. The use of mind-altering/performance enhancing chemicals for some adolescents affects co-curricular participation and development of related skills. The lives of other adolescents are affected when family members, team members and other persons use these chemicals.

B. POSITION STATEMENTS

It is the position of the Longwood Athletic Department that:

1. Scholastic athletes and other students should abstain from the use of alcohol and controlled substances as well as refrain from using tobacco and smokeless tobacco.
2. Coaches and other adult personnel should demonstrate responsible use of alcohol and tobacco in an appropriate setting and abstain from the use of controlled substances.
3. No coach may use alcohol, tobacco or other drugs during the conduct of an athletic contest sponsored by the school district, Section XI or its member schools.

C. STUDENT CODE

A student shall not (1) use a beverage containing alcohol: (2) use tobacco: (3) use steroids: (4) or use or consume, have in possession, buy, sell or give away any controlled substance defined by law as a drug. It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student's use.

ATHLETIC OFFERINGS

FALL

Football

Boys/Girls Soccer

Girls Tennis

Boys/Girls Cross Country

Boys Golf

Cheerleading

Lionettes

Girls Volleyball

WINTER

Wrestling

Boys/Girls Basketball

Boys/Girls Winter Track

Boys/Girls Bowling

Cheerleading

Lionettes

Step Squad

SPRING

Softball

Baseball

Boys/Girls Lacrosse

Boys Tennis

Boys and Girls Spring Track

Girls Golf

**LONGWOOD CENTRAL SCHOOL DISTRICT
ATHLETIC DEPARTMENT**

TRAINING RULES AND REGULATIONS

ACKNOWLEDGMENT FORM

***THIS STATEMENT MUST BE SIGNED BY THE ATHLETE AND
PARENT/GUARDIAN***

I have read and understood the **TRAINING RULES AND REGULATIONS** contained in the **INTERSCHOLASTIC ATHLETICS HANDBOOK FOR ATHLETES AND PARENTS**.

I accept my personal responsibility for these guidelines

(Student's Signature)

(Date)

I acknowledge receiving the Longwood Central School District's **TRAINING RULES AND REGULATIONS** contained in the **INTERSCHOLASTIC ATHLETICS HANDBOOK FOR ATHLETICS AND PARENTS** and accept my responsibility in helping my son/daughter live up to the responsibilities and obligations of an athlete outlined.

(Parent or Guardian Signature)

(Date)

THIS FORM MUST BE SIGNED AND RETURNED TO THE COACH

**LONGWOOD CENTRAL SCHOOL DISTRICT
BOARD OF EDUCATION
2011-2012**

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