

Odessa-Montour Central School

“Home of the Indians”



Indian Pride!

Athletic Manual
2018-2019

“Sportsmanship is an Expectation”

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Section I

Philosophy/ Purpose of Athletics (NYSPHSSA 121):

The Odessa-Montour Central School District believes that student activities are a major contributor in the educational, social, and emotional development of the student. Athletics are a key part of the educational opportunity offered at Odessa-Montour.

Our vision of athletics is to provide athletic opportunities and learning experiences for our students. It is the District goal that our students learn through athletics such traits as; team work, ethics, values, dedication, a sense of responsibility, the importance of physical and emotional well being, an attitude of community and pride in their school.

Though winning is great, it is not the only measure by which someone or some team is successful. The District measures success by the amount of improvement and growth one makes over time. The District's objective is to provide opportunities for students to develop themselves into well rounded individuals with positives attitudes, who understand the concept of hard-work, sacrifice, and a healthy work ethic that will allow the student to be a life-long learner.

It is the goal of the Odessa-Montour District that the coaches, the faculty and staff and the athletes and their parents help produce productive members of society and ready these student athletes for life after high school.

The District is proud to be in compliance with both the New York State Public High School Athletic Association (NYSPHAA) and the Section 4 Athletic handbooks.

Listed below are a number of attributes that we would like athletes, parents, coaches and spectators to keep in mind while going to events, practices or school functions.

- 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 cordial courtesy to visiting teams and officials
- To establish a happy relationship between visitors and hosts
- To respect the integrity and judgment of sports officials
- To achieve a thorough understanding and acceptance of the rules of the game and standards of eligibility
- To encourage leadership, use of incentive, and good judgment by players and coaches on the team
- To recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well-being of the individual players
- To remember that an athletic contest is only a game...not a matter of life or death for player, coach, school, official, fan, community, state or nation

Section II

Sportsmanship:

All student-athletes should adhere to the characteristics of good sportsmanship in reference to teammates, opponents, officials, and spectators.

Sportsmanship can be defined as; fairness in following the rules of the game; an aspiration that the activity will be enjoyed for its own sake, with proper consideration for fairness, ethics, respect, and sense of fellowship with one's competitor.

Students who are ejected from activities/games may be suspended from the next regularly scheduled event for that activity. A student-athlete that regularly displays poor sportsmanship will be referred to the Athletic Governing Council (stated in Section VIII). Penalties could include dismissal from the practice, games or even from the team.

Section III

Levels of Competition/ Playing Time Philosophy:

There are three major levels for competition in the Odessa-Montour Jr. /Sr. High School; Modified, Junior Varsity (JV) and Varsity (V). Listed below are the criteria usually set for each level of competition and what is stressed for student-athlete development in each area.

A. Modified Level

- The Modified level usually consists of 7th and 8th grade student-athletes. In some instances where there is no Junior Varsity or J.V level, then the Modified level would consist of 7th, 8th, and 9th graders. Our goal is to provide the opportunity for as many student athletes as possible to compete.
- Winning is important but the major focus at this level is to teach the fundamentals of the sport, the skills and development of those skills, sportsmanship, responsibility and athletic integrity.
- Coaches will make every effort to have each person on that team develop athletically while *trying* to get as many athletes playing time. In certain cases, getting equal playing time is unrealistic; depending on team size. It will be the goal, on larger teams, to *try* and get every athlete at least ¼ of the competition's length, playing time but that may not be feasible.

B. Junior Varsity Level (JV)

- The Junior Varsity or J.V level usually consists of 9th and 10th grade student-athletes. The exception to this rule is if a student in the 7th or 8th grade has **exceptional skills and is asked by the Varsity coach** to may be moved up to that sport if they pass the **State Selection and Classification** criteria list in Section VI.
- Winning is important; however; there will be a continued emphasis placed on developing individual skills and sportsmanship. Player development, mastering individual and team fundamentals and execution of said criteria by the coach are primary importance. It is also the expectation that these athletes will be in preparation for the Varsity level.
- Coaches will stress skills and the development of each athlete in practice but there will be no guarantee of playing time. At higher levels of competition, to keep all athletes safe, the more skilled and knowledgeable athletes will receive more playing time. ***This may mean a younger athlete who has been matriculated via the State Selection and Classification exam may play over an older athlete.*** This is a time where some athletes will begin to learn the importance of occasional self sacrifice for the betterment of the team.

C. Varsity Level

- The Varsity level usually consists of 11th and 12th grade student-athletes. In some instances because there is no J.V level, this team could consist of 10th, 11th, or 12th grade student athletes. (Students who exemplify exceptional skills at a 7th or 8th grade age may be asked to move up by the Varsity coach. These students will have to take and pass the State Selection and Classification exam listed in Section VI). Students in 9th and 10th grade may also be asked, again, by the Varsity coach, to move up to the Varsity level. These students do not need to take the State Selection and Classification exam.
- By the Varsity level, individual skills should be mastered, finer skills should be trained. While winning is still a priority, sportsmanship, ethics, fair play and life long learning will be stressed as well.
- As Coaches stress the philosophy of Odessa-Montour Athletics, the student-athletes with the highest skills will receive the most playing time. There is no guarantee of any playing time at the Varsity level. The coaches, at the beginning of the season will stress what is needed for playing time and it will be the student-athletes responsibility to work toward there goal to attain playing time. ***This may mean a younger athlete who has been matriculated via the State Selection and Classification exam may play over an older athlete.***

Section IV

Team Selection:

The District and Athletic Department will do all that they can to include as many student-athletes as possible in each sport and at each level. There is no “blanket policy” in this manual to judge or critique athletes. However, if there are going to have to be cuts due to supervision and safety concerns, it will be outlined by the coach to all athletes on what criteria they are being evaluated at the first practice of that season. The student-athletes will then have a try out period ranging from 3 to 5 days. At the end of this time they will be informed of their status on the team by the coach in an individual meeting.

The following is a general philosophy by the District and Athletic Department in regards to cuts at each level.

- Modified Level
 - Each team will carry as many student-athletes as possible to allow all participants an opportunity to improve their skills. The number may be higher from sport to sport, depending on the number of participants allowed to play at one time. (Ex. Football may carry 30 student-athletes versus basketball may carry 13. Eleven participate at one time in football while only 5 in basketball.)
 - The District goal is to promote a safe learning and development environment. If the Varsity coach deems the learning and safety are being put in jeopardy because of a high number of student-athletes, cuts may be required.
- Junior Varsity
 - Each team will carry as many student-athletes as possible while keeping close attention to team and individual skill development.
 - The District goal is to promote a safe learning and development environment. If the Varsity coach deems the learning and safety are being put in jeopardy because of a high number of student-athletes, cuts may be required
- Varsity
 - At the Varsity level, student-athletes should be aware of the individual and team skills necessary for the success and competitiveness of the school. The team will carry as many student-athletes as possible.
 - The District goal is to promote a safe learning and development environment. If the Varsity coach deems the learning and safety are being put in jeopardy because of a high number of student-athletes, cuts may be required
 - Playing time is, again, no guarantee.

If a student-athlete is removed from a team in a prior season for substance abuse (see Section VII, Section B for clarification on what constitutes as substance abuse) or for disciplinary or academic reasons, and there are try-outs for a team, that student-athlete may risk participation in the next sport.

For example, if a student is removed from a fall sport for substance abuse and is serving a 30 day suspension from sports, and they would like to participate in a winter sport that has so many student-athletes that cuts are required; that student-athlete on suspension will not be allowed to try out and will not be a part of said team. The student may try out for a different sport once their suspension is over, with permission from that Varsity coach.

Section V

Chain of Command:

In an attempt to get our student-athletes ready for the working world, the District and Athletic Department have outlined a “Chain of Command” for any questions regarding playing time, cuts, philosophy of that particular sport or coach.

It is advised that a parent/ guardian or a student-athlete who has concerns to playing time or by the process by which cuts were made wait a minimum of 24 hours before questioning that coach. A coach generally will not respond to parents, spectators or student-athletes upset about playing time on the same day of the game or contest. The coach will talk to the student-athlete or parent upon request for an individual meeting. If you have a meeting, topics will only pertain to your student-athlete.

In the event a student-athlete or parent/guardian needs to ask a question or feels the need to express concern, a list is given below of whom to contact and in what order. If the student-athlete or parent/guardian skips a link in the chain, they will be asked to refer back to the proper person. At the Varsity level; student-athlete is expected to initiate contact with the coach.

Chain of Command (listed in order):

- **Coach**
- **Varsity Coach**

(The Varsity coach is the head of the program. It is ultimately the Varsity coach’s program and any problem or question in regards to something happening in that program should be brought to their attention.)

- **Athletic Manager**
- **Athletic Director**
- **Building Principal**
- **Superintendent**

Section VI

State Selection and Classification Process:

The Odessa-Montour Central School District adheres and abides by the New York State Public High School Athletic Association in its requirements of students wanting to matriculate or “move-up” in levels of competition. This allows 7th and 8th grade student-athletes to tryout for Junior Varsity and Varsity level sports. Student-Athletes are required to pass a number of exams including a physical fitness test, administered by the Physical Education Department Chair, and a physical maturity exam, administered by the school doctor and a sport skill evaluation. These students would also need administrative approval based on academic performance and emotional maturity. Detailed information for this process is available upon request from the Athletic Manager.

Section VII

Code of Conduct: Students-Athletes

All students' grades 7-12 participating in athletics at Odessa-Montour Central School will follow the Code of Conduct established by the Co-curricular Eligibility Committee and approved by the Board of Education.

It is an expectation of the District that athletes, whether they are at practices, scrimmages, the locker room, on the bus, on OMCS grounds or at a different district, to conduct themselves responsibly, show respect and be proper sportsmen. This means students display class towards opponents, spectators, coaches, officials, facilities and toward one another. Violations of these expectations may result in discipline action through the Student Code of Conduct, loss of playing time, or dismissal from the team.

- A. Violations and consequences for these violations through the Student Handbook are outlined below. These violations can also be found on page 22 and 23 of the Student Code of Conduct.

ODESSA-MONTOUR CENTRAL SCHOOL CODE OF CONDUCT FOR STUDENTS PARTICIPATING IN CO-CURRICULAR ACTIVITIES

MINOR VIOLATIONS

Step #1 – 5 minor discipline reports
Step #2 – 6 minor discipline reports
Step #3 – 7 minor discipline reports
Step #4 – 8 minor discipline reports

MAJOR VIOLATIONS

Step #1 – 2 major discipline reports
Step #2 – 3 major discipline reports
Step #3 – 4 major discipline reports

CONSEQUENCES

miss next practice
miss next game
miss next two (2) games
removed from co-curricular activity

CONSEQUENCES

miss next game
miss next two (2) games
removed from co-curricular activity

For co-curricular activities other than athletics, one (1) game is equal to one (1) week, and one practice is equal to one meeting or one rehearsal.

Students removed from a co-curricular activity because of poor conduct will have the opportunity to participate during the next season. However, if the student receives one additional report, he/she will be removed from the activity.

Because not every action or misbehavior can be categorized, some latitude must be left for the judgment of the school administration and teaching staff.

For each month a student goes without a minor discipline report, one minor discipline report will be subtracted from the total number of minor reports counted towards co-curricular activities. For every two months a student goes without receiving a major discipline report, one major discipline report will be subtracted from the total number of major reports counted towards co-curricular activities

EXAMPLES OF DISCIPLINE INFRACTIONS

MINOR INFRACTIONS

Unacceptable conduct, Disruptive behavior-first offense, Not reporting to detention, Profanity, Not following established rules and procedures: not following hand book guidelines, including but not limited to: pass procedures, restricted areas, changing lockers, or giving combinations to others, open containers, electronic devices, water guns, balloons, loitering or staying in a bathroom or being in an area without permission or supervision, unprepared for class, throwing food, running in the hall, skateboarding, littering, public display of affection ,dress code.

MAJOR INFRACTIONS

Disruptive behavior- second and subsequent offenses, Disruptive in ISS, Explosives/weapons, Fighting/assault, forgery/alteration of a document, Cheating /plagiarism, Harassment/verbal abuse to staff, Bullying/Harassment, Insubordination/disobedience, Lying/deception, Reckless endangerment/safety violation, Skipping class, Theft, Trespassing, Truancy, Vandalism
*Substance abuse (including any use/possession of alcoholic beverages or drugs) and smoking or use/possession of tobacco (including chewing tobacco) will result in removal from the co-curricular activity.

Because not every action or misbehavior can be categorized, some latitude must be left for the judgment of the school administration and teaching staff.

- B. Substance Abuse Policy: No student-athlete may possess, use, be under the influence of, transmit, distribute or sell tobacco, alcohol, or drugs; or use or possess drug paraphernalia. In addition, if you are at a party where alcohol or drugs are present this is a violation of the policy. Any participant found violating any of the above, will be removed from the team for a duration of 30 days or the remainder of the season, whichever suspension is longer, if sufficient evidence is presented that the student used, possessed or distributed tobacco, alcohol, or drugs (illegal or sold prescription drugs) at any where or at anytime.

Please be advised that this is a “ZERO TOLERANCE POLICY,” meaning that any item that contains any alcohol shall be deemed to be an alcoholic beverage including, but not limited to, mouthwash, cough medicines and non-alcoholic beers. If there is any question regarding a particular item, have it checked by the principal’s office for a determination prior to consumption. FOR EXAMPLE: If you are caught at the beginning of the season, you will miss the entire season or thirty days, whichever is longer. If you are caught at the end of the season, you will miss 30 days which could impact your next sport season.

C) Academic Eligibility

- 1) At the start of the school year every student/athlete will have a clean slate.
- 2) When the report card is issued a student failing two or more classes will be deemed on academic probation.
- 3) The week following the issuance of the report card and every week thereafter until the next report card, any student failing two or more classes will have to get a card filled out by their teachers stating their progress for the week. The card will be given to them by the athletic manager and must be turned back into the athletic manager by 3:15PM on the Friday of that week. The card will be checking the academic progress of the student athlete in their classes that they are failing. If they are passing or considered to be showing reasonable effort on their way to passing **IN ALL CLASSES THEY WERE FAILING** then they remain on academic probation and can continue to play and practice.

Ex: Reports cards are issued on a Wednesday. The student starts their academic probation on the following Monday. They are still eligible to practice and play games until such time as they do not fulfill their academic obligation.
- 4) If they fail to complete the card or if they are not doing what is stated above in point three in all classes they become academically ineligible for the following Monday-Sunday.
 - a) If the student is absent on Friday they may turn in their card the next day they are present in school, **HOWEVER**, they are not eligible until doing so. Failure to turn in the card on that next present day makes them ineligible.
 - b) If a teacher who is required to sign off is absent Friday, the athletic manager will make a determination on a case by case basis.
 - c) Failure to complete a card or turn the card in is automatic ineligibility the following week. This includes "I lost my card"
 - d) The absolute deadline is 3:15 on Friday.
- 5) The student athlete must follow this procedure until such time that the new report cards are issued, the activity is over, or they are no longer on the activity.
- 6) If a student is starting a new sport/activity their grades will be reviewed as of the last report card.
Ex. Student did not play a fall sport, and they are signed up for a winter sport. Grades will be reviewed and the policies above start when the sport starts.
Ex. Student is not in a sport but signs up for the play. When practice starts the above policies apply.
- 5) If the student fails to complete their card for any three weeks before their next report card then they will be removed from the activity. This does not mean if they are still failing, only if they are not completing the card.
- 6) If a student completes the card week 1, then fails to complete the card week 2, they become academically ineligible until such time as they are back on track with completed cards.
- 7) In-eligibility runs the following Monday-Sunday.
Ex. A student/athlete fails to complete the requirements. They are ineligible starting the following Monday-Sunday. They will not miss that weekend's games. This prevents last minute "emergencies" of having kids ineligible that night. This is good for that week but the flip side is... even though they complete their card the following week on a Friday, they are not eligible until the following Monday so they do sit out the entire week. This affords the coach an opportunity to have the ability to adjust for the absence of an athlete.

- D. Attendance Requirements: To participate in practice or a game, a student-athlete must be in school by 10 A.M. If a student fails to show to school by 10A.M they will be ineligible for that day.

If a student has a doctors or dentist appointment and misses the 10 A.M. deadline, they will need documentation from the doctor or dentist to be allowed to participate.

The School Administrator may give permission to be absent for extenuating circumstances for those student-athletes missing school for other reasons.

A student-athlete who leaves school because they are sick, are not permitted to return to school for practice or be present for games.

- E. Quitting a team: If a student athlete removes themselves from the team, it will be the responsibility of the student athlete to inform the coach immediately. The student-athlete must return school issued equipment and uniforms within a week of leaving the team.

If a student-athlete quits one sport to join another in the same sports season; that athlete must do so within the first 10 practices. They must get permission from the coach of the sport they are wishing to join and approval from the Athletic Manager. Failure to follow this protocol will result in the student being left off said team.

- F. Uniforms: The school supplies uniforms to every student-athlete; these uniforms are expensive and are a key piece to the Athletic budget. The student-athletes are required to keep track, take care of and return the uniform or any school issued equipment at either the end of the season or when the athlete is done with that season.

Athletes are not allowed to keep any portion of the uniform, and failure to return the uniform will result in financial obligations for all equipment or uniform not returned.

- G. NOTE: These are only basic guidelines for student-athletes to follow. A coach may enforce more stringent or strict rules so long as they are outlined in the first practice of the year. These rules should be in writing for student-athletes to study.

Code of Conduct: Spectators

Spectator support is always welcomed and appreciated at OMCS. It is the expectation of the District that while in attendance, the spectator are going to abide by a few rules and regulations in the hope of promoting sportsmanship and growth of student-athletes. It should be noted that spectators are representing their school and remember that their actions will influence others around them. It is asked that spectators abide by the following guidelines:

- Display proper sportsmanship. Please respect the players, coaches and officials.

- Act appropriately. Please do not heckle, taunt or shout obscenities towards players, coaches, or fans at any time.
- Maintain self control.
- Maintain a safe and fun environment; throwing of items onto the field of play or the court can result in injury.
- Please stay out of locker rooms, changing rooms and offices during and after the game.
- Be supportive after the game regardless of winning or losing.
- It is the responsibility of authorized school personnel who supervise athletic events to make sure spectators conduct themselves properly as based on this code. Spectators who exhibit poor or unacceptable behavior will be asked to leave and may be denied admission to future events.
- Remember, this is a game between high school and middle school athletes; not professionals.

Code of Conduct: Coaches

A coach is often an influential leader among the student-athletes and coaches are held in the highest regard at OMCS. It is with this regard that coaches will exemplify a number of qualities and characteristics to help guide the impressionable student athletes. Listed below are characteristics and qualities OMCS expects from their coaching staff:

- Promote good sportsmanship by setting a good example.
- Demonstrate class, integrity and dignity whether you win or lose.
- Respect the officials, athletes and coaches from opposing teams.
- Communicate well with others within the Athletic Department and community.
- Establish team expectations; carry out those expectations, and abide by your team rules.
- Keep the lines of communication open between athletes, students, and family.

Section VIII

Due Process:

All athletes are entitled to appeal athletic related suspensions or violation of athletic policy. The Athletic Governing Council will be presented information first from the student-athlete, in a private meeting, then from the coach. The Athletic Governing Council will consist of the Varsity level coach from the sport in question, the Athletic Manager, Athletic Director or building Principal and two other coaches. The Athletic Council will render a decision shortly after the hearing.

Section IX

Medical Information:

The objective of athletics is to promote healthy living standards and exercise. The District goes at great length to make sure the hundreds of athletes District wide are safe. In order to accomplish this goal, it is pertinent that the District be given proper health information and that the information given is up to date and accurate. It is with the safety of students in mind that the District requires physicals, emergency contact cards and interval sheets to be regularly filled out before the students are allowed to partake in sports. Attached in this document will be the proper physical forms needed to be completed to play.

- A. Physicals: In order to participate in any sport, students must have had a sports physical. Sports physicals are administered throughout the school year in the health office by a school appointed doctor. *The students are allowed to get physicals from their private doctor; however, in order to participate, the school doctor has to sign-off on the physical before the athlete may begin practice.*
- B. Intervals: Physicals are good for one calendar year, but interval forms must be filled out and signed by parents in order for athletes to participate from season to season. If the intervals are not filled out, the student may not begin practice.
- C. Emergency Contact Cards: the cards are given to the athletes at the beginning of each season by the coach. The purpose of these cards is to allow coaches to contact the correct people in the event of an emergency.

Section X

Injuries:

It is extremely important that student-athletes report any injury an athlete suffers immediately to their coach. The school nurse will be notified within 24 hours of an injury. It is the responsibility of the coach to fill out an accident report in that time.

If a student receives medical attention at a clinic or hospital after an accident, the student must have clearance from a medical doctor to resume that sport. If a student-athlete fails to get written permission, they will not be allowed to participate in practices, games or weight-training during that time.

Students who are on medical restrictions for physical education and cannot participate must also get medical release from a doctor in order to participate in said sport.

Section XI

Insurance:

It is the responsibility of the parents to carry health insurance for their student-athletes. While it is strongly recommended that athletes be covered for injuries by their own accident insurance policy, students will not be barred from participation without it. **The school does not carry an accident insurance policy specific to athletes.**

Section XII

Transportation:

All athletes must ride the bus provided by the school to and from all athletic events held at other schools. An athlete may ride home from an away contest with his/her parents as long as the parent writes a permission slip and sees the coach prior to leaving.

In rare cases the principal may grant permission for an athlete to ride home from a contest with someone other than his/her parent. In order to do this, the athlete must get permission two days in advance with written rationale as to whom they would be riding with and why. After the principal signs the letter a copy will be given to the coach. All athletes must ride the bus to the athletic competition.

Any student-athletes who cause distractions to the bus driver, damages the bus or other property, or is disrespectful may be suspended from the team for up to five days. Any student suspended from bus transportation for any reason will also be suspended from bus transportation to athletic events. Students suspended from bus transportation cannot participate in away athletic events that occur during the suspension time.

Section XIII

Athletic Opportunities by Level and by Season

The following charts categorize what sports are open to what students during certain seasons. If there are any questions about the sports being offered please feel free to contact the Athletic Office at 594-3341, x2052.

Fall Season

| <i>Varsity/ Junior Varsity Level</i> | <i>Modified Level</i> |
|--------------------------------------|-----------------------|
| Girls Soccer (V) | Girls Soccer |
| Boys Soccer (V) | Boys Soccer |
| Volleyball (JV/ V) | Girls Swimming |
| Girls Swimming (V) | Football |
| Football (V) | |

Winter Season

| <i>Varsity/ Junior Varsity Level</i> | <i>Modified Level</i> |
|--------------------------------------|-----------------------|
| Cheerleading (JV/ V) | Girls Volleyball |
| Girls Basketball (JV/ V) | Girls Basketball |
| Boys Basketball (JV/ V) | Boys Basketball |
| Boys/Girls Bowling | Boys Swimming |
| Boys Swimming (V) | |
| Wrestling (V) | |

Spring Sports

| <i>Varsity/ Junior Varsity Level</i> | <i>Modified Level</i> |
|--------------------------------------|-----------------------|
| Girls Softball (JV/ V) | Girls Softball |
| Boys Baseball (JV/ V) | Boys Baseball |
| Girls Track (V) | Boys/ Girls Track |
| Boys Track (V) | |
| Boys/ Girls Tennis (V) | |
| Boys/ Girls Golf (V) | |



I have read and understand the Athletic Policy and Rules.

Student Signature_____ Date_____

Parent Signature_____ Date_____