

**WAPPINGERS CENTRAL SCHOOL  
DISTRICT DEPARTMENT OF  
PHYSICAL EDUCATION & ATHLETICS**

**ELIGIBILITY AND RULES OF  
PARTICIPATION FOR THE  
INTERSCHOLASTIC ATHLETIC  
PROGRAM**

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The mission of the Wappingers Central School

District is to empower all of our students with the competencies and confidence to challenge them-selves, to pursue their passions, and to realize their potential while growing as responsible members of their community.

## **FOREWORD**

The purpose of this handbook is to provide everyone concerned with the operation of the program of Interscholastic athletics in the Wappingers Central School District (administrators, coaches, participants, and parents) with a consistent set of policies and guidelines by which the program will be managed on a district wide basis. Everyone should be completely familiar with the contents of the handbook, and the spirit of the policies and regulations found herein should be followed, maintained and applied consistently in each school and team within the total program.

Parents and participants – should review the contents prior to the commencement of each season, and complete the form provided in the back of the booklet indicating that the review has taken place and that the policies contained herein have been understood.

Anyone desiring further clarification should contact the District Coordinator regarding questions at the Junior High level.

### **Proper Protocol/Chain of Command**

Any issue and/or concern that a person may have during any particular sports season will need to follow the district's change of command which is as follows:

- 1) Coach
- 2) Assistant Director of Athletics
- 3) Director of Athletics
- 4) School Principal
- 5) Assistant Superintendent of Curriculum and Instruction
- 6) Superintendent
- 7) Board of Education

## **DIRECTORY**

Athletic Director – Physical Education, JJ & VW Athletics: 897-6700 - Ext.30096

Assistant Athletic Director- Health, Family & Consumer Sciences, RCK & WJH Athletics: 298-5100 - Ext. 31096

Assistant Athletic Director John Jay Senior High School & Van Wyck Junior High School: 897-6700 – Ext. 30097

Van Wyck Junior High School: 227-1700

Wappingers Junior High School: 298-5200

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## THOMAS D. MACRINI SPORTS HALL OF FAME

The Thomas D. Macrini Sports Hall of Fame is for student-athletes and coaches who either played or coached in the Wappingers Central School District. A student is eligible for induction ten years after their high school graduation. A coach is eligible for induction five years after they have retired from coaching or immediately following their retirement from teaching. For more information about the Hall of Fame, please contact the District Coordinator or Assistant Athletic Coordinator.

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## JOHN JAY ACTIVITIES ASSOCIATION

## ROY C. KETCHAM ACTIVITIES ASSOCIATION

The JJ Activities Association and the RCK Activities Association are organizations dedicated to the purpose of working together with the students who participate in any extra-curricular activity at JJ and RCK High Schools. They help in whatever way possible to make participation in such activities rewarding for all students. For more information on these groups, please contact the Assistant Coordinator or the Main Office of the respective schools.

## LIST OF SPORTS OFFERED IN THE WAPPINGERS CENTRAL SCHOOL DISTRICT

### **FALL INTERSCHOLASTIC TEAMS**

Sport/Level

Football, Boys/Varsity, JV, Mod. "A"

Fall Cheerleading/ Varsity, JV, Modified "B"

Soccer, Boys/ Varsity, JV, Modified "B"

Soccer, Girls/ Varsity, JV

Cross Country/ Boys/Girls Varsity

Field Hockey, Girls/ Varsity, JV, Modified "B"

Swimming, Girls/ Varsity

Tennis, Girls/ Varsity

Volleyball, Girls/ Varsity, JV, Modified "B"

### **WINTER INTERSCHOLASTIC TEAMS**

Sport /Level

Basketball, Boys/ Varsity, JV, Mod. "B"

Basketball, Girls/ Varsity, JV, Modified "B"

Winter Cheerleading /Varsity, JV, Modified "B"

Swimming, Boys/ Varsity

Bowling, Boys/Girls /Varsity

Gymnastics, Girls/ Varsity

Indoor Track, Boys/Girls/ Varsity

Wrestling, Boys/ Varsity, JV, Modified "B"

## **SPRING INTERSCHOLASTIC TEAMS**

Sport/ Level

Baseball, Boys/ Varsity, JV, Mod. "B"

Softball, Girls/ Varsity, JV, Modified "B"

Spring Track, Boys/Girls/ Varsity, Modified "B"

Tennis, Boys/ Varsity

Soccer, Girls/ Modified "B"

Golf, Boys/ Varsity

Golf, Girls/ Varsity

Lacrosse, Boys/ Varsity, JV

Lacrosse, Girls/ Varsity, JV

Modified — "A" refers to Freshman team. Modified — "B" refers to Junior High level.

## **WAPPINGERS CENTRAL SCHOOL DISTRICT**

### **Philosophy of Interscholastic Athletics**

WE BELIEVE that Physical Education is an integral part of the total educational program of the District.

WE BELIEVE that the program of interscholastic athletics is a vital aspect of the Physical Education program, and is conducted in a manner which is consistent with District philosophy, practices, and policies.

WE BELIEVE that this program should be as broad and varied as possible to provide opportunities that will allow the most interested and talented students to reach their maximum potential.

WE BELIEVE that this program provides a unique combination of benefits to the participants which is not available in other school or community programs. These benefits are:

- The opportunity to develop athletic skills to the highest level.
- The opportunity to earn the respect of the total school community by represent-ing them in athletic competition.
- The opportunity to display their skills against and in cooperation with the best available athletes.
- The development of respect for rules, officials, coaches, teammates, opponents, equipment, and facilities.
- The exposure to the expertise of persons trained in the understanding of adoles-cent behavior; learning theory and teaching methods; and coaching techniques and sports medicine.
- The daily availability of facilities and equipment.
- The opportunity to learn to make appropriate decisions in highly cooperative and competitive situations.

WE BELIEVE that participation in the Wappingers Central School District Interscholastic program, at every level, will further provide the participant with the opportunity to acquire a sense of integrity and responsibility for behavior; an under-standing of the limitations and potentials of the physical and emotional self; and an ability to cope with both success and failure. Development of the qualities of self-confidence, commitment, independence, ambition, leadership, assertiveness, discipline, as well as social interaction and problem solving skills are additional benefits of participation in the program which will contribute to the development of a firm basis for future life experiences.

WE BELIEVE that the benefits to the school community include development of school pride; interest and involvement in school activities; an opportunity for school/community interaction; recreational use of leisure time; and the development of an involved, active citizenry.

WE BELIEVE that the emphasis of the program should vary, by level, as follows:

### **MODIFIED LEVEL (Junior High)**

- The development of fundamental skills
- The opportunity for as many students as feasible to be involved
- As much opportunity, as possible, for all participants to utilize and test learned skills in game situations
- The development of team concept
- Simplicity of team skills, playing styles, and strategies
- Development of personal fitness through regular planned activities
- Develop and maintain the highest level of sportsmanship possible
- 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) Safe, suitable indoor and outdoor facilities.
- In certain modified sports, —cuts are made to determine team rosters.
- In the determination of the team roster, participation on the modified team during the previous year does not guarantee a spot on the team the subsequent year. It is the coach's discretion and responsibility to select those demonstrating the best level of skill and attitude.

### **JUNIOR VARSITY LEVEL (Including Freshmen, Modified —"A" Teams)**

- Continued development of individual skills at a more advanced level
- Introduction of more complex team skills, patterns and strategies to be correlated with the varsity program
- Continued opportunity for as much game experience as possible
- The improvement of personal fitness and understanding of training programs specific to the sport
- Exhibit the highest level of sportsmanship possible
- In the determination of the team roster, participation on the junior varsity team during the previous year does not guarantee a spot on the team the subsequent year. It is the coach's discretion and responsibility to select those demonstrating the best level of skill and attitude.

### **VARSITY LEVEL**

- Refinement of team and individual skills and team strategy
- Coordination of team and individual skills to perform at optimum level
- Maximized chances of winning through initial selection of players and their selective utilization in competition
- The publicity of teams and individuals
- Maximum development of fitness, with extensive emphasis on the specific training programs for that activity
- Exhibit the highest level of sportsmanship possible
- In the determination of the team roster, participation on the varsity team during the previous year does not guarantee a spot on the team the subsequent year. It is the coach's discretion and responsibility to select those demonstrating the best level of skill and attitude.
- Participation as a member of an interscholastic team is a privilege, not a right. It is considered an extra-curricular activity and, therefore, participation is not mandatory.

## **PARENT/SPECTATOR CODE OF BEHAVIOR/ETHICS**

It is the responsibility of the parents/spectator to:

- Keep cheering positive. There should be no profanity or degrading language/gestures.
- Avoid actions that might offend visiting teams or individual players.
- Show appreciation of good play by both teams.
- Learn the rules of the game in order to be better informed spectator.
- Treat all visiting teams in a manner in which you would expect to be treated.
- Accept and respect the judgment of coaches and officials.
- Encourage other spectators to participate in the spirit of good sportsmanship.
- Avoid the use, abuse and resulting negative influence of drugs, including alcohol and tobacco.

## **ELIGIBILITY REQUIREMENTS**

N.Y.S.P.H.S.A.A. – (New York State Public High School Athletic Association) Additional state regulations may be found in NYSPHAA's Handbook. In order for a student to be eligible to participate in an interscholastic sports program he or she must:

- Bona Fide Student– a contestant must be a bona fide student of the high school represented and must be taking at least four subjects including Physical Education.
- Age– a student shall be eligible for inter-school competition 9, 10, 11, and 12 until his/her nineteenth birthday. If the age nineteen years is reached on or after July 1, the student may continue to participate during that year in all sports.
- Duration of Competition– a student will have four consecutive seasons of each sport beginning with the season in which the student entered grade 9. If in 7th grade a student may go through the selective classification program. Students who have qualified will have 6 seasons beginning with participation in grade 7.

SECTION I – (Westchester, Dutchess, Putnam and Rockland Counties) handbook available for perusal in the District Athletic office or in the Assistant Athletic Coordinator's office.

**LOCAL** – (Wappingers Central School District) Any student regularly enrolled in a District secondary school and meeting the requirements as set forth in the District Course Handbook (page 8) is eligible provided:

- All other eligibility requirements (above) are met.
- Behavior/department policies are maintained according to the guidelines indicated below.
- Health/medical standards are maintained as indicated .

## **HEALTH, MEDICAL ASPECTS:**

- Prior to participation (including tryouts or practice), all students must be approved for participation by the school doctor. A coach shall not permit any student to practice without a completed Interscholastic Athletic Con-sent Form signed by a parent and school nurse.
- The student will need a Health History Form completed by the parent/guardian, signed and submitted to the school nurse not more than 30 days prior to the start of each sport season. The Health History Form is used to give the school physician and school nurse an updated medical history on the student and give the student parental permission to participate in a sport.
- A student will not be cleared to participate in Athletics until the school nurse has reviewed and approved their health record. Medical clearance may be required for new or existing conditions.
- An approval by the school doctor to participate in school athletics is valid for one full year, provided:
  - a. The student is not absent from school and or practice for five or more consecutive days.
  - b. The student has received no serious injury.
  - c. The student confers with the school nurse prior to each sports season and provides his/her coach with the signed copy of the Athletic Consent Form

If (a) or (b) occurs, the student shall be re-certified by the school doctor or trainer prior to further participation in any sport. A re-examination may be requested by either the coach, the school nurse, or the parent at any time during the season when the health of the participant and his/her fitness to participate is questioned.

- A student who has received a medical waiver from active participation in physical education shall not be allowed to participate in the interscholastic program.
- If a student athlete is sent home by the school nurse during the school day, the child shall not participate in a practice or game that day (unless cleared by a physician to indicate otherwise.)



## **HEAD INJURY MANAGEMENT**

(Board of Education Policy, 5290, 9/10/2012)

It is the Board of Education's position that the well-being of its students is of paramount concern, including during any school-sponsored extracurricular activities. Therefore, District employees, including, but not limited to counselors, teachers, officials, coaches and administrators shall use their best judgment in observing signs, symptoms and behaviors of a head injury, (including, but not limited to loss of consciousness, headache, nausea, dizziness, confusion or poor coordination), and shall immediately escort a student exhibiting any such symptoms to the School Nurse or other District designated healthcare professional. The common signs, symptoms and behaviors of students afflicted with a head injury may be found in Appendix —A|| of this policy. Physical education teachers, coaches, nurses and athletic trainers will receive training every two years to recognize the signs, symptoms and behaviors consistent with a concussion.

The school nurse, district athletic trainers, school physician and contracted Emergency Medical Technician(s) shall contact each other in the event they are apprised of any incident during which a student may have sustained a head injury or of any students who presents symptoms of a head injury. All contact must be documented in writing.

Any parental consent forms required for participation in athletics will include information on head injuries.

Evaluation and diagnosis of a student shall be conducted in accordance with the District's regulation on head injury management. The District shall periodically review this policy to ensure its continued compliance with state regulations and guidance.

## **HEAD INJURY MANAGEMENT REGULATION**

(Board of Education Policy, 5290, 9/10/2012)

Any counselor, teacher, official, coach, administrator or any other District employee who suspects that a student has sustained a head injury shall immediately notify the School Nurse. The School Nurse shall, in turn, contact the student's parent/legal guardian who may either take the student to his/her own physician or, if agreed to by the parent/legal guardian, permit the student to be evaluated by the District's designated healthcare professional trained in head injury diagnosis and management practices (Certified Athletic Trainer).

If a head injury is sustained or if a student exhibits symptoms of a head injury during a District-sponsored athletic contest or practice, the student must be evaluated by the District's designated healthcare professional who will provide a written report to the District's Certified Athletic Trainer and School Nurse.. If a head injury is sustained or if a student exhibits symptoms of a head injury away from the home school, the student should be evaluated by the opposing district's designated healthcare professional who will be required to provide a written report to the District's Certified Athletic Trainer and School Nurse. If there is no district designated healthcare professional on site, either at the District or at an-other school, the student will not be allowed to continue in their athletic practice or game, and will not be able to compete until evaluated by the District's designated healthcare professional. It shall be the responsibility of the

District personnel present at the District-sponsored athletic contest or practice to report any injury to the Certified Athletic Trainer and School Nurse.

If the School Nurse and/or District's designated healthcare professional are unavailable to evaluate a student, 9-1-1 emergency services must be called.

### **Return to School/Return to Play Protocol**

Students who, after diagnosis, are determined to have a Grade 1, 2 or 3 head injury, must follow a return-to-school (and/or return-to-play, if applicable) protocol as recommended by New York State Public High School Athletic Association (NYSPHSAA) guidelines and/or the student's healthcare provider. Students shall not be permitted to participate in school athletics until cleared by the District's designated healthcare professional.

### **PARTICIPATION RULES**

(WCSD Code of Conduct Suspension Subarticle F, Page 13 – 6/2007)

All athletes are expected to abide by the Wappingers Central School District Code of Conduct and the following rules which will be subjected to the indicated disciplinary measures if in violation of same...or, as dictated by Section 1 or the New York State Public High School Athletic Association (NYSPHSAA) rules and regulations. The coach, Assistant Director, District Athletic Director or Building Administrator may also impose sanctions on an athlete for any violation outlined in the Code of Conduct: (Contest refers to regularly-scheduled athletic competition not a scrimmage.)

Level I– Warning (A discussion between Athletic Director and Student Athlete and Parents/Guardian)

- Any behavior detrimental to the team or individual, at the coach's discretion
- Acts which may exhibit poor sportsmanship \*
- Unauthorized absence from scrimmage/contest
- Verbal abuse at the coach's discretion
- Violation of the individual team rules set forth at the onset of the season, at the coach's discretion

#### **Level II – Suspension from one contest:**

- A school suspension (in-house or out), shall cause the athlete to forfeit the right to participate or observe any contest/practice scheduled that day. If the suspension is 2 or more consecutive days, and no contest was held, the athlete cannot participate in the next scheduled contest.
- Any behavior detrimental to the team or individual, at the coach's discretion
- Acts which may exhibit poor sportsmanship \*
- Unauthorized absence from scrimmage/contest
- Verbal abuse at the coach's discretion
- Bullying \*
- Harassment, and/or Hazing \*
- Violation of the individual team rules set forth at the onset of the season, at the coach's discretion

**Level III – Suspension up to one week (to include at least one contest):**

- Vandalism of school property (including school buses or facilities of the host school at away contests) \*
- Verbal abuse at the coach's discretion
- Bullying \*
- Harassment and Hazing \*
- Acts which may exhibit poor sportsmanship \*
- Any behavior detrimental to the team or individual, at the coach's discretion
- Unauthorized possession of issued equipment or uniform articles \*\*
- Second occurrence of a one-day suspension (in-house or out)
- Violation of the individual team rules set forth at the onset of the season, at the coach's discretion
- First occurrence - objectionable physical behavior with a teammate, opponent, official, coach, or spectator

**Level IV – Suspension up to two weeks (to include at least two contests):**

- Any behavior detrimental to the team or individual, at the coach's discretion
- Violation of the individual team rules set forth at the onset of the season, at the coach's discretion
- First occurrence – possession or use of chewing/smoking tobacco \*
- Verbal abuse at the coach's discretion
- Bullying \*
- Harassment and Hazing \*

**Level V – Suspension up to the remainder of the season:**

- Second occurrence – use or possession of chewing/smoking tobacco \*
- First occurrence – use, possession or distribution of alcoholic beverages The student must present a release from the Student Assistance Counselor before trying out for any team in a subsequent season.\*
- Second occurrence of vandalism \*
- Theft (in school or on school-sponsored trip) \*
- Verbal abuse at the coach's discretion
- Bullying \*
- Harassment and Hazing \*
- Any athlete suspended for 2 or more consecutive days (in-house or out) on two separate occasions during that season
- Third unexcused absence from practice during any season
- Second occurrence of unauthorized possession of issued equipment or uniform articles\*\*
- Second occurrence – unauthorized absences from scrimmages/contests
- Third occurrence of a one-day suspension (in-house or out)
- Second occurrence - objectionable physical behavior with a teammate, opponent, official, coach, or spectator

**Level VI – Suspended up to one school year from date of violation:**

- Sale, possession, distribution or use of illegal drugs \*
- Second occurrence – use, possession or distribution of alcoholic beverages \*

(After suspensions regarding either one of these two issues, drugs and alcohol, the student must present a release from the Student Assistance Counselor before trying out for any team in a subsequent school year.)

- Physical abuse to teacher or coach \*
- Second occurrence of theft \*
- Verbal abuse at the coach's discretion
- Bullying \*
- Harassment and Hazing \*

\* As reported by any building personnel, the athlete's own parents, or any recognized law enforcement official.

\*\* Any athlete who fails to return issued equipment or uniform articles at the end of the season, shall forfeit the right to participate in any athletic team the following season.

Individual Team Rules: Individual teams may elect to have additional rules. These rules must be cleared and approved by the Assistant Director, District Director for Inter-scholastic Athletics and the Building Principal, and must be adhered to by the athletes.

Right to Appeal: An athlete who has been suspended under Levels I-VI above, or for violations of any approved team rules, may appeal the suspension within two school days from the date of the action, to the Assistant Director or to the Building Principal. The Assistant Director or Principal must then convene a meeting of an Appeals Board, within two school days, which will consist of the following:

- Principal or Principal's designee and Athletic Director
- Building Staff Member or Members (Teacher and/or Assistant Principal)

The function of this Board will be to take into consideration of the written testimony from the parties that were involved in the issue and to make a recommendation to the Principal within a reasonable period of time.

**Practice and Game Attendance:**

- Athletes are expected to be in attendance at every regularly scheduled team practice and competition, unless excused prior to the practice or contest by the Head Coach. Although the State allows student-athletes to be involved in outside sports, during the season, school practices/contests take priority over these outside teams. (Absences to practices/contests, due to outside involvement will be considered unexcused absences.)
- Except under extenuating circumstances, a student will not be allowed to try out for a team after the conclusion of the first full week of practice (including tryout period).
- Team trips:

a. All athletes are expected to ride the bus, when provided, to and from all athletic contests and practices off campus. However, when extenuating circumstances exist, a parent may request to drive their child, providing the parent signs a district release form, with the permission of the coach.

b. In the event an athlete requests to drive to an off campus practice or contest, a transportation variance request form must be completed and approved. If an athlete wishes to transport other athletes, then written pri-or approval must be completed as in —a|| above.

c. Athletes are reminded that they are the guests of the host school and that behavior (including appropriate dress) which reflects positively upon their own school is expected.

d. Team members should have transportation home, immediately available, upon their return from a team trip.

#### Leaving the Squad:

- Except with the approval of the Head Coach, a student who has —quit|| a team shall not be eligible for participation in another sport during the same season or during an ensuing season until the team which he left has concluded its season.
- An athlete who has been dropped for disciplinary reasons from a team is not eligible for further participation in other sports during the current season.
- An athlete who has been —cut|| during the tryout period is immediately eligible to try out for another team.

#### Use, Care, and Return of Equipment:

- Equipment issued to a player is to be used only for the purpose for which it is intended in practice or in contests. No part of any uniform or equipment is to be used in physical education classes or as casual attire unless specific permission has been granted.
- Squad members are expected to refrain from willfully or carelessly damaging equipment, facilities, or property whether at home or on trips. Any occurrence could result in financial reimbursement.
- Lost, stolen or misused equipment will be charged to the individual responsible for it; and he/she will be required to make restitution. No awards or further participation will be granted until restitution is made.
- Any athlete found to be in possession of unauthorized equipment will be suspended from the squad as indicated earlier under Level III and V violations. He/she will not be permitted to retain the article or articles; and in the case of other school's property, he/she will return it and make the appropriate apology.
- Unauthorized possession of school/personal property will make one subject to arrest and/or legal action.

#### **TEAM SIZE AND GRADE LEVEL**

Players shall be assigned to teams by grade level according to the following schedule:

LEVEL/GRADE 7 8 9 10 11 12

Varsity --> LEVEL/GRADE 7 8 9 10 11 12

JV --> LEVEL/GRADE 7 8 9 10 11

Modified "A" --> LEVEL/GRADE 7 8 9

## Modified "B" --> LEVEL/GRADE 7 8

Brackets at certain grade levels in the chart above indicate that participation at that level is by exception only as outlined below:

- No more than 20% of a Junior Varsity roster may be juniors without the special approval of the District Athletic Coordinator.
- No senior may be retained on a Junior Varsity roster.
- Change in level:
  - a. According to current NYSPHSAA policy, a player may return to modified competition after completing the prescribed tryout period (3-5 days) for a JV or Varsity squad (8 days for football and 5-7 days for wrestling and lacrosse).
  - b. A modified player may not be promoted to Junior Varsity or Varsity competition after the conclusion of fifty percent (50%) of his modified schedule.
  - c. A Junior Varsity player may be elevated to the Varsity level only once, and may not return to Junior Varsity that season.
- 7th & 8th grade students wishing to participate on a high school team should refer to the section on —Selection-Classification|| found on page 12.

**Suggested Roster Sizes** (Numbers listed are maximum and cannot be exceeded...fewer may be used at the discretion of the coach):

Sport: Level: Team Size

Baseball

Modified —"B": 20

JV: 20

V: 18

Basketball

Modified —"B" : 18

JV: 16

V: 14

Bowling

V :15

Cheerleading (FB, BB)

Modified —"B": 20

JV: 25

V: 25

Cross Country

V: 40

Field Hockey

Modified —"B": 24

JV: 20

V: 20

Football

Modified —"A": 45

JV: 40

V: 40

Golf, Boys

V: 15

Golf, Girls

V: 15

Gymnastics

V: 25

Indoor Track

V: 50

Lacrosse, Boys

JV: 25

V: 25

Lacrosse, Girls

JV: 25

V: 25

Soccer

Modified —"B": 30

JV: 25

V: 25

Softball

Modified —"B": 24

JV: 20

V: 18

Spring Track

Modified —"B": 50

V: 80

Swimming

V: 25

Tennis

V: 15

Volleyball

Modified —"B": 16

JV: 16

V: 16

Wrestling

Modified —"B": 40

JV: 24

V: 18

Size of the roster may be increased, under extenuating circumstances, if approved by the Assistant Coordinator and District Coordinator – PE & Athletics.

## **AWARDS POLICY AND PROCEDURE**

### **THE VARSITY LETTER**

A certificate for each activity and one chenille 8|| block letter, with a pin depicting each activity (or position held) in which an award was earned, is to be given once to varsity interscholastic athletes, managers and statisticians (4|| block letter) who have fulfilled the following requirements:

- Must have completed the season in good standing. Incompletion of a season due to injury and/or illness shall be decided on an individual basis by the coach concerned and the Faculty Coordinator of Athletics.
- Must have returned all equipment in reasonably good condition.
- Must have met participation requirements

### **STUDENT INSURANCE PROGRAM (WCSD Policy)**

All participants are covered by the District under a policy provided through the PUPIL BENEFITS PLAN, INC. established and sponsored by the N.Y.S.P.H.S.A.A., Inc.

#### **Non-Duplication of Benefits:**

Please note that benefits will be provided through the school policy only after the claim has been processed through any personal or company policy which the family may have available for the coverage of the student. At that point, the Athletic Protection Plan will provide benefits for non-reimbursed expenses up to the limit indicated by the schedule of benefits which is determined according to the nature and extent of the sustained injury.

Any question regarding the school insurance policy should be directed to the nurses at the individual schools.

### **Accident Reporting:**



Although the coaches are required to report accidents on a regular basis, it is also the responsibility of the student to report any injury to the nurses office the next school morning, or upon his/her return to school. Failure to do so may result in problems in completing the claim and subsequent adjustment.

## **ATHLETIC PLACEMENT PROCESS**

(Board of Education Approved)

- Students in grades 7-8 shall be eligible for Varsity or Junior Varsity competition only if maturity, skill and fitness levels indicate such placement as determined by the Athletic Placement Process This process includes a physical fitness test given by the District Athletic Coordinator according to NYS guidelines, as well as a maturity exam by the school's physician.
- Pre-high school students participating in extra-curricular activities at the high school level must be taking a minimum of five courses in addition to physical education at their grade level and have an overall average of at least 70% with NO failing grades, using the most recent quarter's grades available.
- To enter into the Athletic Placement process, parents must request and complete an Athletic Placement packet that may be acquired from either the school or the District Athletic Office.
- No more than 20% of a high school's team roster may be comprised of junior high school students, without the special approval of the District Athletic Coordinator.

## **CO-CURRICULAR ELIGIBILITY GUIDELINES**

(District Regulation, 5205-R)

The Wappingers Central School District believes that participation in co-curricular activities benefits both the participant and the school community. It provides the participant with the opportunity to develop self-confidence, respect for self and others, commitment, independence, leadership, social interaction skills and problem-solving skills. It benefits the school community by fostering school pride, interest and involvement, an opportunity for school/community interaction, as well as development of active citizenship. It is the hope that all students would strive for this well-rounded education and participate in these activities. To insure the integrity of these programs, however, there are guidelines for academic and behavioral responsibilities.

### **■ ACADEMICS COME FIRST:**

One of the main goals of the Wappingers Central School District is to continue to strengthen academic achievement. With this in mind, we have instituted standards requiring students to maintain a defined acceptable level of academic achievement. Any student who does not comply with the academic eligibility guidelines will be denied the privilege of participating in those activities. Students must maintain an overall average of 70%, with no more than one failure.

### **■ YOU MUST BE IN SCHOOL TO PARTICIPATE:**

A student must attend school and all scheduled classes on the day of an activity in order to participate in a co-curricular activity, be it a game, practice, performance, rehearsal, etc. Limited exceptions to this rule may be made by the administration, on a case-by-case basis, for compelling extenuating circumstances. If a student is sent home by the school nurse during the school day, the student shall not participate for the remainder of the day (unless cleared by a physician to indicate otherwise).

## ■ THINK BEFORE YOU ACT:

When students are given the privilege of representing our school and community in co-curricular activities, we expect them to conduct themselves in an exemplary and acceptable manner. For the purposes of eligibility, appropriate student conduct is not limited to school premises, school hours, or only those times when a student is actually participating in the co/extra-curricular activity. Therefore, this expectation of behavior applies at all times and in all public places. To ensure the integrity of the co-curricular programs for everyone, anyone who engages in misconduct or other inappropriate behavior will be subject to discipline or denial of the privilege of participating. What constitutes "misconduct" or "inappropriate" will be determined by the WCSD Student Handbook, Code of Conduct, or the Participation Rules found in this booklet.

## WCSD ACADEMIC ELIGIBILITY POLICY

(District Regulation, 5205-R)

Eligibility is determined prior to the beginning of any co-curricular program but is also subject to review throughout the duration of that program. Prior to the beginning of the program or the tryout period, a student must demonstrate his eligibility status through the previous marking period report card. Once the program begins, eligibility status must be maintained throughout the marking periods. Once a student falls below the minimum requirements, he/she may no longer participate in the activity. A student may regain their eligible status through an appeals process (see building administrator for details) or through meeting the requirements on the next marking period report card. Students declared ineligible are not permitted to participate in practices, tryouts or rehearsals until they regain eligibility status or until they are given an appeal.

A student is considered eligible based on meeting all of the following criteria:

- A student must be considered a full-time student: (a student is full time when they carry the correct minimum number of courses, with Physical Education counting as one course)...Freshman-6 courses Sophomores-6 courses – Juniors-6 courses – Seniors-5 courses (including college level, bridge, internship and co-op)
- A student must maintain an overall average of 70% with no more than one failure, using the most recent marking period.

### **A student is ineligible based on any of the following criteria:**

- The student does not meet the conditions of full-time student status
  - A student does not maintain an overall average of 70% with no more than one failure
  - The student fails two or more courses
  - NYSPHSAA guidelines prevent 5th year seniors from participating in interscholastic teams pending appeal
- Eligibility for Fall activities or programs is determined by the fourth quarter of the previous year, not the final average. Exceptions to this rule include:

- Incoming freshman to the high schools are given a "clean-slate" (This does not refer to Junior High School Students who are entering under Selection-Classification...fourth quarter grades will be assessed for eligibility purposes under those circumstances.)

■ Incoming transfer students are given one marking period in the WCSD to determine status; and, any student taking summer school and/or summer tutoring to pass failures may, upon passing the re-quired coursework, change their status and become eligible for Fall co/extra-curricular activities.  
Students wishing to appeal an “ineligible” rating should consult with their building administrator for further information on the appeals process.

## **Bullying, Harassment and Hazing**

The board of education and administration are committed to providing an educational environment free from harassment, hazing, and bullying for all students and staff members.

### **What Is Bullying?**

Bullying is any inappropriate persistent behavior including threats or intimidation of others, treating others cruelly, and terrorizing, coercing, or habitual put-downs.

#### **Common characteristics of bullying are:**

- Physical – hitting, kicking, taking or damaging a victim’s property.
- Verbal – using words to berate, hurt, or humiliate.
- Relational – spreading rumors, and/or actively excluding a person from the peer group to cause emotional harm, including cyber bullying and misuse of social media

### **What Is Harassment?**

Harassment is verbal or physical conduct that is offensive to, or shows hostility or aversion toward, an individual because of his/her race, creed, color, religion, national origin, age, disability, genetic disposition, sexual orientation, weight, or marital status

### **What Is Sexual Harassment?**

Sexual harassment is a form of sexual discrimination and, therefore, a violation of the state and federal laws that prohibit discrimination based on sex. Sexual harassment is generally defined as unwelcome and sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature in which:

- Submission to such conduct is made either explicitly or implicitly a term or condition of an individual’s education or employment; or
- Submission to or rejection of such conduct is used as a basis for academic or employment decisions affecting the individual; or
- Such conduct interferes with an individual’s academic or professional performance or creates an intimidating, hostile, or demeaning educational or employment environment.

Sexual harassment can originate from a person of either sex against a person of the opposite or same sex, and from peers as well as employees or any individual-al who might come in contact with students on school grounds or at school-sponsored activities

### **What Is Hazing?**

Hazing is typically an act against a student, or coercing a student to commit an act, that creates a risk of emotional, physical, or psychological harm to a person, in order for a student to be initiated into or affiliated with a student organization, or for any other purpose. Hazing includes:

- Any humiliating, degrading, or dangerous activity demanded of a student to join a group, regardless of a student’s willingness to participate;

- Any hurtful, aggressive, destructive, or disruptive behavior such as striking, whipping, sleep deprivation, restraint, or confinement, calisthenics or other activity that subjects the student to an unreasonable risk of harm or safety;
- Forced or coerced substance abuse;
- Any activity that intimidates or threatens a student with ostracism, that subjects a student to emotional, physical, or psychological stress, embarrassment, shame or humiliation, that adversely affects the health or dignity of the student or discourages the student from remaining in school or any activity that causes or requires the student to perform a task or act that involves violation of state or federal law or school policies or regulations.

### **What can I do if I am being Harassed, Hazed, or Bullied?**

If a student, colleague, or peer feels they have been harassed, hazed, or bullied, they should report the incident to their Principal, Athletic Coordinator, Dignity Act coordinator, school nurse, or to the district's Title IX Officer. Complaints should be made immediately after the occurrence; however, a complaint received at any time will be dealt with when it is received.

Incidents of harassment, hazing, or bullying may be pursued through informal intervention and mediation, or through the filing of a formal complaint. All conversations are kept confidential to the extent permitted by law. If the student is a minor, parents will be notified and may be involved in a resolution. It is a violation of district policy to intentionally file a false complaint. Appropriate action will be taken against anyone filing a false complaint.

### **Student Athletes and Social Networking Sites**

- Social Networks: Social network sites such as Facebook, Twitter, and other digital platforms and distribution mechanisms facilitate students communicating with other students. Participation in such networks has both positive appeal and potentially negative consequences. It is important that the Wappingers Central School District student-athlete be aware of these consequences and exercise appropriate caution if they choose to participate.
- Student-athletes are not restricted from using any on-line social network sites and digital platforms. However, users must understand that any content they make public via on-line social networks or digital platforms is expected to follow acceptable social behaviors and also to comply with federal government, state of New York, Wappingers Central School District, rules and regulations. As a Wappingers Central School District student-athlete you must be aware of Student Handbook regulations. Ignorance of these regulations does not excuse student-athletes from adhering to them.

### **Guidelines for Student-Athletes**

These guidelines are intended to provide a framework for student-athletes to conduct themselves safely and responsibly in an on-line environment. As a student-athlete in Wappingers Central School District you should:

- Be careful with how much and what kind of identifying information you post on social networking sites. Virtually anyone with an email address can access your personal page. It is unwise to make available information such as: full date of birth, social security number, address, phone number, cell phone numbers, class schedules, bank account information, or details about your daily routine. All of these can facilitate identity theft or stalking. Facebook and other sites provide numerous privacy settings for information contained in its pages; use these settings to protect private information. However, once posted, remember the information becomes property of the website.
- Be aware that potential current and future employers and college admissions offices often access information you place on social networking sites. You should think about any information you post on Facebook or similar directories potentially providing an image of you to a prospective employer or school. The information is considered public information. Protect yourself by maintaining a self-image that you can be proud of years from now.
- Be careful in responding to unsolicited e-mails asking for passwords or PIN numbers. Reputable businesses do not ask for this information in e-mails.

Do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited. The on-line social network sites are NOT a place where you can say and do whatever you want without repercussions.

- Remember photos put on the social network site's server become their property. You may delete the photo from your profile but it still stays on their server. Internet search engines like Google or Yahoo may still find that image long after you have deleted it from your profile. Think long and hard about what type of photo you want to represent you.

#### **Things student athletes should avoid:**

- Derogatory language or remarks about teammates or coaches; other WCSD student athletes, teachers, or coaches; as well as student-athletes, coaches, athletics administrators and/or representatives of Other Schools.
- Demeaning statements about or threats to any third party.
- Incriminating photos or statements depicting violence; bullying; hazing; sexual harassment; vandalism, stalking; underage drinking; selling, possessing, or using controlled substances; or any other inappropriate behaviors.
- Creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.
- Indicating knowledge of an unreported felony theft or felony criminal damage to property.
- Indicating knowledge of an unreported school or team violation—regardless if the violation was unintentional or intentional.

One of the biggest lessons social network users can learn is that anything you post online enters the public record. You never know who may be looking. For instance, there have been cases where minors were cited for underage drinking or breaking the rules of an apartment lease after pictures of wild parties were posted on social networking sites. Kids posting photos bragging of graffiti have been arrested by police.

Although not every Facebook misstep makes the national news, users should always be sensitive to how others might perceive their profiles. A private joke isn't so private when it's accessible to millions across the internet, and it can easily offend someone who doesn't understand the context. If that isn't enough to make you think twice about posting an inappropriate picture or off-color comment, consider your future. High school and college students should carefully consider their Facebook profiles and ask themselves how they would look to a future college admissions officer or potential employer.

