



# **Interscholastic Athletic Regulations**

## **Athlete and Parent Handbook**

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Board approved:

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## **Mission/Vision**

### **Mission Statement**

- “Together with our community, we create a welcoming environment that sparks the habits of life-long learning. Our district encourages respect, resilience, and personal growth as the foundation for success.”

### **Vision Statement**

- “United, we guide all learners to soar toward their full potential.”

### **Our Five Core Values**

- Achievement – Attaining significant and recognizable levels of skill or knowledge, for both staff and students.
- Collaboration – Working with others to produce, promote, create, or achieve something of value.
- Dignity – Recognizing the worth of oneself and others; developing pride through worthwhile endeavors.
- Ingenuity – Pursuing more efficient, more effective, and more elegant solutions to our challenges.
- Perseverance – Overcoming difficulties, delays and obstacles that would otherwise prevent success.

### **Athletic Mission**

- The Watkins Glen Athletic Program, a focal point of school pride, emphasizes sportsmanship, character development, respect, responsibility, and perseverance through participation in interscholastic athletics.

### **Athletic Program Objectives and Goals**

- To enhance the character of our student-athletes (hard work, respect, self-discipline, self-sacrifice, honesty, and teamwork)
- To promote and foster good sportsmanship and fair play.
- To promote academic and athletic excellence
- To encourage maximum participation by the student body
- To provide direction for our student athletes to reach their highest level of proficiency.
- To treat all student athletes fairly and with dignity
- To develop highly skilled and strategically aware athletes
- To develop physically fit athletes who are strong, agile, and quick.
- To hire and maintain qualified coaches to instruct and prepare our athletes.
- To work together to achieve common goals.
- To celebrate individual and team successes
- To provide a safe and chemically free environment

### **Philosophy of Interscholastic Athletics at Watkins Glen Central School**

We believe interscholastic athletics serve as a model of life; to provide opportunities for students in order to demonstrate responsibility, sportsmanship, cooperation, concern for others, leadership, respect, good citizenship, loyalty, and tolerance. Winning is often a measure of success; however, also of considerable importance is the development of the whole person. Throughout the program we will strive to be competitive. The athletic program is centered on the welfare of the students and is a vital part of the total Watkins Glen Central School District curriculum. The athletic program will assist the physical education department in meeting the NYS standards for Health and Physical Education listed below. These standards can be found online at <http://www.nysed.gov/curriculum-instruction/physical-education>

**Standard 1:** Demonstrates competency in a variety of motor skills and movement patterns.

**Standard 2:** Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

**Standard 3:** Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

**Standard 4:** Exhibits responsible personal and social behavior that respects self and others.

**Standard 5:** Recognizes the value of physical activity for overall wellness, enjoyment, challenge, and/or self-expression.

**Standard 6:** Recognizes career opportunities and manages personal and community resources related to physical activity and fitness to achieve and maintain overall wellness.

### **Philosophy of High School Athletics at Watkins Glen Central School**

- **Junior Varsity Level:** At the Junior Varsity level (typically lower grade levels and ability than the varsity level) athletes are expected to have committed themselves to the program, team, and skill development. Increased emphasis is placed on physical and mental conditioning, refinement of fundamental skills, elements and strategies of sport, and character development. JV programs work towards achieving a balance between team and player development and striving for victory. A high level of dedication and commitment to the team is expected as participants are expected to attend all practices and competitions. Cuts may be made if necessary and all participants will receive playing time at the coach's discretion. A specific amount of playing time is never guaranteed and is earned through a participant's commitment to developing his/her athletic and academic skills, sportsmanship, character, and teamwork.
- **Varsity Level:** At the varsity level participants need to have a sound attitude and advanced level of skill because being a member of a varsity sport requires a strong commitment. Teams will work toward achieving league and sectional championships. Highly skilled athletes may be members of the team from grades 7-12, but physical, social and emotional development will be given careful consideration. It is vital for each team member to understand his/her role and importance on the team. Teams will strive to win at the varsity level. Cuts may be made if necessary and all participants will receive playing time at the coach's discretion. Playing time is earned through a participant's commitment to developing his/her athletic and academic skills, sportsmanship, character and teamwork. Athletes will be encouraged to participate in other varsity sports and out-of-season programs to achieve excellence.

## **Watkins Glen High School Athletic Programs - Sports Season 2024-2025**

### **Fall Season Start Monday, August 26<sup>th</sup>, 2024 (Football may start August 19<sup>th</sup>)**

Varsity Boys and Girls Cross Country  
Varsity Football (Combined with OM) \*\*Start date August 19<sup>th</sup>, 2024  
Varsity Cheerleading  
Varsity Boys Soccer  
Varsity Girls Soccer  
Varsity Girls Swim and Dive (Combined with OM)  
Varsity Girls Volleyball  
JV Girls Volleyball

### **Winter Season Start Monday, November 18<sup>th</sup>, 2024**

Varsity Boys Basketball  
JV Boys Basketball  
Varsity Girls Basketball  
JV Girls Basketball  
Varsity Boys and Girls Bowling  
Varsity Cheerleading  
Varsity Boys and Girls Indoor Track  
Varsity Boys Swimming and Diving (Combined with OM)  
Varsity Wrestling (Combined with OM)

## **Spring Season Start Monday, March 17<sup>th</sup> , 2025**

Varsity Baseball (Combined with OM)  
JV Baseball (Combined with OM)  
Varsity Boys Golf  
Varsity Girls Golf  
Varsity Boys Lacrosse  
Varsity Softball (Combined OM)  
Varsity Tennis (Mixed Boys and Girls)  
Varsity Boy Track and Field  
Varsity Girls Track and Field

Varsity Clay Target Shooting (Club) – Registration [www.claytargetscoring.com](http://www.claytargetscoring.com) required (Fee)

## **Philosophy of Junior High/Modified Athletics at Watkins Glen Central School**

- The Junior High/Modified athletic programs are instructional in nature and the focus is on participation and learning fundamental athletic/sport skills, game rules, teamwork, healthy competition, sportsmanship, and character. Emphasis is on the development of a well-rounded athlete and student and not on victory. Cuts are typically not made at this level. Participants will receive playing time at the coach's discretion. Playing time is earned through a participant's commitment to developing his/her athletic and academic skills, sportsmanship, character and teamwork. Students will be encouraged to participate in a variety of sports.

## **Watkins Glen Modified Athletic Programs - Sports Season 2024-2025**

### **Fall Season is eligible to start Monday, August 26<sup>th</sup>, 2024**

Modified "B" Boys and Girls Cross Country - grades 7 & 8  
Modified "A" Football – grades 7, 8 & 9 (Combined with OM)  
Modified "A" Girls Soccer – grades 7, 8 & 9  
Modified "A" Boys Soccer – grades 7, 8 & 9  
Modified "B" Girls Swimming and Diving – grades 7 & 8 (Combined with OM)

### **Winter Season (A) Start Monday, October 28<sup>th</sup>, 2024**

Modified "B" Boys Basketball - grades 7 & 8  
Modified "B" Volleyball - grades 7 & 8  
Modified Cheerleading – grades 7 & 8

### **Winter Season (B) may start Tuesday, January 2<sup>nd</sup>, 2025**

Modified "B" Girls Basketball - grades 7 & 8  
Modified "B" Wrestling - grades 7 & 8 (Combined with OM)  
Modified Cheerleading – grades 7 & 8  
Modified "B" Boys Swimming - grades 7 & 8 – (Combined with OM)

### **Spring Season is eligible to start Monday, March 24<sup>th</sup>, 2025**

Modified "A" Baseball - grades 7, 8 & 9  
Modified "A" Softball - grades 7, 8 & 9  
Modified "A" Boys Lacrosse (Boys and Girls) - grades 7, 8 & 9  
Modified "B" Tennis – (Boys and Girls) - grades 7 & 8  
Modified "B" Track and Field – (Boys and Girls) – grades 7&8

**ALL Season start dates are subject to change due to health and safety concerns and state mandates.**

# **Watkins Glen Interscholastic Athletic Regulations**

## **ACADEMIC GUIDELINES & EXPECTATIONS**

### **Academics –**

- Athletes are students first and athletes second. All coaches are responsible for monitoring their squad's academic standing and upholding the academic eligibility regulations.
- The minimum class load a high school student must take in order to be eligible to compete in a sport in New York State is 3 subjects plus Physical Education.

### **Academic Eligibility -**

- The Watkins Glen Athletic Academic Eligibility regulations will be adhered to by athletes, coaches, and district administration. *See Appendix A.*
- The academic eligibility update form must be returned to the School Disciplinarian. The Disciplinarian, Athletic Director or HS Guidance office will contact the coaching staff regarding an athlete's change in eligibility or return to competition. *See Appendix B*

### **Physical Education Requirement -**

- Physical Education is mandatory for all athletes/students. Athletes must be enrolled in physical education to participate in the athletic program.
- Failure to take part in the school's physical education program or removal from the physical education program due to disciplinary reasons will make the athlete ineligible to participate in the athletic program.
- Not participating in a scheduled Physical Education class will make the athlete ineligible for practice or contest participation on that day.

## **SPORTS MEDICINE GUIDELINES & EXPECTATIONS**

### **Physical Examination Requirements –**

- All students who participate in interscholastic athletics and/or Fall sideline cheerleading must have an annual physical by a physician.
- Annual physicals will be provided by the school district. The school physician will review the "Athletic Competition Health Screening Form" or sign off on those completed by outside physicians. *See Appendix C.*
- Students choosing to be examined by their own physician must submit this physical to the school nurse for approval by the school physician. Any physical not completed by the school physician will be at the family's expense.
- All students participating in interscholastic athletics shall complete a "Interval Health History Form" within 30 days of the start of the season. *See Appendix E.*
- Any students whose safe participation is in question as a result of the Health History Update, injury, or prolonged absence must be re-qualified by the school physician prior to participation.

### **Parental Consent –**

- Each student who participates in interscholastic athletics must have written parental/guardian consent prior to the start of each season. *See Appendix D.*

### **Student Accident/Injury Insurance –**

- Watkins Glen Central School District insures all students with a secondary student accident insurance policy through Pupil Benefits. This policy covers the students while they are attending school or are involved in other activities that are school sponsored. All athletic injuries should be reported to the coach immediately. The coach will report injuries to the athletic director and file a Student Incident Report within three days.

### **Medical Release / Emergency Information –**

- Each student who participates in interscholastic athletics must have a signed medical release by a parent/guardian prior to the start of each season. *See Appendix D.* (Completed through Final Forms)
- Prior to each season parents/guardians will need to complete an “Emergency Information Update” and an Interval Health History Form. *See Appendix E.* (Completed through Final Forms)

### **Ambulance Procedures–**

- If an athlete requires an ambulance to be transported to a hospital, the coach will make every attempt to contact a parent / guardian based on the information provided on the emergency cards.
- If no parent / guardian or no other approved Watkins Glen staff member is on site, the coach will accompany the player to the hospital. The game / activity can continue or halt depending on whether a properly certified coach is available to supervise.
- The coach can remain at the game site if a parent/guardian has been contacted and is meeting the injured athlete at the hospital.

## **RULES & REGULATIONS**

### **Athletic Placement Process (Matriculation) –**

- Watkins Glen Central School District participates in the New York State Athletic Placement Program. The program offers 7<sup>th</sup> and 8<sup>th</sup> grade students who demonstrate advanced maturation, physical fitness, and skill development a chance to compete on a JV or Varsity team.
- The intent of the Athletic Placement Process is to provide students in grades 7 – 12 a mechanism allowing them to participate safely at an appropriate level of competition based upon readiness rather than age and grade. Students do not mature at the same rate and there can be a tremendous range of developmental differences between students of the same age.
- The program is not to be used fill positions on teams, provide additional experience, and provide a place for junior high students when no modified program is offered or reward a student.
- To be eligible for consideration, the modified level student must:
  - Be free of any serious behavioral problems within the previous marking period.
  - Not have failed any school subject the previous marking period.
  - Have athletic ability high enough to be a season long member of the “starting team” at the level on the team desired (JV or Varsity).
- Every effort must be made to follow our Athletic Placement Process procedures in this order.
  - Referral by P.E. staff or coach to Athletic Manager, Administrator or Director.
  - Coach contacts the parent of the student to be classified and explain the Athletic placement Process and the reasoning for placement. Review the packet of information with the parents and have the parent consent signed.
  - Maturation and physical exam completed by the school physician.
  - Physical fitness test administered by Athletic Manager, Administrator or Director or his/her designee.  
The coach or test administrator will notify the athlete about the test date.
  - The Athletic department will notify the parents of the test results and any pertinent information.

### **Equipment / Uniforms Responsibility -**

- An athlete is responsible for all school equipment issued to them. Lost or stolen equipment is the sole financial responsibility of the athlete.
- Uniforms are not to be worn to practices or physical education classes. Follow the coaching guidelines for home games.
- An athlete will not be allowed to participate in the succeeding sports season until all school issued equipment and uniforms are turned in. Seniors with an obligation may lose the privilege of walking at graduation at the discretion of an administrator.

### **Transportation Rules-**

- Athletes will not engage in misconduct while on a school bus or school provided transportation. It is crucial for students to behave appropriately while riding on district buses to ensure their safety and the safety of other passengers.
- All bus rules will be enforced by the coach and the bus driver. Failure to adhere to safety rules can result in future suspension from transportation.
- When district approved transportation is provided for the team it is expected that all team members travel to the event with the team.
- Under extraordinary circumstances (SAT Exams, medical reasons, etc.), parents may obtain permission from the athletic director in advance, to drive their son/daughter to an event where transportation is provided by the district. A written request, signed by the parent, must be presented to the athletic director for approval at least 24 hours in advance of the event.
- Under no circumstances are athletes to obtain transportation to or from an event with other students.
- Athletes may leave with their parent or guardian following an athletic event after conferring with his/her coach and signing off on the authorization form.

### **Attendance Rules -**

- To participate in a school activity, the student must be in attendance from the beginning of first period and remain in attendance through the end of the school day.
- To participate in a school activity on Saturday/Holiday, the student must be in attendance the day before the activity by the beginning of first period and remain in attendance the remainder of the school day.
- Coaches & the athletic department will be reviewing student attendance each day to see if students qualify to participate or practice that day.
- Legal excuses for athletics include (1) Doctor's appointments, (2) funerals, (3) death in family, (4) college visits, (5) educational trips/field trips, or (6) other approved legitimate excuses cleared by the athletic director or designee.
- Illness: Any student athlete that reports to school after 10:30am due to illness will not be permitted to practice or compete that day.
- Tardy: The athletic department will follow building tardy regulations.
- Truancy: Any athlete, who is truant from a class, on the day of a contest, shall be ineligible for competition that day. If an athlete is truant on a Friday, the athlete will be ineligible for Saturday competition.
- Special situations or circumstances need to have approval from the athletic department.

### **Training Rules –**

- All athletes will abide by the training rules established by the coaching staff for that sport.
- The athletic administration will support training rules established by coaches that are clearly communicated with athletes and parents.
- Coaches must write up, communicate, distribute and have athletes sign their training rules on the first day of practice.
- Sport specific training regulations should include disciplinary measures for infractions.
- Such regulations must be approved by the athletic director and on file prior to each season.
- Training rules should be communicated with parents during the parent meeting.

- Coaches have the authority to properly discipline team members.
- Suspensions or terminations from athletic teams come from the athletic manager, administrator, or director, with coaches' input.

### **Training Rule Violation Procedures**

- Student-athletes in violation of training rules will be given due process rights, the opportunity to explain the situation.
- The circumstances of the situation will be reviewed by the coach and/or athletic manager, administrator or director and appropriate disciplinary actions imposed.
- Violations of training regulations must be reported to the athletic manager, administrator, or director. Such violations may be reported by the professional staff, including coaches, of the Watkins Glen Central School District, the parents of a student-athlete, any student-athlete, or a member of a law enforcement agency.

### **Behavioral Expectations and Consequences –**

- Students who participate in interscholastic athletics represent themselves, their teams, and Watkins Glen Central School during and out of their season. Athletes must demonstrate sportsmanship, character, competence, civility, and citizenship at all times. Athletes will follow the established rules of their school building, district, athletic department, and community.
- Violations of school rules that result in detentions or suspensions will impact an athlete's participation in athletics in the following ways:
  - Detentions (1<sup>st</sup> and 2<sup>nd</sup> offense) = Coach imposed consequences
  - Detention (3<sup>rd</sup> and subsequent offenses) = Loss of one contest/detention
  - In School Suspension = Loss of one contest/ISS
  - Out of School Suspension = Loss of two contests/OSS, no practice
- Substance Abuse issues can affect a student athlete for up to one year from the time of the initial offense. The rules apply for both in season and out of season offenses with consequences listed on page 13-14 of this document.

### **Photographing Others (Sharing Inappropriately) –**

- Any athlete who photographs another student or teammate (in a compromising position including but not limited to nudity), with or without their consent, and distributes it, will be removed from the team s/he is participating on for the remainder of the current sports season. If such offense occurs at the end of the season the athlete will serve a minimum two-week suspension (no practice – no competition) from athletic participation and be referred to the athletic council for a hearing.

### **Stealing or Possession of Stolen Items –**

- Any athlete who steals or is in possession of stolen items will be removed from the team s/he is participating on for the remainder of the current sports season. If such offense occurs at the end of the season the athlete will serve a minimum two-week suspension (no practice – no competition) from athletic participation and be referred to the athletic council for a hearing.

### **Unauthorized Possession of School Equipment –**

- Any athlete in unauthorized possession of school athletic equipment or uniforms will not be permitted to participate in another interscholastic sports activity until all equipment or uniforms have been returned.

### **Vandalism –**

- Any athlete found guilty of vandalizing school property shall be removed from the team s/he is participating on for the remainder of the current sports season. If such offense occurs at

the end of the season the athlete will serve a minimum two-week suspension (no practice – no competition) from athletic participation and be referred to the athletic council for a hearing.

### **Sportsmanship –**

- The reputation of the Watkins Glen Central School District is formed through our athletes' interactions with coaches, opponents, officials, adults, game personnel, and many others. In many cases an opinion of the Watkins Glen Central School District and its students can be based upon the impression made by our athletic teams or individual athletes.
  - Athletes representing WGCSD are expected to dress neatly, use good manners and acceptable language, show good sportsmanship, respect opponents' facilities & equipment, and treat others with respect.
  - Sportsmanship is the ability to win without gloating, lose without complaining and treat your opponents, officials, coaches and self with respect.
  - The WGCSD will measure an athlete's sportsmanship by their:
    - conduct in locker rooms (home and away).
    - respect for school property (home and away).
    - respect for officials and their decisions.
    - hospitality and courtesy towards opponents and opposing coaches.
    - behavior and composure in defeat.
    - modesty in victory; and
    - self-restraint in language on and off the field of competition.
  - Athletes found to be in violation of the standards listed above will be withheld from participation in athletic contests by the coach, athletic director or principal. Repeated violations may result in removal from the team.
  - Watkins Glen Central School District is a member of the IAC, Section IV, and NYSPHSAA and is subject to rules set forth by these associations.
  - The Section IV Misconduct guidelines for misconduct are listed below for players:
    - Any member of a squad ruled out (ejected) from a contest for unsportsmanlike conduct or for a flagrant foul shall **not** participate in that sport in the next previously scheduled contest with a member school or in NYSPHSAA tournament play. Disqualification from one season carries over to the next season of participation.
    - Any member of a squad, who strikes, shoves, kicks, or makes other physical contact with the intent to do so, to an official, shall be expelled from the game immediately and banned from further participation in all sports for **one year** from the date of the offense.
- Note: Member of the squad includes player, manager, scorekeepers, timers, and statisticians.
- Any athlete cited before, during or after a competition with an unsportsmanlike act by officials (yellow cards, red cards, technical fouls, etc.) must meet with the athletic director before competing in any subsequent competitions.

### **Parent Sportsmanship Guidelines –**

- Applaud good play from both teams.
- Encourage your child to participate in a variety of activities.
- Behave in a manner that others can respect and admire. Never forget that you are a role model for your child.
- Keep negative opinions and comments to yourself.
- Respect the coach's decisions and abilities. Let the coaches coach your child and the game.
- Stress fair and sensible play with your child. Play within the rules so others do not get hurt.
- Stress the long-term importance and benefit of practice over the short-term excitement of games with your child.

- Keep your child's abilities in perspective. All athletic careers come to an end. Ask yourself – then what will my child do?
- Emphasize teamwork with your child, teaching them to think “we” instead of “me”.
- Praise your child, teammates and opponents by pointing out what they do well.
- Take time to learn the rules of the game so you are more informed.
- Keep a sense of humor about mistakes and encourage your child to keep trying. Things that require hard work and effort over time mean the most when mastered.
- Each Season parents/guardians will sign a Parents Commitment Form, now done online in Final Forms. See Appendix F.

### **Spectator Sportsmanship Guidelines –**

- If a disturbance prevents the normal performance of a player or coach, at home contests, Watkins Glen game management or the coach will approach the person(s) causing the disturbance. The person(s) causing the disturbance will be told to correct the behavior or be asked to leave the facility. If they refuse, the police will be called.
- At away games the coach will request the official to notify the home coach to control the situation.

### **Practice & Game Attendance –**

- Athletes are expected to attend all practices and competitions during the sport season unless legally absent or with prior coach approval. Athletes will follow the training rules provided by the coaching staff.
- If an athlete cannot make a practice or competition, it is the athlete's responsibility to personally notify the coach and obtain approval.
- Athletes will sit with their own team during the entire athletic event. Failure to do so, can result in future game suspension(s).
- No athlete will leave a game site without permission from the coach. Failure to follow this rule can result in immediate dismissal from the team.
- Athletes missing scholastic competition to compete in travel competition will sit the next regularly scheduled contest(s).

### **Dismissing a Squad Member –**

- Coaches desiring to dismiss an athlete from a team shall inform the athlete that s/he is “suspended until s/he meets with the athletic director.” Coaches will document reasons for dismissal and inform the athletic manager, administrator, or director immediately. The athletic manager, administrator or director will meet with the coach and athlete.

### **Quitting a Team –**

- Athletes who choose to quit a team must do the following:
  - Personally inform the coach
  - Obtain parent permission
  - Return all issued equipment to the coach
- Coaches will contact the parents and then meet with the athletic director
- Any student quitting a team after pre-season tryouts have concluded will be ineligible to participate in the next sports season without approval from the athletic manager, administrator, or director.

### **Changing Sports –**

- If an athlete wishes to drop one sport and participate on another during the same season, s/he must obtain approval from both coaches and the athletic director.

## **Substance Use -**

### Expectations

- In order to function at maximum performance levels, athletes are expected to maintain optimal health and physical condition. Athletes will be able to reach these optimal levels through an athletic training program. The use of any drugs can compromise an athlete's ability to reach his/her full athletic potential. For these reasons, the use of or possession of vaping products, alcohol, tobacco products, and illegal drugs are prohibited for members of athletic teams.
- No person may manufacture, promote, use, possess or distribute vaping products, alcohol, or any other drug, use or possess drug paraphernalia, on or off of school grounds, in school vehicles, or at school sponsored events.
- The term "alcohol and other drugs" shall be construed throughout this document to include, but not be limited to, substances such as alcohol, marijuana, cocaine, LSD, PCP, amphetamines, heroin, steroids, designer drugs, tobacco products and vaping products. The inappropriate use of prescription or over the counter drugs shall also be prohibited.
- The school nurse must administer all physician prescribed medications on school grounds.
- Any person exhibiting behavior, conduct, personal or physical characteristics indicative of having used or consumed alcohol or other drugs shall be prohibited from entering school grounds or school sponsored events.
- Athletes will sign an Athletic No-Use Contract, stating their compliance with this policy, before participating in the WGCSD athletic program. Every student participating in the athletic program is assumed to be under contract even if a signed contract is not on file. *See Appendix G.*
- Social Gatherings - An athlete attending a social gathering where drugs or alcohol are illegally present must leave the situation within a reasonable amount of time of learning that alcohol and/or other drugs are present. Any athlete who remains present at a party where drugs and/or alcoholic beverages are being illegally consumed by minors will be subject to the consequences below.
- Cyber/Image Policy – Any athlete who is part of any identifiable image of a photo or video which establishes that the student-athlete is manufacturing, using, possessing or distributing tobacco, alcoholic beverages, or controlled substances will be subject to the consequences below.
- Steroids - The possession or use of steroids or other performance enhancing drugs/supplements for purposes other than medically necessary, as determined by a physician, is prohibited. Any athlete found to be in the possession of, using, or distributing steroids or performance enhancing drugs/supplements will be removed from the team s/he is participating on for the remainder of the current sports season.
  - The Athletic Manager, Administrator or Director may require any athlete for whom s/he has a reasonable suspicion of the use of steroids or other performance enhancing drugs/supplements to submit to a chemical test to be arranged for and paid for by the School District. The failure of a student to submit to a chemical test for the use of steroids will result in the athlete being removed from the team s/he is participating on. In addition to being removed from the team, the athlete will be ineligible to participate in any interscholastic sports activity for a period of ten (10) school weeks in the case of the first incident and ineligible for twenty (20) school weeks following the second incident.

### **Consequences-**

Watkins Glen Central School District Policy for a student possessing, promoting or being under the influence of alcohol or any other drug, on or off school grounds shall be subject to the following consequences:

### I. First Offense:

- Step 1 - Law enforcement authorities, medical, and or/ social agencies will be contacted when necessary.
- Step 2 - The student will receive a 1/3 of the season suspension based on the maximum number of contests established by NYSPHSAA by sport.  
Consequences will be carried over to the next athletic season that the athlete participates in and be recalculated using the percentage remaining at the conclusion of the season. This consequence will not be carried out beyond one year from the time of the incident. *See Appendix H.*
- Step 3 – Athletes will be referred to the District Drug and Alcohol Counselor for assessment requiring a complete follow through for all recommendations as a result of the assessment. If the athlete does not follow through with the assessment and treatment recommendations, the student will continue to be suspended from all athletic competition.

### II. Second Offense:

- Step 1 - Law enforcement authorities, medical, and or/ social agencies will be contacted when necessary.
- Step 2 - The student will receive a 1/2 of the season suspension based on the maximum number of contests established by NYSPHSAA by sport. Consequences will be carried over to the next athletic season that the athlete participates in and be recalculated using the percentage remaining at the conclusion of the season.  
This consequence will not be carried out beyond one year from the time of the incident. *See Appendix H.*

### III. Third Offense:

- Step 1 - The athlete will receive a one-year suspension for athletic participation and/or suspension from athletic participation for the remainder of their school experience.
- Step 2 - Law enforcement authorities, medical, and or/ social agencies will be contacted when necessary.
- Note: The athletic council will review individual cases after the on- year suspension period to determine future participation in the athletic program.
- Any athlete choosing not to follow the above requirements will receive a one (1) calendar year suspension from athletic participation.
  - Any athlete who violates the No-Use Contract will be disqualified from receiving an athletic participation certificate, a letter/pin, post-season all-star/team nominations, or End of the Year Athletic Awards for that sports season. Athletes will also not be nominated for or receive District Athletic Awards at the end of the year.
  - Any offense as noted herein is cumulative throughout the time a student is in attendance in this district or returns to the district (7-12 grades).
  - During a period of suspension from athletics, an athlete shall attend all practices and games. An athlete can participate in practice but cannot suit up for competitions.
  - Honesty Policy: Prior to the district's awareness of an illegal situation, if an athlete reports their contract offense to the athletic director, they may face a reduction in suspension of up to 50%. This is a one-time only arrangement that is valid for only one such reported incident.

If an athlete is found to be untruthful during a school investigation, they may be subject to an additional suspension of up to 50%.

### **Hazing –**

- New York State law strictly forbids hazing in any form. It is understood that hazing of any kind is not permitted at school or school sponsored activities. It is further understood that we have a duty to report any acts of hazing we see, or know of, to a coach or athletic director. Participation in, or failure to report, any hazing will result in disciplinary review and possible suspension and/or dismissal from the athletic team.
- Hazing shall be defined as (1) any intentional action: situation created; group conduct or method of intimidation to/by a group (or individual) that is designed to deny (or results in denying) a person his/her rights within the athletic program or as a member of the team; (2) any action that seriously impacts or compromises an athlete's physical or psychological safety (demeaning by nature), by inflicting mental anguish, physical discomfort/pain, severe embarrassment, harassment, hurtful pranks, psychological pressure, intimidation, ridicules or endangers another person whether in public or private; and (3) any action or coercion that typically pressures an individual to agree to be involved in a humiliating action/task (s) that suggests the athlete will be more fully accepted into a group/team irrespective of team status or playing time.
- In the Watkins Glen Central School District engaging in "HAZING" in any form by an athlete prior to, during school, or during any setting outside regular team activities is unacceptable and prohibited.
- Any athlete found guilty of engaging in hazing practices shall be removed from the team s/he is participating on for the remainder of the current sports season.

### **Watkins Glen Central School District Student Code of Conduct –**

- Athletes will abide by all rules and regulations outlined in the Watkins Glen Central School District Student Code of Conduct.

### **Items Not Covered (Consequence Determinations)-**

- The athletic manager, administrator or director will make determinations on any items dealing with athletic regulations that are not clearly defined in the Interscholastic Athletic Participation Regulations.

## **GRIEVANCE & APPEALS GUIDELINES & EXPECTATIONS**

### **Student Grievance Process -**

If at any time while an athlete is participating in the athletic program and they feel they have been the recipient of inappropriate actions, they will report the incident to their coach, assistant coach, or Athletic Manager. Athletes will follow the steps outlined in the appeal process to resolve grievances. Athletes and parents will follow the Athletic Department Chain of Communication in all situations to resolve problems. See Appendix A.

### **Appeal Process -**

An appeal regarding any athletic penalty shall follow the steps below:

Step 1 - The athlete shall request a meeting to discuss the issue with the coach within three school days. All parties will try to resolve the issue.

Step 2 - If the issue is still not resolved to the satisfaction of the athlete, s/he shall request a meeting with the athletic manager, administrator, or director within 3 school days. All parties will try to resolve the issue.

Step 3 - If the issue is still not resolved to the satisfaction of the athlete, s/he shall submit a written request, to the athletic manager, administrator or director for a hearing with the athletic council within 3 days. All parties will try to resolve the issue.

Step 4 - If the issue is still not resolved to the satisfaction of the athlete, s/he shall submit a request for a meeting with the Superintendent of Schools within 5 days where a final decision will be made.

An athlete can be accompanied by a representative during each step of the process if desired.

### **School Addresses and Contacts**

Mr. Kai D'Alleva, Superintendent of Schools  
Watkins Glen Central School District  
301 12<sup>th</sup> Street  
Watkins Glen, NY 14891  
607-535-3219

Mr. Kyle Colunio, Principal  
Watkins Glen High School  
303 12<sup>th</sup> Street  
Watkins Glen, NY 14891  
607-535-3210

Mr. Erich Kramer, Director of Athletics  
Watkins Glen High School  
303 12<sup>th</sup> Street  
Watkins Glen, NY 14891  
607-535-3210

### **Health Office**

High School Nurse  
Watkins Glen High School  
303 12<sup>th</sup> Street  
Watkins Glen, NY 14891  
607-535-3210, ext. 1733  
Fax: 607-535-3282

# APPENDIX

## A - I

All forms in this document need to be filled out electronically under your student athletes' profile on Final Forms. They can be accessed on our school website by following this link:

<https://watkinglen-ny.finalforms.com/students>

## EXTRACURRICULAR ACTIVITIES REGULATION

### MIDDLE LEVEL /HIGH SCHOOL

## Academic Expectations

### MIDDLE LEVEL / HIGH SCHOOL

Participation in extracurricular activities, including, interscholastic athletics, will be based on the following academic standards:

1. Full time student athletes must be enrolled in at least six (6) subjects plus physical education.
2. Part time student athletes must be enrolled in three (3) subjects plus physical education as indicated in the commissioners' regulation, to be considered a bona fide student.
3. The following academic eligibility standards must be met:
  - To be fully eligible for extracurricular activities, students must be passing **ALL** subjects at the end of each marking period.
  - For students who are not passing all subjects at the end of a marking period, those students must follow the process explained below.

## Academic Eligibility Regulation

### a) **General Overview:**

We exist as an academic institution to provide the most comprehensive education possible to our students, and we therefore encourage and value extracurricular activity opportunities for our students. The concepts of individual responsibility, self-improvement, overcoming adversity, competing, preparing, functioning as a member of a group, supporting others, and having a sound mind and body are promoted, reinforced, and enhanced in our classrooms, athletic programs, and other extracurricular programs. It is expected that students will put forth their best effort in the classroom and abide by teachers' educational and behavioral expectations. Additionally, participation and membership in extracurricular activities carries the responsibility of being in good standing in all academic courses. It is also expected that students will seek out additional help from our faculty when academic struggles occur. To support students in their academic efforts we have implemented the following Policy of Eligibility.

### b) **Academic Support:**

- i. This section applies to all students in grades 7–12 who have a U (unsatisfactory) or I (incomplete) in one or more subjects.
  - a. At the end of any marking period, a student who has a U (unsatisfactory) or I (incomplete) in one or more subjects will be placed on the Academic Support List.
  - b. To remain eligible to participate in extracurricular activities, students on the Academic Support List are expected to do the following until the next time report card grades are published and grades are reviewed to indicate all subjects are being passed:
    1. Attend After-School Tutoring sessions (in the library or with a teacher) OR make arrangements with a teacher and attend sessions with the teachers(s) of the course(s) in which they have a U or I during the school day OR do the equivalent in an Academic Lab.

2. Students with a U or I in one subject need to complete at least two sessions per week. Students with a U or I in more than one subject need to complete at least three sessions per week.
  3. Weekly attendance at these sessions will be reported to administration or their designee and to the coach or advisor of the extracurricular activity.
  4. A student who is on the Academic Support List can practice and participate in contests/events with his/her team unless he/she does not complete the required sessions. See Ineligible section below for future guidance on what happens if session requirements are not met.
  5. Students who received an "I" in a course due to extenuating circumstances may be removed from the Academic Support List before the next report card is published if the teacher of said course and principal agree that the student is caught up and has demonstrated the required understanding.
  6. **At any point in the marking period, if a student is falling behind in the course, the teacher can inform the principal or their designee, and arrange for the student to be added to the academic support list for that course.**
    - ii. The student will be removed from the Academic Support List if/when the next report card is published, and it indicates that the student has a C or better in all courses.
- c) **Ineligible:**
- i. This section applies to all students in grades 7–12 who have a U (unsatisfactory) or I (incomplete) in one or more subjects.
    - a. If a student who is on the Academic Support List does not complete the required sessions each week, that student will be ineligible to participate in extracurricular activities beginning Monday of the upcoming week. The student will remain ineligible until the missed sessions are made up, along with their weekly required sessions.
    - b. The student will become eligible again if they attend the required sessions the following week OR report cards are published again and indicate a C or better in all courses. Students must continue to report for Academic support until they are officially removed from the list.
    - c. If a student remains on the Academic Support List for more than two consecutive marking periods in a row, the student will become ineligible to compete in any contests until they can demonstrate to the principal or designee that they are passing every subject with a C or better, either through a new report card or bi-weekly sign off form (appendix B).

Procedures: Report card grades at the end of every marking period will determine students' status.

\*A student who is required to attend the After-School Study Program must sign in on the sheet provided at the ASSP location. Students who stay with a teacher must have the teacher contact the after-school supervisor to get credit. Student athletes are required to stay for After School Study any time if requested by a teacher, coach, principal, athletic manager or director. Anyone requiring a student to stay for after school study will inform the coach, the athletic secretary, and the athletic manager or administrator to ensure proper follow through.

### Dropping a Course:

- No student athlete will be allowed to drop a course to circumvent the eligibility standards set forth in these procedures. Any student athlete wishing to drop a course will have to present his/her case in front of the Athletic Council.

## Regaining Eligibility

- Student athletes will be responsible for obtaining an “Eligibility Form” from the school’s website, athletic office or disciplinarian’s office and getting the form completed by all his/her teachers. It is also the student responsibility to return the form to the disciplinarian or principal designee to regain the privilege of participation in athletics and other extracurricular activities. The after-school study program advisor, secretary, disciplinarian, or athletic director will notify the coaches when eligibility is regained.

## Athletic Council:

- The Athletic Council will hear eligibility appeals for students who have extenuating circumstances. The council will be determined by the athletic manager, administrator or director but will include, at the minimum, the principal, the athletic manager, administrator or director, the school disciplinarian, the coach, a physical education teacher, and a grade level teacher. The committee will review all student athlete appeals.

## Behavior Expectations

Students who participate in interscholastic athletics must:

Demonstrate good character and citizenship. This shall include following all established rules of the school. Violation of the rules, resulting in the following consequences shall also affect participation in athletic contests in the following manner:

Detention (1 <sup>st</sup> and 2 <sup>nd</sup> offense):	Coach’s discretion
Detention (3 <sup>rd</sup> and subsequent offenses):	Loss of one contest/ASD
In School Suspension (half or full day):	Loss of one contest/ISS
Out of School Suspension:	Loss of two contests/OSS No Practice or Travel

As student athletes are held to a high standard, violations related to substance use will have consequences beyond those given by a building level administrator or disciplinarian. Expectations and offense level consequences are found starting on page 12-14 of this document. Please know this type of violation will follow a student whether they are in season or out of season and may affect a future sport season within one year of the offense.



<b>REQUIRED NYS SCHOOL HEALTH EXAMINATION FORM</b> <b>TO BE COMPLETED BY PRIVATE HEALTHCARE PROVIDER OR SCHOOL MEDICAL DIRECTOR</b> <b>IF AN AREA IS NOT ASSESSED INDICATE NOT DONE</b>							
<b>Note:</b> NYSED requires a physical exam for new entrants and students in Grades Pre-K or K, 1, 3, 5, 7, 9 & 11; annually for interscholastic sports; and working papers as needed; or as required by the Committee on Special Education (CSE) or Committee on Pre-School Special education (CPSE).							
STUDENT INFORMATION							
Name:		Affirmed Name (if applicable):			DOB:		
Sex Assigned at Birth: <input type="checkbox"/> Female <input type="checkbox"/> Male		Gender Identity: <input type="checkbox"/> Female <input type="checkbox"/> Male <input type="checkbox"/> Nonbinary <input type="checkbox"/> X					
School:			Grade:		Exam Date:		
HEALTH HISTORY							
If yes to any diagnoses below, check all that apply and provide additional information.							
<input type="checkbox"/> Allergies	Type: <input type="checkbox"/> Medication/Treatment Order Attached <input type="checkbox"/> Anaphylaxis Care Plan Attached						
<input type="checkbox"/> Asthma	<input type="checkbox"/> Intermittent <input type="checkbox"/> Persistent <input type="checkbox"/> Other: _____ <input type="checkbox"/> Medication/Treatment Order Attached <input type="checkbox"/> Asthma Care Plan Attached						
<input type="checkbox"/> Seizures	Type: _____			Date of last seizure: _____			
	<input type="checkbox"/> Medication/Treatment Order Attached			<input type="checkbox"/> Seizure Care Plan Attached			
<input type="checkbox"/> Diabetes	Type: <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> Medication/Treatment Order Attached <input type="checkbox"/> Diabetes Medical Mgmt. Plan Attached						
<b>Risk Factors for Diabetes or Pre-Diabetes:</b> Consider screening for T2DM if BMI% > 85% and has 2 or more risk factors: Family Hx T2DM, Ethnicity, Sx Insulin Resistance, Gestational Hx of Mother, and/or pre-diabetes.							
BMI _____ kg/m <sup>2</sup> <b>Percentile (Weight Status Category):</b> <input type="checkbox"/> < 5 <sup>th</sup> <input type="checkbox"/> 5 <sup>th</sup> - 49 <sup>th</sup> <input type="checkbox"/> 50 <sup>th</sup> - 84 <sup>th</sup> <input type="checkbox"/> 85 <sup>th</sup> - 94 <sup>th</sup> <input type="checkbox"/> 95 <sup>th</sup> - 98 <sup>th</sup> <input type="checkbox"/> 99 <sup>th</sup> and >							
Hyperlipidemia: <input type="checkbox"/> Yes <input type="checkbox"/> Not Done			Hypertension: <input type="checkbox"/> Yes <input type="checkbox"/> Not Done				
PHYSICAL EXAMINATION/ASSESSMENT							
Height:		Weight:		BP:	Pulse:	Respirations:	
Laboratory Testing		Positive	Negative	Date	Lead Level Required for PreK & K		Date
TB- PRN		<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/> Test Done <input type="checkbox"/> Lead Elevated $\geq 5 \mu\text{g/dL}$		
Sickle Cell Screen-PRN		<input type="checkbox"/>	<input type="checkbox"/>				
<input type="checkbox"/> System Review Within Normal Limits <input type="checkbox"/> Abnormal Findings – List Other Pertinent Medical Concerns Below (e.g., concussion, mental health, one functioning organ)							
<input type="checkbox"/> HEENT		<input type="checkbox"/> Lymph nodes		<input type="checkbox"/> Abdomen		<input type="checkbox"/> Extremities	
<input type="checkbox"/> Dental		<input type="checkbox"/> Cardiovascular		<input type="checkbox"/> Back/Spine/Neck		<input type="checkbox"/> Skin	
<input type="checkbox"/> Mental Health		<input type="checkbox"/> Lungs		<input type="checkbox"/> Genitourinary		<input type="checkbox"/> Neurological	
<input type="checkbox"/> Speech						<input type="checkbox"/> Social Emotional	
<input type="checkbox"/> Musculoskeletal							
<input type="checkbox"/> Assessment/Abnormalities Noted/Recommendations:					Diagnoses/Problems (list)		ICD-10 Code*
<input type="checkbox"/> Additional Information Attached					*Required only for students with an IEP receiving Medicaid		

Name:		Affirmed Name (if applicable):		DOB:	
<b>SCREENINGS</b>					
Vision & Hearing Screenings Required for PreK or K, 1, 3, 5, 7, & 11					
<b>Vision</b>	<b>With Correction</b> <input type="checkbox"/> Yes <input type="checkbox"/> No	<b>Right</b>	<b>Left</b>	<b>Referral</b>	<b>Not Done</b>
Distance Acuity		20/	20/	<input type="checkbox"/> Yes	<input type="checkbox"/>
Near Vision Acuity		20/	20/		<input type="checkbox"/>
Color Perception Screening	<input type="checkbox"/> Pass <input type="checkbox"/> Fail				<input type="checkbox"/>
Notes					
<b>Hearing</b> Passing indicates student can hear 20dB at all frequencies: 500, 1000, 2000, 3000, 4000 Hz; for grades 7 & 11 also test at 6000 & 8000 Hz.					<b>Not Done</b>
Pure Tone Screening	<b>Right</b> <input type="checkbox"/> Pass <input type="checkbox"/> Fail	<b>Left</b> <input type="checkbox"/> Pass <input type="checkbox"/> Fail	<b>Referral</b> <input type="checkbox"/> Yes		<input type="checkbox"/>
Notes					
<b>Scoliosis Screening:</b> Boys grade 9, Girls grades 5 & 7		<b>Negative</b>	<b>Positive</b>	<b>Referral</b>	<b>Not Done</b>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Yes	<input type="checkbox"/>
<b>FOR PARTICIPATION IN PHYSICAL EDUCATION/SPORTS*/PLAYGROUND/WORK</b>					
<input type="checkbox"/> <b>*Family cardiac history reviewed</b> – required for Dominick Murray Sudden Cardiac Arrest Prevention Act					
<input type="checkbox"/> <b>Student may participate in all activities without restrictions.</b>					
<b>If Restrictions Apply</b> – Complete the information below					
<input type="checkbox"/> <b>Student is restricted from participation in:</b>					
<input type="checkbox"/> <b>Contact Sports:</b> Basketball, Competitive Cheerleading, Diving, Downhill Skiing, Field Hockey, Football, Gymnastics, Ice Hockey, Lacrosse, Soccer, and Wrestling.					
<input type="checkbox"/> <b>Limited Contact Sports:</b> Baseball, Fencing, Softball, and Volleyball.					
<input type="checkbox"/> <b>Non-Contact Sports:</b> Archery, Badminton, Bowling, Cross-Country, Golf, Riflery, Swimming, Tennis, and Track & Field.					
<input type="checkbox"/> <b>Other Restrictions:</b>					
<b>Developmental Stage for Athletic Placement Process</b> <u>ONLY</u> required for students in Grades 7 & 8 who wish to play at the high school interscholastic sports level <b>OR</b> Grades 9-12 who wish to play at the modified interscholastic sports level.					
<b>Tanner Stage:</b> <input type="checkbox"/> I <input type="checkbox"/> II <input type="checkbox"/> III <input type="checkbox"/> IV <input type="checkbox"/> V					
<input type="checkbox"/> <b>Other Accommodations*:</b> (e.g., brace, orthotics, insulin pump, prosthetic, sports goggles, etc.) Use additional space below to explain.					
*Check with the athletic governing body if prior approval/form completion is required for use of the device at athletic competitions.					
<b>MEDICATIONS</b>					
<input type="checkbox"/> Order Form for medication(s) needed at school attached					
<b>COMMUNICABLE DISEASE</b>			<b>IMMUNIZATIONS</b>		
<input type="checkbox"/> Confirmed free of communicable disease during exam			<input type="checkbox"/> Record Attached <input type="checkbox"/> Reported in NYSIIS		
<b>HEALTHCARE PROVIDER</b>					
Healthcare Provider Signature:					
Provider Name: <i>(please print)</i>					
Provider Address:					
Phone:			Fax:		
<b>Please Return This Form to Your Child's School Health Office When Completed.</b>					



Interval Health History for Athletics		
Student Name:		DOB:
School Name:		Age:
Grade (check): <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/> 11 <input type="checkbox"/> 12		Limitations: <input type="checkbox"/> NO <input type="checkbox"/> YES
Sport:		Date of last Health Exam:
Sport Level: <input type="checkbox"/> Modified <input type="checkbox"/> Fresh <input type="checkbox"/> JV <input type="checkbox"/> Varsity		Date form completed:
<b>MUST be completed and signed by Parent/Guardian - Give details to any YES answers on the last page.</b>		

SINCE YOUR CHILD'S LAST HEALTH EXAM – HAS YOUR CHILD?			SINCE YOUR CHILD'S LAST HEALTH EXAM – HAS YOUR CHILD?		
<b>GENERAL HEALTH</b>	<b>NO</b>	<b>YES</b>	<b>BRAIN/HEAD INJURY HISTORY</b>	<b>NO</b>	<b>YES</b>
Been restricted by a health care provider from sports participation for any reason?	<input type="checkbox"/>	<input type="checkbox"/>	Has or had a hit to the head that caused headache, dizziness, nausea, or confusion, or been told they had a concussion?	<input type="checkbox"/>	<input type="checkbox"/>
Had surgery?	<input type="checkbox"/>	<input type="checkbox"/>	Received treatment for a seizure disorder or epilepsy?	<input type="checkbox"/>	<input type="checkbox"/>
Spent the night in a hospital?	<input type="checkbox"/>	<input type="checkbox"/>	Has or had headaches with exercise?	<input type="checkbox"/>	<input type="checkbox"/>
Been diagnosed with mononucleosis within the last month?	<input type="checkbox"/>	<input type="checkbox"/>	Has or had migraines?	<input type="checkbox"/>	<input type="checkbox"/>
Has only one functioning kidney?	<input type="checkbox"/>	<input type="checkbox"/>	<b>BREATHING</b>	<b>NO</b>	<b>YES</b>
Has or had a bleeding disorder?	<input type="checkbox"/>	<input type="checkbox"/>	Complained of getting extremely tired or short of breath during exercise?	<input type="checkbox"/>	<input type="checkbox"/>
Having problems with hearing or have congenital deafness?	<input type="checkbox"/>	<input type="checkbox"/>	Used or carries an inhaler or nebulizer?	<input type="checkbox"/>	<input type="checkbox"/>
Having problems with vision or only have vision in one eye?	<input type="checkbox"/>	<input type="checkbox"/>	Has or had wheezing or coughing frequently during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>
Been diagnosed with a new medical condition?	<input type="checkbox"/>	<input type="checkbox"/>	Been told by a health care provider they have asthma or exercise-induced asthma?	<input type="checkbox"/>	<input type="checkbox"/>
If yes, check all that apply: <input type="checkbox"/> Asthma <input type="checkbox"/> Diabetes <input type="checkbox"/> Seizures <input type="checkbox"/> Sickle cell trait or disease <input type="checkbox"/> Other:			<b>DIGESTIVE (GI) HEALTH</b>	<b>NO</b>	<b>YES</b>
Developed Allergies?	<input type="checkbox"/>	<input type="checkbox"/>	Has or had stomach or other GI problems?	<input type="checkbox"/>	<input type="checkbox"/>
If yes, check all that apply <input type="checkbox"/> Food <input type="checkbox"/> Insect Bite <input type="checkbox"/> Latex <input type="checkbox"/> Medicine <input type="checkbox"/> Other: <input type="checkbox"/> Pollen			Has an eating disorder?	<input type="checkbox"/>	<input type="checkbox"/>
Had anaphylaxis?	<input type="checkbox"/>	<input type="checkbox"/>	Has a special diet or need to avoid certain foods?	<input type="checkbox"/>	<input type="checkbox"/>
Carry an epinephrine auto-injector?	<input type="checkbox"/>	<input type="checkbox"/>	Do you have concerns about your child's weight?	<input type="checkbox"/>	<input type="checkbox"/>
Had or has groin pain, a bulge, or a hernia?	<input type="checkbox"/>	<input type="checkbox"/>	<b>INJURY HISTORY</b>	<b>NO</b>	<b>YES</b>
<b>DEVICES / ACCOMMODATIONS</b>	<b>NO</b>	<b>YES</b>	Been unable to move their arms or legs or had tingling, numbness, or weakness after being hit or falling?	<input type="checkbox"/>	<input type="checkbox"/>
Uses a brace, orthotic, or another device?	<input type="checkbox"/>	<input type="checkbox"/>	Had an injury, pain, or joint swelling caused them to miss practice or a game?	<input type="checkbox"/>	<input type="checkbox"/>
Has special devices or prostheses (insulin pump, glucose sensor, ostomy bag, etc.)?	<input type="checkbox"/>	<input type="checkbox"/>	Has or had a bone, muscle, or joint that bothers them?	<input type="checkbox"/>	<input type="checkbox"/>
Wears protective eyewear, such as goggles or a face shield?	<input type="checkbox"/>	<input type="checkbox"/>	Has or had joints that become painful, swollen, warm, or red with use?	<input type="checkbox"/>	<input type="checkbox"/>
Wears a hearing aid or cochlear implant?	<input type="checkbox"/>	<input type="checkbox"/>	Been diagnosed with a stress fracture?	<input type="checkbox"/>	<input type="checkbox"/>
<b>Let the coach/school nurse know of any device used. Not required for contact lenses or eyeglasses.</b>			<b>FEMALES ONLY</b>	<b>NO</b>	<b>YES</b>
			Change in period frequency related to female athlete triad?	<input type="checkbox"/>	<input type="checkbox"/>

Student Name:	DOB:
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SINCE YOUR CHILD'S LAST HEALTH EXAM – HAS YOUR CHILD?		
<b>MALES ONLY</b>	<b>NO</b>	<b>YES</b>
Has only one testicle?	<input type="checkbox"/>	<input type="checkbox"/>
<b>SKIN HEALTH</b>	<b>NO</b>	<b>YES</b>
Has any rashes, pressure sores, or other skin problems?	<input type="checkbox"/>	<input type="checkbox"/>
Has a herpes or MRSA skin infection?	<input type="checkbox"/>	<input type="checkbox"/>
<b>COVID-19 INFORMATION</b>	<b>NO</b>	<b>YES</b>
Child tested positive for COVID-19?	<input type="checkbox"/>	<input type="checkbox"/>
<b>IF NO, STOP and go to Family Heart Health History. If YES, answer the questions below:</b>		
Date of positive COVID test:		
Was your child symptomatic?	<input type="checkbox"/>	<input type="checkbox"/>
Did your child see a healthcare provider for their COVID-19 symptoms?	<input type="checkbox"/>	<input type="checkbox"/>
Was your child hospitalized for COVID?	<input type="checkbox"/>	<input type="checkbox"/>
Was your child diagnosed with Multisystem Inflammatory Syndrome (MISC)?	<input type="checkbox"/>	<input type="checkbox"/>

SINCE YOUR CHILD'S LAST HEALTH EXAM – HAS YOUR CHILD?		
<b>HEART HEALTH</b>	<b>NO</b>	<b>YES</b>
Had a test by a health care provider for their heart (e.g., EKG, echocardiogram, stress test)?	<input type="checkbox"/>	<input type="checkbox"/>
Has or had lightheadedness or dizziness during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>
Has or had chest pain, tightness, or pressure during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>
Has or had fluttering in the chest, skipped heartbeats, heart racing?	<input type="checkbox"/>	<input type="checkbox"/>
Been told by a healthcare provider they have or had a heart or blood vessel problem?	<input type="checkbox"/>	<input type="checkbox"/>
<b>If yes, check all that apply:</b>		
<input type="checkbox"/> Chest Tightness or Pain	<input type="checkbox"/> Heart Infections	
<input type="checkbox"/> High Blood Pressure	<input type="checkbox"/> Heart Murmur	
<input type="checkbox"/> Low Blood Pressure	<input type="checkbox"/> High Cholesterol	
<input type="checkbox"/> New fast or slow heart rate	<input type="checkbox"/> Kawasaki Disease	
<input type="checkbox"/> Has implanted cardiac defibrillator (ICD)		
<input type="checkbox"/> Had a pacemaker implanted		
<input type="checkbox"/> Other:		

SINCE YOUR CHILD'S LAST HEALTH EXAM - CHECK ANY <b>NEW</b> FAMILY HEART HEALTH HISTORY	
A relative had or is currently experiencing any of the following: (Check all that apply)	
<input type="checkbox"/> Enlarged Heart/ Hypertrophic Cardiomyopathy/ Dilated Cardiomyopathy	<input type="checkbox"/> Brugada Syndrome?
<input type="checkbox"/> Arrhythmogenic Right Ventricular Cardiomyopathy?	<input type="checkbox"/> Catecholaminergic Ventricular Tachycardia?
<input type="checkbox"/> Heart rhythm problems: long or short QT interval?	<input type="checkbox"/> Marfan Syndrome (aortic rupture)?
<input type="checkbox"/> Structural heart abnormality, repaired or unrepaired?	<input type="checkbox"/> Heart attack at age 50 or younger?
<input type="checkbox"/> Known heart abnormalities or sudden death before age 50?	<input type="checkbox"/> Pacemaker or implanted cardiac defibrillator (ICD)?
<input type="checkbox"/> Unexplained fainting, seizures, drowning, near drowning, or car accident before age 50?	

If you answered <b>NO</b> to <b>all</b> questions, <b>STOP</b> . Sign and date below. <b>GO</b> to page 3 if you answered <b>YES</b> to a question.	
<input type="checkbox"/> Information on this form is <b>NEW</b> information since my child's last health examination.	
Parent/Guardian Signature:	Date:



**Watkins Glen Central School District  
Parent Contract**  
(Complete electronically using Final Forms.)

**Parent's Commitment**

**A primary goal of the secondary (grades 7-12) athletic program is to provide sporting programs that lead to the development of skilled, ethical, well-rounded student-athletes.** I understand that being a parent of a child involved in high school athletics is an honor. I hereby pledge to provide positive support, care, and encouragement for my child participating in middle school / high school athletics.

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other Watkins Glen sporting event.
- I will place the emotional and physical well-being of my child ahead of a personal desire to win.
- I will insist that my child play in a safe and healthy environment.
- I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
- I will encourage my child to handle conflicts within the athletic program in a responsible manner to resolve conflict positively for all parties involved.
- I will demand a sports environment that is free of alcohol and other drugs and will refrain from their use at all Watkins Glen sporting events.
- I will remember that the game is for our youth – not adults.
- I will do my very best to make athletics fun for my child.
- I will ask my child to treat other players, coaches, fans, and officials, with respect regardless of race, sex, creed, or ability.
- I will require that my child's coach be trained in the responsibilities of being an interscholastic coach and that the coach upholds the Coaches' Code of Ethics.
- I will listen to my child's side and the coach's side if conflict arises before forming a judgment.
- I will read the Interscholastic Athletic Participation Rules and Consequences and encourage my child to follow established guidelines and practices to ensure a positive athletic experience.
- I will follow the proper chain of communication if problems should arise.
- I will refrain from attending practices so the coaching staff can provide the best instruction for my child, and I will not coach my child during games, so I do not put my child in the uncomfortable position of deciding who to listen to.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

This commitment is good for one calendar year.

**Watkins Glen Central School District  
Student-Athlete Contract**

*(Complete electronically using Final Forms.)*

**Athlete's Commitment / No-Use Contract**

**A primary goal of the secondary (grades 7-12) athletic program is to provide sporting programs that lead to the development of skilled, ethical, well-rounded student-athletes.** I understand that participating in high school athletics is a privilege – not a right and it gives me a special opportunity to develop not only my physical conditioning and athletic skills, but also character traits that will serve me well in life. I, therefore, commit to strive for the following during the upcoming season:

**Sportsmanship** – My behavior represents myself, and my district positively both on and off the court.

- To play within the rules of the sport.
- To control anger and frustration and refrain from displays of temper and bad language.
- To congratulate opponents in a positive manner regardless of the outcome.
- To live and play with class. Be gracious in victory or defeat.

**Competence** – *The knowledge and skills I need to train and effectively compete.*

- To develop the skills necessary to participate competently in the sport.
- To demonstrate knowledge of the rules of the sport.
- To gain an appreciation for the strategies of the sport.
- To demonstrate a level of physical conditioning and fitness sufficient to participate competently in the sport.
- To develop a knowledge about health and nutrition and how they apply to athletic performance.
- To abstain from the sale, promotion, use or possession of vaping paraphernalia, tobacco, alcohol and other drugs during and outside of any sport season.

**Character** – *My beliefs, attitudes and skills support moral behavior and represent the positive values of the Watkins Glen Central School District and the greater community of Watkins Glen.*

- To be dependable in fulfilling obligations and commitments academically and athletically.
- To accept responsibility for personal choices that may lead to consequences without making excuses or blaming others.
- To persevere, give 100% effort even in the face of setbacks.
- To do what is right even when it is unpopular or personally costly.

**Civility** – *Practicing behaviors that show respect and concern for others – treating them as I would want to be treated.*

- To be compassionate and sensitive to others and to treat them respectfully regardless of individual differences.
- To refrain from “trash talk” and other put-downs of opponents, coaches, game officials and teammates.
- To always show respect for others (coaches, officials, captains, etc.) at practices and games.
- To actively support teammates and others.

**Citizenship** – *Understanding that being a part of a team is about my responsibility to my teammates, and not just about what's important to me.*

- To be faithful to the ideals of the games.
- To keep commitments to my team.
- To show team spirit, encourage others and contribute to good morale.
- To put the good of the team ahead of my personal gain.
- To work well with teammates and be committed to achieving team goals.
- To accept responsibility to set a good example for teammates, younger athletes, fans and our school community.

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Athlete's Signature

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Date

**This commitment is good for one calendar**

**Watkins Glen Central School District**  
Athletic Department

Substance Abuse Consequence Outline

**JV & Varsity**

<b>SPORT</b>	<b>MAX # CONTESTS (NYPHSAA)</b>	<b>1/3 OF SEASON</b>	<b>1/2 OF SEASON</b>
Baseball	20	7 contests	10 contests
Basketball	20	7 contests	10 contests
Bowling	20	7 contests	10 contests
Cheerleading	16 (Gymnastics)	5 contests	8 contests
Cross Country	16	5 contests	8 contests
Football	10	3 contests	5 contests
Golf	18	6 contests	9 contests
Lacrosse	16	5 contests	8 contests
Soccer	16	5 contests	8 contests
Softball	20	7 contests	10 contests
Swimming	16	5 contests	8 contests
Tennis	18	6 contests	9 contests
Outdoor Track & Field	16	5 contests	8 contests
Indoor Track & Field	16	5 contests	8 contests
Volleyball	20	7 contests	10 contests
Wrestling	20 pts	7 pts	10 pts

**Modified**

<b>SPORT</b>	<b>MAX # CONTESTS (NYPHSAA)</b>	<b>1/3 OF SEASON</b>	<b>1/2 OF SEASON</b>
Baseball	14	5 contests	7 contests
Basketball	14	5 contests	7 contests
Cross Country	10	3 contests	5 contests
Football	7	2 contests	4 contests
Lacrosse	12	4 contests	6 contests
Soccer	12	4 contests	6 contests
Softball	14	5 contests	7 contests
Swimming	14	5 contests	7 contests
Tennis	14	5 contests	7 contests
Outdoor Track & Field	10	3 contests	5 contests
Volleyball	14	5 contests	7 contests
Wrestling	12 pts	4 pts	6 pts

**Watkins Glen Athletic Communication Guidelines****COMMUNICATION GUIDELINES FOR STUDENT- ATHLETE/PARENT/COACH**

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide great benefit to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

**COMMUNICATION YOU SHOULD EXPECT FROM YOUR CHILD'S COACH**

1. Philosophy of the coach and program.
2. Expectations the coach has for your child, as well as the entire team.
3. Locations and times of all practices and contests.
4. Team requirements, i.e., special equipment, off-season expectations, etc.
5. Procedure should your child be injured during participation.
6. Disciplinary action(s) that may result in the denial of your child's participation.

**COMMUNICATION COACHES EXPECT FROM PARENTS**

1. Concerns should be expressed directly to the coach and only after the student-athlete has talked with the coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concern in regard to a coach's philosophy and/or expectations.

As your children become involved in programs at the Watkins Glen Middle School and High School, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you and your child wishes. At these times, discussion with the coach is encouraged.

**APPROPRIATE CONCERNS TO DISCUSS WITH COACHES**

1. The treatment of your child, mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior

It is very difficult to accept your child's not playing as much as you may hope. Coaches are professionals and they make judgment decisions based on what they believe to be the best for all students involved. As you have seen from the list above, certain things can and should be discussed with your child's coach. Other things must be left to the discretion of the coach.

**ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES**

1. Playing time
2. Team strategy and/or play calling
3. Other student-athletes

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the others' position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

## PROCEDURE TO FOLLOW TO DISCUSS A CONCERN WITH A COACH

1. The student-athlete meets with the coach first to resolve the problem.
2. If resolution is not reached, the parent/guardian will contact the coach to set up a meeting with the coach, athlete, and the parent.
3. If the coach cannot be reached call the Athletic Office @ 535-3280 to assist in arranging a meeting.
4. **Please do not attempt to meet with a coach before or after a contest or practice. These can be emotional times for both parent and the coach. Meetings of this nature do not promote resolution.**

## THE NEXT STEP

### WHAT CAN A PARENT DO IF THE MEETING WITH THE COACH DID NOT PROVIDE A SATISFACTORY RESOLUTION?

1. Call the Athletic Office to set up an appointment with the athletic manager, administrator, or director. The parent/guardian, athlete, coach and athletic manager, administrator or director will meet to discuss the problem.
2. At this meeting, the appropriate next step can be determined.
3. Parents are encouraged to discuss issues and problems with the athletic manager, administrator, or director in this step. However, if a parent has specific complaints regarding a coach, then the coach must have the opportunity to be present to meet with the parent.

*We hope the information provided will help make you and your child's experience with the Watkins Glen Central School District's Athletic Program less stressful, more enjoyable, as well as rewarding.*