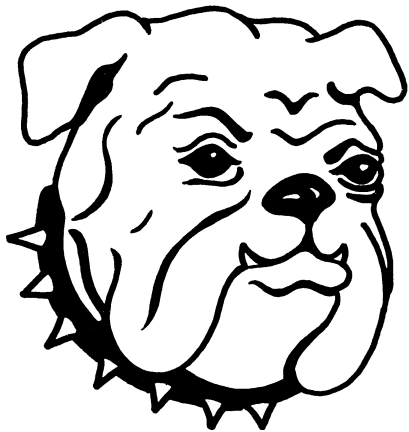


ROSLYN
PUBLIC SCHOOLS



INTERSCHOLASTIC
ATHLETIC GUIDE

CODE OF ETHICS

It is the duty of all concerned with school athletics:

TO EMPHASIZE the proper ideals of sporting behavior, ethical conduct and fair play.

TO STRESS the values derived from playing the game fairly.

TO RESPECT the integrity and judgment of sport officials.

TO ENCOURAGE teamwork, leadership, and good judgment by players on the field.

TO SHOW courtesy to visiting teams, officials, and spectators.

TO DEMONSTRATE self-control and mutual respect at all times.

TO ACCEPT winning with grace, and losing with dignity.

TO RECOGNIZE that the purpose of athletics is to promote the physical, mental, social, and emotional well-being of the individual players.

TO REMEMBER that the athletic contest is only a game and should be kept in that perspective.

Dear Parents and Student-Athletes,

Welcome to the Roslyn Public Schools Interscholastic Athletics program! This handbook has been prepared to be used as a reference by our student-athletes and their parents/guardians in an effort to define responsibilities as they pertain to the rules and regulations, as well as the policies and procedures for participation in our interscholastic athletics program.

The Roslyn Public Schools Interscholastic Athletics program is governed by the regulations of the New York State Commissioner of Education's basic code for extra class athletic activities. In addition, Roslyn is a member of the New York State Public High School Athletic Association (NYSPHSAA), competing as a Class A school in Section VIII (Nassau County). Specific guidelines are established for Middle School students as a part of the NYSPHSAA Modified Interscholastic Sports Program.

Interscholastic athletics serve as a miniature model of life. It provides students with opportunities to display responsibility, fair play, academic excellence, proper health practices, cooperation, concern for others, leadership, respect for authority, loyalty and tolerance. Too often, winning games has been considered the measure of athletic success. Developing the will to win is certainly a part of the total development of an athlete. But of considerably more importance is the development of the person, and affording each student the opportunity to fulfill his or her potential.

The Roslyn Public Schools' Interscholastic Athletic Program is dedicated to athletic excellence and academic achievement, to offering diverse and compelling experiences to our student-athletes and community, and to encouraging a school environment steeped in integrity and values.

We welcome your interest, participation and support of Roslyn Athletics.

Go Bulldogs!

Peter Melore

Director of Physical Education,
Health & Athletics
801-5160
ANNOUNCEMENT HOTLINE: 801-5163
mmartincich@roslynschools.org

Middle School
801-5241
ANNOUNCEMENT HOTLINE: 801-5243

PARENT SUPPORT

We encourage family members to share in our athletes' education by attending games and showing positive, constructive support. If a parent has a question, the athletic staff welcomes the opportunity to talk. Discussions on the field are often fragmentary, incomplete and public. If the conversation involves an individual's performance, it certainly deserves both privacy and time.

It is the responsibility of the parent/spectator to:

1. Be loud. Be proud. Be positive.
2. Avoid actions, language and gestures which offend visiting teams, coaches or individual players.
3. Show appreciation of good play by both teams.
4. Learn the rules of the game in order to be a better-informed spectator.
5. Treat all visiting teams in a manner in which you would expect you and your child to be treated.
6. Accept the judgment of coaches and officials.
7. Encourage other spectators to participate in the spirit of ethical and sporting behavior.
8. Support abstinence from the use, abuse and resulting negative influence of drugs, including alcohol and tobacco.
9. Understand that violations of the Code of Ethics may result in suspension from participation at Roslyn athletic contests.

STANDARDS OF ELIGIBILITY

The Roslyn Board of Education has a policy on "Academic Standards for Participation in Extracurricular Activities." The purpose of this policy is to encourage academic success. A student's first responsibility is the successful completion of his/her academic requirements. We believe that participation in extracurricular activities is an integral part of a child's educational experience and can provide additional motivation, but it is a privilege that is earned.

Students must maintain a 70 average and may not have more than one subject grade failure. We review the grades of all students interested in participating in any extracurricular activity each quarter to ensure eligibility for activities each season.

School administrators, guidance counselors, coaches and teachers work cooperatively to provide appropriate academic monitoring and to enforce attendance at after-school help and study centers. A probation period is available to ineligible students once per school year. School guidance counselors and administrators are available to speak with you, should you have any questions or concerns. We are confident that the shared efforts of the home and school will effectively combine to promote each student's academic and extracurricular success. All students are required to sign and adhere to the "Code of Conduct."

PHYSICAL EXAMINATION

School sports physicals are given in September, November and June of each school year. Your child's physical exam must be dated April 1st or later, to be in effect throughout the upcoming school year. A seasonal medical update form also needs to be completed by the parent. Vision clearance forms are required for all contact sports if an athlete screens at 20/200 or more.

PARENT CONSENT

A consent form, signed by the parent or guardian, is required before the student may participate. This card contains such vital information as the names of the parents, family doctor and dentist, and any medical concerns. It also includes parental home, work and cell phone numbers and the phone number of an adult the school district can contact in the event of an emergency. This form must be on file in the athletic office prior to the start of each season.

SCHOOL ATTENDANCE POLICY

Participation in an activity or sport is but one part of a student's educational program. Students must be in school for a minimum of five periods per day before they will be permitted to participate in a practice, game or activity. In addition, on days when students are scheduled for physical education, they must be dressed appropriately and participate in this class in order to be eligible for practice or games that afternoon. Illegal absences from any class on the day of a contest will result in a student's ineligibility from games or contests on that weekday or weekend.

STUDENT ELIGIBILITY

Roslyn High School athletics is governed by regulations established by the New York State Public High School Athletic Association and Section VIII (Nassau County) Athletics.

Each individual team is governed by its established regulations concerning daily attendance at practices and the minimum number of practices necessary before being eligible for competition. The coach will inform the athlete of these regulations.

CONTESTS/PRACTICE SESSIONS

Responsibility, dedication, commitment, sacrifice, and team pride are all necessary ingredients for a successful season. All athletes are expected to attend all scheduled practice sessions and contests. This is extremely important for the development of individual and team skills. If there are extenuating circumstances regarding the need to be absent, the athlete must discuss this with his or her coach.

UNIFORMS AND EQUIPMENT

The middle school and high school provide equipment and uniforms at the start of each athletic season. The student is responsible for the care of these belongings and the return of all equipment and uniforms which have been issued. The school requires payment for missing articles, and no further equipment will be issued in future seasons.

RISK FACTOR IN SPORTS

The Roslyn Union Free School District wishes to advise students and their parents/guardians that participation in an interscholastic sport or related activity may place the student at risk for injury. Such physical injury can occur in any type of sports activity and may vary in nature.

ACCIDENT OR INJURY

All injuries must be reported to the coach and the Office of Physical Education and Athletics for processing of secondary insurance forms. Each incident of prolonged absence will be reviewed individually by the athletic director and school nurse, consulting with the school physician when necessary. A reasonable amount of practice time and playing time will be established based on the athlete's readiness for safe return to competition. ***For students to be covered under school insurance, a claim form must be submitted within 90 days from the date of the injury.***

CONCUSSION MANAGEMENT & AWARENESS INFORMATION

Concussions, a type of traumatic brain injury (TBI), are injuries to the brain that occur as the result of an impact or blow to the head or body. Concussions can happen in any sport, but are most often associated with contact sports.

Symptoms of a concussion include, but are not necessarily limited to:

- Amnesia (e.g. decreased or absent memory of events prior to or immediately after the injury, or difficulty retaining new information)
- Confusion or appearing dazed
- Headache or head pressure
- Loss of consciousness
- Balance difficulty or dizziness, or clumsy movements
- Double or blurry vision
- Sensitivity to light and/or sound
- Nausea, vomiting, and/or loss of appetite
- Irritability, sadness or other changes in personality
- Feeling sluggish, foggy, groggy, or lightheaded
- Concentration or focusing problems
- Slowed reaction times, drowsiness
- Fatigue and/or sleep issues (e.g. sleeping more or less than usual)

All coaches, physical education teachers, and certified athletic trainers are required to be trained to recognize the symptoms of a concussion and to seek proper medical treatment for such injuries.

New York State Law and District policy provide for the immediate removal from athletic activities of any student who has sustained, or is believed to have sustained a concussion. If

there is any doubt as to whether the student has sustained a concussion, it shall be presumed that he or she has sustained a concussion until proven otherwise. A student is prohibited from resuming athletic activities until he or she has been symptom-free for not less than 24 hours, and has been evaluated by, and received a written and signed authorization from a licensed physician. In addition, in order to resume participation in interscholastic sports activities, the student must receive clearance from the District's Medical Director in order to begin a graduated 6 phase return to play.

Detailed information on concussions can be found on the New York State Public High School Athletic Association website:

www.nysphsaa.org/safety

We urge you to read the information posted on the NYSPHSAA website prior to your child's participation in any athletic activity.

CONCUSSION MANAGEMENT PROGRAM

At the forefront of proper concussion management is implementation of baseline and post-injury neurocognitive testing. Such evaluation can help to objectively evaluate the concussed athlete's post-injury condition and track recovery for safe return to play, thus preventing the cumulative effects of concussion.

All Roslyn athletes will be baseline-tested at the start of their Middle School and High School athletic career, using the ImPACT concussion management program, a 20-minute online computer based testing program. Should a student sustain a head injury while playing, the student will be re-tested and the pre/post data will be assessed for changes. The ImPACT program is another tool that will provide data that can assist parents, coaches, the school physician and nurses, family physicians and athletic trainers in making comprehensive return-to-play decisions.

SCHEDULE INFORMATION

Schedules for all interscholastic contests are distributed by the coaches at the beginning of the season and may be found on the district's website at www.roslynschools.org.

ALL schedules are subject to change due to weather, facilities or conflicts with school events at our schools or opposing schools.

TRANSPORTATION

Athletes are transported to and from away games by Roslyn buses. These rides are a part of the team and learning process, allowing coaches an opportunity to plan for and evaluate athletic contests. Parents may not transport their children to or from games unless there are extenuating circumstances and prior permission is obtained from the athletic director. Licensed athletes cannot drive themselves to contests.

ATTENDANCE STANDARDS FOR ROSLYN HIGH SCHOOL ATHLETES

Parents and student-athletes must be aware that Roslyn's sports schedules follow Nassau County Section VIII and New York State scheduling. High school seasons run through all holiday recesses and contests may be scheduled during these times. High school athletes are expected to be available for practices and games during vacations. [Middle school athletes do not practice during school holidays or vacations.]

It is our expectation that Roslyn High School athletes will maintain excellent attendance at all practices and games that are scheduled during their athletic seasons. A sense of commitment and responsibility are vital ingredients for personal and team success.

- Legal absences from athletic practices or contests will be defined the same way that they are for school absences: school-sponsored trips and activities, days of religious observance, days of suspension from school and court appearance dates. Students may return to athletic practices/contests when they return to school after a legal absence.
- Absences from school will not be considered "cuts" from practices or contests. They carry no consequences in terms of playing time.

"Special case" absences may include death or serious illness in the families of athletes.

Communications received from parents/athletes and given to coaches will be shared with the Athletic Director and the consequences for these absences, if any, shall be determined by the Director.

- All athletes must be available during the try-out sessions of every season, including August tryouts for fall sports.
- Freshmen and JV athletes who miss practices or contests due to illegal absences will not be removed from teams. However, the following minimum consequences will apply to all illegal absences whether these practices are on school days or school vacations:
 - (1) For every single contest missed, the athlete will be "benched" for the next regularly-scheduled contest;
 - (2) For every two practices missed, the athlete will be "benched" for the next regularly-scheduled contest.
- The consequences for missed practices or contests will be the same for all high school athletes on any sport on any level. Please review the vacation policy for varsity athletics below.
- After the consequences are served, the return of individual athletes to regular playing time or "starting time" will be left to the discretion of the individual coach.
- Any individual exceptions to these attendance standards will be at the sole discretion of the Athletic Director after consultation with the coaching, counseling or administrative staff.

VARSITY ATHLETIC VACATION POLICY

The Roslyn Public Schools interscholastic athletics is an extension of the classroom where meaningful lessons take place every day. Commitment, teamwork and striving for excellence are integral parts of that learning process. At the same time, there is an acknowledgement that

a balance must be struck between the responsibility to the varsity team and family vacation time that is precious to the community.

The Roslyn administration will give a minimum of three family vacation days during the December, February and spring vacation period where no practices and/or games will take place. Student athletes must be present for all practices or games effective immediately after the family vacation period ends. Failure to do so will result in strict consequences (see Regulation).

Regulation

APPLIES TO VARSITY ATHLETES ONLY (athletes on varsity teams, where there are no JV teams, are considered varsity athletes regardless of grade):

Where possible, practices prior to the family vacation time will take place as early as possible and at the conclusion of the family vacation time occur as late in the day as possible. Varsity athletes who extend their vacation beyond the allowed family vacation time will be removed from the team effective immediately.

VACATION PRACTICE SCHEDULE

Fall Season:

Student athletes must be present at all fall season try-outs, which will begin before the school year starts. Specific dates for the fall season can be found on the district's website.

Winter Season:

Specific dates for the winter season, as well as the vacation practice schedule, can be found on the district's website.

If we qualify, winter sports' playoff games and matches will take place during the Winter Recess. Varsity athletes are expected to be available for these championship contests.

Spring Season:

Specific dates for the spring season, as well as the vacation practice schedule, can be found on the district's website.

ATHLETIC ADVISORY COMMITTEE

The purpose of the Roslyn Public Schools Athletic Advisory Committee is to create a forum where the participants in the district athletic program — athletes, coaches, administrators and parents — will have the opportunity to gain a clearer understanding on issues of mutual concern. This forum will provide an avenue for communication and the collaboration of efforts for the goal of enhancing the Roslyn Public Schools' athletic program.

All community members are welcome to attend this year's meetings. Meeting dates and times are noted on the school calendar.

BULLDOG BOOSTERS

The Roslyn Bulldogs Booster Association is a parent organization whose purpose is:

- to create an *esprit du corps* among parents & community members.
- to provide volunteer opportunities to accomplish specific tasks that foster school pride and spirit.
- to recognize athletic achievements and stimulate interest in all sports activities in the district.
- to raise funds to enhance and help support athletic teams and programs.

All community members are welcome to attend meetings of the Bulldog Boosters, which are held in the High School – meeting dates and times are noted on the school calendar.

Boosters Board:

President: Rick Rebeti

Vice President: Jenni Rebeti

Vice President: Bonni Gould

Treasurer: Amy Katz

Secretary: Jenn DiSanti

HIGH SCHOOL TEAMS

Fall Season

Boys' Badminton	Varsity	
Boys' Cross-Country	Varsity	
Girls' Cross-Country	Varsity	
Football	Varsity	J.V.
Boys' Golf	Varsity	J.V.
Boys' Soccer	Varsity	J.V.
Girls' Soccer	Varsity	
Girls' Tennis	Varsity	J.V.
Boys' Volleyball	Varsity	J.V.
Girls' Volleyball	Varsity	J.V.

Winter Season

Boys' Basketball	Varsity	J.V. & J.V.B
Girls' Basketball	Varsity	J.V.
Boys' Bowling	Varsity	
Girls' Bowling	Varsity	
Girls' Gymnastics	Varsity	
Boys' Winter Track	Varsity	
Girls' Winter Track	Varsity	J.V.
Boys' Wrestling	Varsity	

Spring Season

Girls' Badminton	Varsity	
Boys' Baseball	Varsity	J.V.
Girls' Golf	Varsity	
Boys' Lacrosse	Varsity	J.V.
Girls' Lacrosse	Varsity	
Girls' Softball	Varsity	
Boys' Tennis	Varsity	J.V.
Boys' Track	Varsity	
Girls' Track	Varsity	

MIDDLE SCHOOL TEAMS

Fall Season

Girls' Badminton	1 team
Boys' & Girls' Cross-Country	1 team
Boys' Football	1 team
Boys' Soccer	2 teams
Girls' Soccer	1 team
Girls' Tennis	2 teams

Winter Season I

Boys' Basketball	2 teams
Boys & Girls' Winter Track	1 team
Girls' Volleyball	2 teams

Winter Season II

Girls' Basketball	2 teams
Boys' & Girls' Bowling	2 teams
Boys' Volleyball	2 team
Boys' Wrestling	1 team

Spring Season

Boys' Baseball	2 teams
Boys' Lacrosse	2 teams
Girls' Lacrosse	1 team
Girls' Softball	2 teams
Boys' Tennis	2 teams
Boys' & Girls' Track	1 team

The number of teams/sport may vary due to student participation.