



## PIONEER CENTRAL SCHOOL INTERSCHOLASTIC ATHLETICS MEDICAL AND ELIGIBILITY CERTIFICATION

The Pioneer Board of Education believes that high school athletic competition should be fun. Athletics are an integral part of a well-balanced educational program. It is understood that it is a privilege to participate on an interscholastic team. With this privilege comes the responsibility of making a commitment to all rules, codes of conduct and regulations governing such participation. Parents and athletes signatures on the attached permission form acknowledge understanding of the following:

1. Participants are expected to be covered by their parent/guardians medical insurance. The school provides student accident insurance in case of student injury. The student accident insurance coverage is excess coverage. This means that you must submit medical expenses to your own health insurance carrier first, and then to the student accident insurance carrier. Parent/guardians are responsible for any remaining balance not paid by their insurance or the student accident insurance.
2. Even with proper instruction, supervision, a prepared facility, adequate and properly fitted equipment, there is inherent risk of injury or death.
3. Should potentially serious injuries or medical conditions occur, participants will be transported to the nearest hospital and parents will be notified. An emergency information card must be on file with the coach.
4. Middle school students who wish to qualify for a varsity or junior varsity team must pass all required medical, physical and maturation tests outlined by New York State's APP process.
5. Each Participant must pass a physical examination by the school physician or the family physician. If you have your physical done by your family doctor, the physical form must be reviewed by the school physician. In addition, the parent must sign the parent's agreement slip before a tryout can occur.
6. Participants are expected to participate in physical education classes in order to practice or play in a contest.
7. All athletes are required to attend all contests, team practices and meetings unless excused by the coach. Absence without notifying the coach will result in disciplinary action.
8. Students must be in attendance on any particular school day for six (6) periods in order to participate in a contest or practice.
9. Athletes are expected to ride school transportation to and from athletic contests unless the *Special Transportation Request Form* has been signed and approved. A coach may release a student to their parent from an event by signing the student out with the coach.
10. Student athletes who are absent for 5 or more days, for any reason, will be expected to practice at least 50% of the same number of days they were absent before they can participate in a contest.
11. Athletes are prohibited from using tobacco products, alcohol, steroids, illegal drugs, prescription or inappropriate use of over-the-counter drugs and any other type of mood altering substances. The District, Athletic department, and coaching staff are concerned with the overall health of athletes. The Athletic Code of Conduct is in effect from the first day of the season and remains in effect for the duration of that season.

(1)

**A first offense** will result in suspension from active participation in the athletic program and an opportunity for rehabilitation. The athlete must attend a rehabilitation program assigned by the

Eligibility Review Board. Athletes may appeal to the Eligibility Review Board for reinstatement to the athletic program.

**A second offense** will result in suspension from the athletic program for a period of one year (365 days).

The athlete may rejoin the Pioneer Athletic program after:

- (1) Serving suspension
  - (2) Participating in a rehabilitation program assigned by the Eligibility Review Board
  - (3) They present to the Review Board for reinstatement
12. Athletes may be disciplined by benching, team suspension and ultimate team dismissal for violation of all codes of conduct pertaining to students attending Pioneer schools.
  13. Sportsmanship and fair play are expected at all times.
  14. Maintain either a minimum average of 65% in each course or an overall average of 70 and have failed no more than one subject for the previous marking period. If a student becomes ineligible for activities they are required to attend Homework Help. Failure to attend HELP will result in exclusion from participation in practice or contest that day. Review of grades will be done every 3 weeks; if confirmation from teachers that improvement has been made he/she will be released from HELP. If they remain ineligible, they must continue to attend the HELP program in order to participate in extracurricular activities.
  15. As parent/guardian I understand that I am financially responsible for all uniforms and equipment not returned to the athletic department by my son/daughter at the end of the sport season.

### **CONCUSSION MANAGEMENT:**

Pioneer staff will effectively and consistently manage head injuries to aid in insuring that athletes sustaining a concussion will identified, treated and referred appropriately until they are fully recovered.

**Once symptom free and cleared by their family doctor:**

**The RTP process will be as follows and executed by our trainer.**

1. Light aerobic exercise. Non-resistance training. Walk, bike or elliptical for 15-20 minutes.
2. Add higher exertion aerobics. 20 each of jumping jacks, sit ups and push- ups.
3. Add resistance band exercises. Non- contact sport specific skills.
4. Add high resistance on a treadmill, bike or elliptical. Free weight exercises, bench press, arm curls and squats.
5. **School MD release, return to full practice.**
6. Full return to play.
7. Follow up.

(2)

### **DISMISSAL OR REMOVAL FROM TEAM:**

- (A) Any student athlete who is dismissed from a team is NOT eligible to join a different sports team during the season.

- (B) Any Varsity or Junior Varsity athlete who quits a team, is NOT eligible to join a different sports team during that season.
- (C) Any Modified athlete who joins a team will be given a three-day trial period, at the start of the scheduled sports season. The Modified athlete will be given a one-time transfer to another sport, only if approved by the next coach.

### **Parent/Coach Relationship:**

Both parenting and coaching are challenging, but rewarding responsibilities. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your child becomes 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.
2. Expectations the coach has for your child as well as the players on the squad.
3. Locations and times of all practices and contests.
4. Team requirements, i.e., fees, special equipment, other participation.
5. Procedure should your child be injured during participation.

### **Communication coaches expect from parents:**

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concern in regard to a coach's philosophy and /or expectations.
4. Medical or physical limitations of your child.
5. As your child becomes involved in the athletic programs he/she will experience some of the most rewarding moments of his/her life. It is important to understand that there also may be times when things do not go the way you or 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/or physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

### **Issues not appropriate to discuss with coaches:**

1. Playing time.
2. Team Strategy.
3. Play calling.
4. Other student-athletes.

(3)

**If you have a concern to discuss with a coach, this is the procedure you should follow:**

1. Call to set up an appointment.
2. If the coach cannot be reached, call the Athletic Director. He/she will set up the meeting for you.
3. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolutions.

**What can a parent do if the meeting with the coach does not provide a satisfactory resolution?**

1. Call and set up an appointment with the Athletic Director to discuss the situation.
2. At this meeting the appropriate next step can be determined. Every effort should be made to resolve the problem at the High school before addressing your concerns with the District Office.

The Pioneer Board of Education believes that High School Athletic competition should be fun. The Philosophy of Athletics, at Pioneer, considers athletics to be an integral part of the school's educational programs. It is considered a privilege to participate on an interscholastic team, with this comes the responsibility of making a commitment to all the rules and regulations governing such participation. Many of the character traits required to be a successful participant are exactly those that will promote success after high school. We hope the information we have provided will make both you and your child's experience with the Pioneer Central Schools Athletic Program less stressful and more enjoyable!

**I have read and been presented the procedures and policies associated with my son/daughter's participation on an Interscholastic Sports Team at Pioneer Central School. I agree to and adhere to the expectations of the Pioneer Athletic Department.**

Parent/Guardian Name: \_\_\_\_\_  
(Print)

Parent/Guardian Name: \_\_\_\_\_  
(Signature)

Student Athlete Name: \_\_\_\_\_  
(Print)

Student Athlete Name: \_\_\_\_\_  
(Signature)

Sport: \_\_\_\_\_

Date: \_\_\_\_\_