



# TUXEDO TORNADOES ATHLETIC HANDBOOK

*School Year: 2022-2023*

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# Table of Contents

## **THE PROGRAMS**

MODIFIED PROGRAMS PHILOSOPHY.  
JUNIOR VARSITY PROGRAMS PHILOSOPHY.  
VARSITY PROGRAMS PHILOSOPHY.

## **THE ATHLETE**

RESPONSIBILITIES OF A TUXEDO HIGH SCHOOL ATHLETE.  
RESPONSIBILITIES TO YOUR SCHOOL.  
RESPONSIBILITIES TO YOURSELF.....  
RESPONSIBILITIES TO OTHERS.....  
RESPONSIBILITIES OF THE COACH..

## **CONDUCT OF AN ATHLETE**

ON THE FIELD/COURT.....  
IN THE CLASSROOM.....  
IN THE SCHOOL.  
IN THE COMMUNITY.....

## **TRAINING RULES AND REGULATIONS**

### **GENERAL RULES**

ATTENDANCE.....  
SOCIAL MEDIA.....  
VIOLATIONS.....  
RULE INFRACTIONS...  
APPEAL OF VIOLATIONS.....

### **PHYSICAL EXAM**

### **CONCUSSION**

### **EQUIPMENT**

### **AWARDS**

### **TEAM CUT**

### **THE CHEERLEADER**

### **THE PARENTS**

### **AS A SPECTATOR I WILL**

### **ATHLETIC DISCIPLINE CHART**

### **ATHLETE PLEDGE**

## THE PROGRAMS

Interscholastic athletics at Tuxedo Union Free School District are a component of the physical education program and an integral part of the district's educational program. The Athletic program represents our commitment to the development of physical fitness, personal health and competent performance of our students.

This value-building experience is offered to as many students as possible through participation as well as the association with a team. Through athletics, students experience dedication and self-discipline. Making a commitment to a team helps to nurture integrity, pride, loyalty and overall character. Carrying these values throughout life will make our students better citizens.

### **Modified Program Philosophy:**

We have a variety of programs for students in the 7<sup>th</sup> and 8<sup>th</sup> grades. Sport activities offered are determined by existence of leagues, student interest, and relationship to the high school program and board approval.

#### **Key points:**

*At this level the focus is on learning athletic skills and game rules, fundamentals of team play, socio-emotional growth, physiologically appropriate demands on the adolescent body and healthy competition. This program is designed to offer students the opportunity to engage in a more highly organized competitive experience than what is found in intramural or recreation programs, but not as involved as those found in varsity or junior varsity interscholastic competition. At this level, it is the District's philosophy is that all athletes will play and all players are allowed playing time in each game with the coach's discretion as to how much time is given,*

### **Junior Varsity Program Philosophy:**

The junior varsity level is intended to develop players and programs and for those who display the potential to develop into productive varsity level performers. In many situations, freshmen, sophomores and select juniors are expected to make future contributions at the varsity level and will be considered for junior varsity participation.

#### **Key points:**

*The junior varsity team can include freshmen, sophomores, and select juniors. Seventh or eighth grade student-athletes who have passed the Athletic Placement Process For Interscholastic Athletic Programs (APP) may also play on the junior varsity sports. Athletes*

*are expected to have committed themselves to the program. To this end, increased emphasis is placed on physical conditioning, refinement of fundamentals, skills, elements and strategies of team play in addition to socio-emotional development. Junior varsity programs work towards achieving a balancing team and player development and striving for victory. The outcome of the contest becomes a consideration at this level.*

*A specific amount of playing time is never guaranteed. Participants at this level are preparing themselves for the six-day-a-week commitment that is expected at the varsity level. Practice sessions are sometimes scheduled during school vacation periods. Since the goal of becoming a varsity athlete is clearly in sight, a high level of dedication and commitment is expected at the junior varsity level.*

### **Varsity Program Philosophy:**

Varsity competition is the culmination of each athletic program. These teams are composed of the most skilled, dedicated members of the program, regardless of grade level. Seniors are NOT guaranteed a position on a varsity team. Participation on a varsity team does not guarantee a spot the following year.

#### **Key points:**

*When varsity teams include a JV Squad, size at the varsity level is limited. The number of participants on any given team is a function of those needed to conduct an effective and meaningful practice and to play the contest. It is vital that each team member has a role and is informed of its importance. While contest participation over the course of a season is desirable, a specific amount of playing time at the varsity level is not guaranteed. A sound attitude and advanced level of skill are prerequisites for a position on a varsity team, as is the realization that a varsity sport requires a six-day-a-week commitment. This commitment is extended into vacation periods for all sport seasons.*

*The varsity coach is the leader of that sport's program and determines the system of instruction and strategy for that program. The communication among the modified, junior varsity and varsity programs is the responsibility of the head varsity coach. Preparing to win, striving for victory in each contest within the realm of good sportsmanship and fair play, while working together to reach the group's and each individual's maximum potential are worthy goals of a varsity level team.*

## **THE ATHLETE**

### **RESPONSIBILITIES OF A TUXEDO HIGH SCHOOL ATHLETE**

Being a member of a Tuxedo athletic team is the fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition has been developed by many people over the years. As a member of an interscholastic squad of Tuxedo High School you have inherited a great tradition. Your actions will reflect not only on those with whom you are now associated, but also on those who have contributed so much to our school in the past.

A number of our athletes have gone on to play sports in college. Many of our athletes have set league, sectional, and state records. Because of this tradition, a challenge is set for you to work hard and to make sure that your actions reflect the standards that are set up by the athletic department.

In today's society you will be asked to make sacrifices that will benefit you, your team, and your school. Never before has the pressure of peer groups been so strong. You will now have to learn how to say "No." In the long run, your family will be proud of the sacrifice and dedication that you have put forth to be a member of our athletic team. *If* you use this opportunity to make yourself a better individual, it will be truly a gratifying educational experience. The benefits of athletic competition achieved through hard work, dedication, and discipline will be rewarded with the development of fond memories and personal achievements.

#### **Responsibilities to Yourself**

The most important of these responsibilities is the broadening of yourself and development of strength of character. You owe it to yourself to reach your fullest potential. Your studies, coupled with your participation in extracurricular activities, prepare you for your life as an adult.

#### **Responsibilities to Your School**

Another responsibility you assume as a squad member is towards your school. Tuxedo High School cannot maintain its outstanding reputation unless you do your best in whatever activity you wish to engage in. By participating in athletics to the best of your ability, you are contributing to the reputation of your school.

#### **Responsibilities to Others**

You have a responsibility to your parents to always do the best that you can. When participating on an

athletic team, you may sometimes feel that you have failed if the team has not won. By trying the best that you can, and following all the rules set up by your squad, you can feel justifiably proud of yourself no matter what the win-loss record dictates. Younger students look up to you and it is your responsibility to set a good example for them. They will imitate a lot of the things that you do just to be a member of your group. They need attention and guidance, so always take a few minutes to encourage them in whatever way possible.

### **Responsibilities of the Coach**

- 1. To realize the coach's responsibility to the total school program.
- 2. To recognize coaching as teaching.
- 3. To recognize winning as being important, but never at the expense of our total program or the welfare of our student participants.
- 4. To work towards a goal of improvements from the standpoint of the individual and the team during the course of the season.
- 5. To give careful consideration to the physical condition of our athletes at all times, including following up on injured students.
- 6. To deal fairly with each student athlete and be responsive to individual needs and concerns.
- 7. To provide opportunities for each student athlete to actively participate in practice sessions, and whenever possible in game situations, and to strive for additional opportunities to participate through scrimmages, etc.
- 8. To conduct oneself in a professional manner as a representative of the school district.
- 9. To provide, through association, a positive role model for student athletes.
- 10. To recognize loyalty as a very important ingredient in the success of any program, and to be loyal to fellow coaches, teachers, the school and the community.
- 11. To recognize all programs below the varsity level as developmental activities for the individual and the team concept as well.

### **CONDUCT OF AN ATHLETE**

The conduct of an athlete is closely observed in many areas of life. Your conduct is a reflection of the total educational institution that you represent. It is important to remember that participation on an athletic team is a privilege and not a right. Being part of and maintaining one's membership on a given team means accepting all of the responsibilities of an athlete. Unlike recreational or intramural teams, equal or guaranteed playing time is not assured. Coaches will make the necessary decisions and utilize those players best suited to the conditions or demands of the particular contest on any given day. It is important that your behavior be above reproach in all the following areas:

#### **A.On the Field/Court**

In or around the area of athletic competition, a real athlete does not use profanity or illegal tactics. He/she learns fast that losing is part of the game and that he/she should be gracious in defeat and modest in victory.

#### **B. In the Classroom**

A Tuxedo athlete is a student first. As an athlete you must plan your schedule so that you give sufficient time and energy to your studies to ensure acceptable grades. In addition to maintaining good scholarship, an athlete must give respectable attention to classroom activities and show respect for other students and faculty at all times.

#### **C. In School**

The way you act and look in school is important. Athletes should be leaders, and fellow students should respect and want to follow their example.

#### **D. In the Community**

In the community a Tuxedo athlete is a representative of the school. Your behavior in the community must be above reproach.

### **TRAINING RULES AND REGULATIONS**

Athletes perform best when they follow intelligent training rules which include restrictions on tobacco, alcohol, and drugs. Medical research clearly substantiates the fact that the use of tobacco, alcohol, and any type of mood modifying substances produce harmful effects on the human body.

The coaches of the Tuxedo School District, concerned with the health habits of the student athletes of this community, are convinced that athletics and the use of these substances are not compatible. The following is a list of the training rules and regulations that govern the eligibility of our student athletes. These rules will be strictly enforced by all members of the athletic staff.

Please refrain from questioning a coach about the position or playing time of your student-athlete. This remains the sole responsibility of each coach. We expect the player-coach relationship to be utilized in these situations.

## **GENERAL RULES**

### **Attendance**

If an athlete does not report to school for half of the day, he/she will not be allowed to participate in that day's practice session or athletic contest unless for medical reasons which must be accompanied by a physician's note, or because of extenuating circumstances which must be verified by a note from a parent or guardian and approved by the Athletic Director or school administration.

If an athlete is illegally absent, or suspended out of school, he/she may not participate in a sport activity that day. This applies to practices and games.

If a player becomes ill during the day and cannot practice, it is his/her responsibility to notify the coach involved, the Athletic Director, or the high school office, if the coach does not work in the school.

### **Social Media**

Because of the nature of Social Media, athletes are expected to refrain from any derogatory comments, complaints or inappropriate posts that are deemed to be negative towards another player, student, coach, teacher, staff member or official. Conduct of players while posting on social media sites (ie. Facebook, Instagram, etc...) will be subject to the rules of the individual coach, athletic director and the school. Such behavior will result in disciplinary actions.

## **VIOLATIONS**

The importance of enforcement of all the stated regulations is apparent. A firm and fair policy of enforcement is necessary to prevent a travesty being made of regulations. The Board of Education, school administrators and the coaching staff feel strongly that high standards of good citizenship are essential in maintaining a sound athletic program. It is our best interest to maintain rules that pertain to the health and safety of the individual, as well as for the orderly conduct of sports. We do not wish to establish arbitrary personal preference. The welfare and personal development of the students is the major goal of Tuxedo High School.

In the event an athlete is found in violation of the following rules, a written conduct report will be initiated by the coach, copies will be forwarded to the principal, the athletic director, and to the parent or guardian. It will be the responsibility of the coach to inform the parent of the violation. Violations will range from suspension to dismissal from the squad as listed in the Athletic Discipline Chart.

### **Rule Infractions**



Any athlete caught smoking, in possession of a cigarette, using tobacco products (chewing tobacco, snuff) or using, possessing or trafficking in any controlled substance (drugs, alcohol) in the school or community during the school year, will be subject to the rules of the Athletic Discipline Chart.

Any athlete who is insubordinate during any practice session or game will be subject to the disciplinary action of the coach.

*Rule Infractions (Continued...)*

Any athlete caught stealing or in possession of stolen items will be subject to the rules of the Athletic Discipline Chart.

Any athlete who vandalizes at the home or host school will be subject to the rules of the Athletic Discipline Chart.

Any athlete who receives detention will be subject to discipline by their coach.

Any athlete in possession of unissued school athletic equipment or uniform will be subject to the rules of the Athletic Discipline Chart.

Any athlete quitting or leaving a team without prior notice to the coach will be subject to the rules of the Athletic Discipline Chart.

All players will sit with their own team in the area designated by their coach for the entire athletic event or be subject to the disciplinary action of the coach.

No athlete will leave the site of an athletic activity without permission from the coach.

A player must use the school transportation to athletic events except when the athlete has secured prior permission from the Athletic Director. Players may be signed out at the game sight by the parent/guardian only.

Dress codes for athletes on game days will be determined by individual coaches.

Conduct of players while riding school transportation will be subject to the rules of the individual coach.

No food or beverage will be allowed on the bus unless permission is given by the coach.

Any athlete who strikes another student in school or the community will be subject to the rules of the Athletic Discipline Chart.

Any athlete who is ejected from any athletic event by an official, or leaves the bench or playing area to participate in a verbal or physical confrontation will be subject to the rules of the Athletic Discipline Chart.

Any athlete who is dismissed from a team will be subject to the rules of the Athletic Discipline Chart.

Because of the importance of physical education, all athletes will be required to participate in physical education throughout the year. Lack of participation in physical education will result in disciplinary action by the coach.

Upon notification of a violation penalty, the athlete may appeal the ruling. The student may request an Appeals Committee to rule on the violation(s). This must be done within three (3) days of the incident. The Appeals Committee will be made up of:

1. The Athletic Director
2. The High School Principal
3. One High School Teacher

*The **decision** of the Appeals Committee will be final.*

\*If a student-athlete receives an out of school suspension, they will not be able to participate in practices, scrimmages, or games for those days. In addition, each suspension day will equal a one game day suspension once the student-athlete returns to the team. If a student receives a total of 5 suspended days during the season that student-athlete will be removed from the team for the remainder of the season. Suspensions WILL carry over into the next eligible season.

## **PHYSICAL EXAM**

It is required that all students have a physical examination prior to participating in the sports program.

Students will have the opportunity for a physical with the school physician in May. They must schedule an appointment through the school nurse.

A "sports update" physical is required for all athletes before the first practice. This physical update will be done by the school nurse. Physicals that have been completed less than 30 days before the first practice do not need to be updated. The physical is good for one school year providing the student has not been injured or missed five consecutive school days due to illness. If either of these occur, the student must have a physician's approval in order to participate.

If a student misses the assigned physical date, he/she must have a physical at his/her own expense. The physical must be presented to the school nurse or coach prior to the first day of practice.

Students enrolled in school who do not have a physical prior to the first day of practice will not be eligible to participate until they have a physical on file with the school nurse.

## **CONCUSSION**



## CONCUSSION IN YOUTH SPORTS

### SIGNS AND SYMPTOMS

#### SIGNS OBSERVED BY PARENTS OR GUARDIANS

*If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:*

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets sports plays
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

#### SYMPTOMS REPORTED BY ATHLETE

- Headache or "pressure" in the head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

### WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. **Seek medical attention right away.** A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
2. **Keep your child out of play.** Concussions take time to heal. Don't let your child return to play until a health care professional says it's OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
3. **Tell your child's coach about any recent concussion.** Coaches should know if your child had a recent concussion. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

### IMPORTANT PHONE NUMBERS

FILL IN THE NAME AND NUMBER OF YOUR LOCAL HOSPITAL(S) BELOW:

Hospital Name: \_\_\_\_\_

Hospital Phone: \_\_\_\_\_

Hospital Name: \_\_\_\_\_

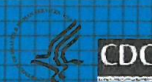
Hospital Phone: \_\_\_\_\_

**For immediate attention, CALL 911**

*It's better to miss one game than the whole season.*

For more information and to order additional materials **free-of-charge**, visit:  
**[www.cdc.gov/ConcussionInYouthSports](http://www.cdc.gov/ConcussionInYouthSports)**

U. S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
CENTERS FOR DISEASE CONTROL AND PREVENTION





## Concussions: The Invisible Injury

### Student and Parent Information Sheet

#### CONCUSSION DEFINITION

A concussion is a reaction by the brain to a jolt or force that can be transmitted to the head by an impact or blow occurring anywhere on the body. Essentially a concussion results from the brain moving back and forth or twisting rapidly inside the skull.

#### FACTS ABOUT CONCUSSIONS ACCORDING TO THE CENTER FOR DISEASE CONTROL (CDC)

- An estimated 4 million people under age 19 sustain a head injury annually. Of these approximately 52,000 die and 275,000 are hospitalized.
- An estimated 300,000 sports and recreation related concussions occur each year.
- Students who have had at least one concussion are at increased risk for another concussion.

In New York State in 2009, approximately 50,500 children under the age of 19 visited the emergency room for a traumatic brain injury and of those approximately 3,000 were hospitalized.

#### REQUIREMENTS OF SCHOOL DISTRICTS

##### Education:

- Each school coach, physical education teacher, nurse, and athletic trainer will have to complete an approved course on concussion management on a biennial basis, starting with the 2012-2013 school year.
  - School coaches and physical education teachers must complete the CDC course. ([www.cdc.gov/concussion/HeadsUp/online\\_training.html](http://www.cdc.gov/concussion/HeadsUp/online_training.html))
- School nurses and certified athletic trainers must complete the concussion course. (<http://preventingconcussions.org>)

##### Information:

- Provide concussion management information and sign off with any parental permission form.
- The concussion management and awareness information or the State Education Department's web site must be made available on the school web site, if one exists.

##### Removal from athletics:

- Require the immediate removal from athletic activities of any pupil that has or is believed to have sustained a mild traumatic brain injury.
- No pupils will be allowed to resume athletic activity until they have been symptom free for 24 hours and have been evaluated by and received written and signed authorization from a licensed physician. For interscholastic athletics, clearance must come from the school medical director.
  - Such authorization must be kept in the pupil's permanent health record.
  - Schools shall follow directives issued by the pupil's treating physician.

#### SYMPTOMS

Symptoms of a concussion are the result of a temporary change in the brain's function. In most cases, the symptoms of a concussion generally resolve over a short period of time; however, in some cases, symptoms will last for weeks or longer. Children and adolescents are more susceptible to concussions and take longer than adults to recover.

It is imperative that any student who is suspected of having a concussion is removed from athletic activity (e.g. recess, PE class, sports) and remains out of such activities until evaluated and cleared to return to activity by a physician.

Symptoms include, but are not limited to:

- Decreased or absent memory of events prior to or immediately after the injury, or difficulty retaining new information
- Confusion or appears dazed
- Headache or head pressure
- Loss of consciousness
- Balance difficulties, 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 or light-headed
- Concentration or focusing problems
- Drowsiness
- Fatigue and/or sleep issues – sleeping more or less than usual

Students who develop any of the following signs, or if signs and symptoms worsen, should be seen and evaluated immediately at the nearest hospital emergency room.

- Headaches that worsen
- Seizures
- Looks drowsy and/or cannot be awakened
- Repeated vomiting
- Slurred speech
- Unable to recognize people or places
- Weakness or numbing in arms or legs, facial drooping
- Unsteady gait
- Change in pupil size in one eye
- Significant irritability
- Any loss of consciousness
- Suspicion for skull fracture: blood draining from ear or clear fluid from the nose

## Return To Play RTP CHECKLIST

Student: \_\_\_\_\_ Grade \_\_\_\_\_

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

Date of Injury: \_\_\_\_\_

Date of RTP (Day 1) \_\_\_\_\_

	DAY 1		DAY 2		DAY 3		DAY 4		DAY 5	
	Light Aerobic Activity* (Circle one)		Sport Specific Activities* (Circle one)		Non contact Training* (Circle one)		Full Contact Practice* (Circle one)		Return to Play (Circle one)	
Headache	Y	N	Y	N	Y	N	Y	N	Y	N
Dizziness	Y	N	Y	N	Y	N	Y	N	Y	N
Light sensitivity	Y	N	Y	N	Y	N	Y	N	Y	N
Nausea/vomiting	Y	N	Y	N	Y	N	Y	N	Y	N
Vision problems	Y	N	Y	N	Y	N	Y	N	Y	N
DISPOSITION	DAY 1	DAY 2	DAY 1	DAY 3	DAY 1	DAY 4	DAY 1	DAY 5	DAY 1	RELEASED

\*See reverse for specifics

EVALUATOR: \_\_\_\_\_

### RETURN TO PLAY PROGRESSION

#### DAY 1: Light Aerobic Exercise

The Goal: only to increase an athlete's heart rate.

The Time: 5 to 10 minutes.

The Activities: exercise bike, walking, or light jogging.

Absolutely no weight lifting, jumping or hard running.

#### DAY 2: Moderate Exercise

The Goal: limited body and head movement.

The Time: Reduced from typical routine

The Activities: moderate jogging, brief running, moderate-intensity stationary biking, and moderate-intensity weightlifting

#### DAY 3: Non-contact Exercise

The Goal: more intense but non-contact

The Time: Close to Typical Routine

The Activities: running, high-intensity stationary biking, the player's regular weightlifting routine, and non-contact sport-specific drills.

This stage may add some cognitive component to practice in addition to the aerobic and movement components introduced in Steps 1 and 2.

#### DAY 4: Practice

The Goal: Reintegrate in full contact practice.

#### DAY 5: Play

The Goal: Return to competition

### EQUIPMENT

At the beginning of each season, Coaches distribute all necessary uniforms and equipment. When it is checked out by a student athlete it is his/her responsibility. As an athlete you are responsible for the care and return of all issued goods at the end of the season. The Head Coach will determine the collection times. He/she is expected to keep it clean and in good condition. Loss of equipment is the athlete's financial obligation.



Failure to replace or return items will result in students being ineligible for any future athletic events or awards and will result in disciplinary action(s) and/or financial obligation for replacement of the outstanding items. .

## **AWARDS**

Awards for championship teams, individual honors, letters or pins will be presented at the end-of-the season sports banquet. The banquet is hosted by the coach of each sport . All parents and athletes are encouraged to attend.

An athlete who has earned a varsity or junior varsity award, but was injured and could not complete the season, may still receive an award.

The athlete must remain in good standing the entire school year in order to be eligible for an award.

## **TEAM CUT**

If cuts **are** necessary they can be made during the first two weeks of practice up to and including the first scrimmage.

## **THE CHEERLEADER**

The cheerleader...

...fosters school spirit, organizes the conduct of the spectators, and encourages good sportsmanship, rather than to develop or encourage exhibitionism.

...uses appropriate speech and manners at all times.

...represents the school and accordingly is always neatly and appropriately dressed.

...is a good sport and does not allow "booing" or sarcastic yells.

...cheers only at the proper time and does not in any way interfere with the game.

...is a host to the visiting cheerleaders and is courteous to them at all times.

...observes ground rules of the game and stays behind the sidelines, off the field of play.

...is loyal to the school, team, and fellow cheerleaders.

...does not *miss* practice and is present at every game.

## THE PARENTS

The boy or girl who is a member of the squad has been given an opportunity to develop mentally and physically. The code of ethics is evidence of the value to be gained by those who participate in school athletics. High School athletics provide controlled competitive experiences which helps to develop a better person. What can parents do to help their children?

1. Pay attention to the health habits of the child since good health habits are essential to good physical condition.
2. Inform the coach of any changes in the student's health.
3. Recognize that the student has a responsibility to him/herself, his/her teammates, coach and school when he/she accepts membership on a squad.
4. Insist on reasonable achievement in school work consistent with the student's ability.
5. Try to understand the total school program and be loyal to the school.
6. Become familiar with the rules of eligibility and respect the judgment of school personnel on eligibility status.
7. Take an interest in the child's athletic activities and show interest by attending games and encouraging attendance at practice.
8. Become familiar with the code of ethics.
9. Support the school in enforcing all training rules and regulations.
10. The use of alcohol, tobacco, and other non-prescribed drugs by student athletes is prohibited. This regulation includes on or off school grounds.

## AS A SPECTATOR I WILL

1. **Exemplify** the highest moral character, behavior, and leadership so as to be a worthy example.
2. **Maintain** and exhibit poise, self-discipline, and restraint during and after the contest.
3. **Conduct** myself in such a manner that attention is drawing not to me, but to the participants playing the game.
4. **Regulate** my actions at all times so that I will be a credit to the team I support, knowing the school gets the praise

or blame for my conduct since I represent my school the same as does the athlete.

5. **Support** all reasonable moves to improve good sportsmanship.
6. **Treat** the visiting team and spectators as guests, being courteous and fair.
7. **Avoid** actions which will offend the individual athlete.
8. **Accept** the judgment of the coach.
9. **Honor** the rights of the visitors in a manner in which I would expect to be treated.
10. **Respect** the property of the school.
11. **Display** good sportsmanship by being modest in victory and gracious in defeat.
12. **Pay** respects to both teams as they enter for competition.
13. **Appreciate** the good plays by both teams.
14. **Show** sympathy for an injured player.
15. **Regard** the officials as guests and treat them as such.
16. **Direct** my energy to encouraging my team rather than booing the officials.
17. **Believe** that the officials are fair and accept their decisions as final.
18. **Learn** the rules of the games in order to try to be a more intelligent fan.
19. **Consider** it a privilege and duty to encourage everyone to live up to the spirit of the rules of fair play and sportsmanship.
20. **Realize** that privileges are invariably associated with great responsibilities and that spectators have great responsibilities.

IT IS THE RESPONSIBILITY OF EACH STUDENT TO READ AND BECOME FAMILIAR WITH THE RULES, REGULATIONS AND GUIDELINES OF THE TUXEDO UNION FREE SCHOOL DISTRICT. THE ADMINISTRATION RESERVES THE RIGHT TO EXCEED THE STATED PENALTIES FOR SITUATIONS WHICH ENDANGER THE SAFETY OF INDIVIDUALS OR FOR STUDENTS WHO CHRONICALLY DISREGARD SCHOOL REGULATIONS AND ADMINISTRATION RESERVES THE RIGHT TO IMPLEMENT DISCIPLINARY ACTIONS FOR INSTANCES NOT IDENTIFIED.



# ATHLETIC DISCIPLINE CHART

OFFENSE	FIRST	SECOND	THIRD
Use of Drugs/alcohol in school/community. *Incidents count for entire school year NOT per season	Suspended from team for remainder of season or a minimum of 5 weeks. Must receive counseling to return to sports next season.	Suspended from all activities for one year. Must receive counseling	
Smoking in school/community. *Incidents count for entire school year NOT per season	Suspension for one week from all activities or two games.	Suspension from team for season. Must receive counseling.	Suspended from all activities for one year.
Inappropriate Social Media Posts	Unable to participate in next game.	Unable to participate in next two games or for one week.	Suspension from team for remainder of season.
Vandalism at home or host school. (Equipment or property).	**Dependent upon severity. Suspension for one or two games. Restitution	Penalty escalates with severity of infraction. Restitution.	Suspension from all athletic activities.
Stealing	Suspended from team for remainder of season or a minimum of five weeks.	Suspended from all activities for one year.	
Any offense that results in OSS.	Unable to attend any activity from day of assigned suspension until reinstated in school.	Suspension from activity for one week or two games.	Suspension from athletic activities for remainder of season.
Any offense that results in ISS.	May return at end of last ISS day.		
Quitting or leaving team without prior notice to coach/A.D.	Athletic Hearing to determine future eligibility.		
Dismissed from team.	Probation period of two weeks for following season.		
Missing practice (Unexcused)	Unable to participate in next game.	Unable to participate in next two games or for one week.	Suspension from team for remainder of season.
Striking another person in school/community.	Unable to attend any activity from day of assigned suspension until reinstated in school. Parent conference.	Suspension from activity for one week or two games.	Suspension from team for remainder of season
Striking Coach/Teacher/Official.	Suspension from team for one calendar year.		
Insubordination	Suspension from next game as athlete/spectator, home or away.	Athletic Hearing to determine future eligibility.	
Player ejected from any athletic event by official	Suspension from next game as athlete/spectator, home or away. by the OCIAA and one by the district	Suspension from next two games or two weeks as athlete/spectator, home or away.	Suspension as athlete/spectator for remainder of season.
Athlete leaves the bench or playing area to participate in verbal or physical confrontation.	Suspension from team for two weeks.	Suspension as athlete/spectator for remainder of season.	

IT IS THE RESPONSIBILITY OF EACH STUDENT TO READ AND BECOME FAMILIAR WITH THE RULES, REGULATIONS AND GUIDELINES OF THE TUXEDO UNION FREE SCHOOL DISTRICT.

THE ADMINISTRATION RESERVES THE RIGHT TO EXCEED THE STATED PENALTIES FOR SITUATIONS WHICH ENDANGER THE SAFETY OF INDIVIDUALS OR FOR STUDENTS WHO CHRONICALLY DISREGARD SCHOOL REGULATIONS AND ADMINISTRATION RESERVES THE RIGHT TO IMPLEMENT DISCIPLINARY ACTIONS FOR INSTANCES NOT IDENTIFIED.

# THE ATHLETE'S PLEDGE

As an athlete at Tuxedo

## **I promise to:**

- Follow all codes and expectations of the athletic handbook, understand the discipline chart and Student code of conduct*
- Understand that academics take priority over athletics.*
- Represent my school, my coaches, my teammates and myself in a manner which is appropriate and just.*
- Maintain a healthy and competitive approach to athletics.*
- Accept responsibility for my actions on-line, on the court/playing field and in the classroom.*
- Lead by example in the areas of self-respect and respect for others.*
- Compete to the best of my abilities.*
- Commit to work with teammates and make sacrifices for the team/program.*
- Refrain from the use of prohibited substances such as steroids, drugs, alcohol, and tobacco products.*
- Refrain from the use of vulgar or profane language at all school sanctioned events / activities.*
- Demonstrate good sportsmanship and fair play at all times*
- Take responsibility for all personal belongings by securing these items in assigned school and athletic lockers or by taking items that do not fit into lockers with me to practice sites.*

Signature: \_\_\_\_\_

Printed Name: \_\_\_\_\_

School Year: \_\_\_\_\_