

**Trumansburg Central School
Parent Athlete Handbook
Home of the “Blue Raiders”**



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Superintendent of Schools: Kimberly Bell
High School Principal: Fayan Rhoden
Middle School Principal: Megan Conaway

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Trumansburg Central School District Interscholastic Athletic Program

Trumansburg Interscholastic Athletic Program

Fall Sports	
Boys	Girls
Varsity & Modified Football	Varsity & JV Volleyball
Varsity & Modified Soccer	Varsity & Modified Soccer
Varsity & Modified Cross Country	Varsity & Modified Cross Country

Winter Sports	
Boys	Girls
Varsity Indoor Track	Varsity Indoor Track
Varsity, JV & Modified Basketball	Varsity, JV & Modified Basketball
	Modified Volleyball

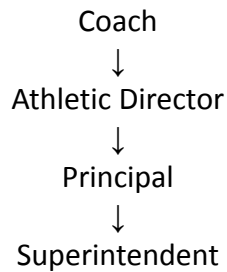
Spring Sports	
Boys	Girls
Varsity, JV & Modified Baseball	Varsity, JV & Modified Softball

Varsity & Modified Track	Varsity & Modified Track
Varsity Golf	Varsity Golf
Varsity Tennis	Mixed Competition Available

Communications:
Where to go with questions & concerns

- All communication should start with the Coach. Speaking directly with the Coach will provide perspective to the decision that was made.
- If after speaking to the Coach, you still have a concern, speak directly with the Athletic Director. This will ensure that your question will be dealt with promptly.
- If, after the Athletic Director has been informed of the situation and given a reasonable time to react, and you are still not satisfied with the solution, the parent should then inform the Athletic Director of his/her intention to talk to the Principal of the appropriate school.
- If, after the Athletic Director has been informed of the situation and given a reasonable time to react, and you are still not satisfied with the solution, the parent should then inform the Athletic Director of his/her intention to talk to the Superintendent.

Proper Chain of Communication:



Interscholastic Athletic Philosophy:

The Trumansburg Athletic Program teaches the concepts of fair play, sportsmanship, respect for others, and skill development to our athletes. The athletic program is an extension of the total educational program in our district; therefore we place a strong emphasis on performing in the classroom as well as athletically. We pride ourselves on teaching the life concepts of sportsmanship, discipline, and responsibility as we strive to develop well rounded athletes.

Sports Participation Philosophy:

In order to help each athlete have a positive experience in the athletic program, a hierarchy is established for each level of participation (modified, junior varsity and varsity) in our program. The coach should always strive for a good balance between learning, participation and winning the contest. In ranked priority, the following is desired:

- **Modified Level:** Participating in an enjoyable and meaningful experience, getting playing time, developing athletic skills and learning how to be competitive.
- **Junior Varsity Level:** Participating in an enjoyable and meaningful experience, further skill development, playing time and striving to be more competitive. fun
- **Varsity Level:** Participating in an enjoyable and meaningful experience, refining their skill development, winning competitions and playing time.

Playing Time:

Playing time may vary from athlete to athlete, sport to sport and level to level. Our modified philosophy strives to keep as many athletes on a team as possible based on safety, participation and equipment and to provide an outstanding learning environment through the utmost participation. The Varsity and JV programs are more competitive and selective in nature. On every level many things may affect your child's playing time such as attitude, effort, attendance and skill and knowledge of the game.

What a parent can expect from a coach:

The coach has a great responsibility, for the coach is entrusted with one of the world's most valuable possessions, the youth of this country, and in particular your child. We take great pride in selecting exceptional coaches. Your child will learn the fundamental skills necessary to perform the sport as well as the sequential techniques. Our coaches are not only concerned about the physical and character conditioning of your child, but academic performance as well. The coach serves as an educator and role model for student athletes. Win or lose, building character in each of our players is a key goal to our program, because character extends beyond the athletic field and into everyday life.

What a coach expects from a parent:

Parents can assist the coaches by being supportive of the athletic program. Your presence at games has a positive impact on your child and we encourage you to watch

your child's performance whenever possible. As a parent, children often learn what has been modeled at home, so we encourage you to show good sportsmanship as a fan. Unsportsmanlike behavior will not be tolerated at any athletic contest. If you choose to behave in an unacceptable manner, you may be asked to leave the game. We feel it is important that the coach, team, and parent model sportsmanship so that our athletes are continually reminded of its importance.

Should you have a question about a decision made by the coach please call or make an appointment to discuss your concern with them. If a concern remains after speaking to the coach, then follow the proper chain of communication mentioned earlier.

When practice or the game is over, please pick your child up promptly. Our MS coaches are instructed to wait until each child has been picked up before leaving and your prompt arrival would be most appreciated.

Any vacation, medical, dental or other such appointments should be scheduled around the athletic season, to ensure that your child gets the most from practices and games. Should something arise, where your child does need to miss practice or a game, please share this with the coach as soon as possible, so the coach can make adjustments to their practice or game plans.

What a player can expect from their coach:

Our student athletes can expect to be taught the skills in sequential order needed to play the sport by a knowledgeable coach. Our athletes will be properly conditioned and given fitness strategies to improve endurance and strength. Feedback is necessary for continued growth in the sport and our coaches will provide such feedback throughout the season. Our coaches will represent the school and model good sportsmanship, fair play and superior ethical standards.

What a coach expects from a player:

Coaches expect that athletes come to the season pre-conditioned in order to prevent injury and to be ready for the first contest. It is unreasonable to expect that an athlete not at proper fitness levels at the first practice can achieve the right conditioning prior to the first contest solely through scheduled practice time (which is typically less than a 2 week period). When an athlete signs up for a sport, the coach expects that the student wants to be there, will arrive on time, and will provide a coachable attitude and a willingness to learn. High effort, hard work and enthusiasm will go a long way in achieving the most from our coaches. If an athlete needs to miss a practice or game for some reason, this should be communicated with the coach as soon as possible, so the athlete can be informed about what they may miss.

Transportation:

Student athletes must travel to athletic contests in vehicles provided by the school unless the Athletic Director or Principal has granted previous written approval. At the conclusion of an athletic event, an athlete may leave with his/her parent/guardian. Permission to ride home with another parent must be approved prior to the contest by the Athletic Director or the Principal in writing. As a parent, you may sign your child out indicating you are responsible for their transportation after a contest. However if you desire to do this please share this with the coach as soon as possible and sign your child out at the end of the contest. If you are planning on having your child ride home with another parent after the game, you must write a note indicating your permission for your child to ride home with another parent and that note must be pre-approved by the Principal or Athletic Director. Athletes may only be released by their parent to another parent, not another student. We provide your child with safe transportation arrangements to competitions. If you wish to utilize other transportation to and from contests, please inform the coach following the steps above.

Attendance:

Days on which activities are held: The student has to be in school for an equivalent of five class periods to be eligible to participate in the after-school practice or contest.

Student – Athletes must change and participate in physical education class to be eligible to practice and/or play in that afternoons contest or practice.

The Commissioner of Education recognizes the following as legal excuses: religious activities, educational trips, medical appointments or family emergencies. See page 20 of the student handbook.

NOTE: Coaches will be reviewing student attendance each day to see if their students qualify to participate on this day. Students who are suspended from school for any disciplinary violations of the Student Code of Conduct are suspended from participating in any practices, meetings or contests for the length of the school suspension.

Academic Eligibility:

Participation in extracurricular activities is a privilege. The expectation for athletic involvement is that students are progressing satisfactorily in the instructional program. A student determined not to be satisfactorily progressing in their instructional program shall be notified and face possible actions ranging from voluntary or required attendance at extra help sessions, to probation from athletics, to exclusion from participation in athletics. This Board policy is the practice of the school district, however it is understood that the parent may establish a higher level of performance for their child and initiate their own consequences.

High School:

A student receiving a combination of grades representing incomplete(s) or failures in two or more courses are in danger of losing the privilege of participation in athletics. Eligibility status carries over from athletic season to athletic season. Students with two failures or more at the end of the year will be considered in academic jeopardy in the fall season. Student – Athletes in academic jeopardy must seek help from their coaches, teachers, and administrators to prevent becoming academically ineligible.

Academic Jeopardy: The student is encouraged to seek extra help and remediation to correct the deficiencies and this status remains for the duration of the marking period.

Academic Ineligibility: In order to maintain eligibility, the student must file a written appeal to the Dean of Students immediately following the issue of report cards. Documentation of attendance and satisfactory performance with each teacher of the failing subjects must be provided to maintain eligibility each Friday by 2:45. This documentation form can be found in the Hs main office or the Dean of students office. If you have any further questions, please contact them for the complete policy.

Middle School:

A student who earns an “F” average, based upon 5-week progress reports and/or 10-week report cards, in 2 or more classes while participating in sports will be placed on academic ineligibility. All students placed on the academic ineligibility list are not allowed to participate in games or contests during that 5-week period, although they may still attend practices. If at the end of the 5-week academic ineligibility period, the student still has an “F” average in 2 or more subjects, he/she will continue to be ineligible during the next 5-week grade reporting period. Academic ineligibility carries over from athletic season to athletic season.

Students with Special Needs:

If your child receives special education services or is in need of other services to assist him/her on the athletic field, please share this info with the coach. Due to the confidential nature of the special education, medical or other information, many times the coach is not provided this type of information. Please do not assume your child’s coach is aware of your child’s special needs. We encourage the parent to act as the

child's advocate and share any needed information with the coach to make the athlete's experience more enjoyable.

Substance Abuse:

Expectations: Our students have been taught about both the short-term and long-term dangers associated with the use and abuse of chemical substances. They know that such use and abuse is illegal, puts them in unsafe situations and decreases their endurance so their performance levels are affected. Students must understand that these substances may not be put into their bodies at any time. If a student from Trumansburg Central School is proven to be guilty in the sale of, consumption of or possession of alcohol, tobacco (smoking/chewing) and/or any other drugs including illegal performance enhancing drugs, they are subject to the following consequences.

Consequences:

In-School Event (Violation occurs at a school activity during their season): A review of the incident with the Superintendent of Schools or his designee will happen. The Athletic Director, among others, will make a recommendation based on the severity of the event and the frequency of occurrence, which any or all of the following consequences occur:

- Coach imposed discipline within the team
- Substance abuse evaluation and counseling
- Short term suspension from contests (i.e.: 1/3 of the season)
- Long-term suspension from contests (i.e.: remainder of school year)

Out of School Event (Violation occurs at a non-school activity in their season): A review of the incident with the Director of Athletics, Dean of Students and School Principal will occur. If proof exists that an athlete has violated the athletic department contract, the Athletic Director can invoke any or all of the consequences that were stated above. Any activity that includes the involvement of law enforcement or the legal system could result in the student removal of the team for the remainder of the season.

NOTE: Coaches can create team rules that are in addition to the above stated athletic department procedures. The Athletic Director and/or Principal will determine any items dealing with this procedure that are not clearly defined. Any student suspended from school for substance violations (either in school or out of school) is suspended immediately from activities through the time of the disciplinary review.

NYSPHSAA Sportsmanship Guidelines: Trumansburg Central School is a member of Section IV of the NYSPHSAA and as such is subject to rules set forth by this association. One that could affect you deals with sportsmanship. This passage comes from the NYSPHSAA handbook

“The association recognizes and appreciates that the influence and responsibility of the school administration with regard to good sportsmanship extends to all levels of competition. However, it must also be seen that the NYSPHSAA has been vested with the responsibility to ensure that all contests under its jurisdiction are conducted satisfactorily. This standard applies to all regular season and post schedule play.

Player:

- Any member of a squad ruled out of 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. Disqualifications from one season carry over to the next season of participation.
- Any member of the 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.

Student Accident/Injury Insurance:

Trumansburg Central School insures all students with a secondary student accident policy through Commercial Travelers Insurance Company. This policy covers the students while they are attending school or are involved in other activities that are school sponsored. This would include physical education classes, athletics, field trips, etc. It is important that all injuries are reported to the coach, school nurse, and Athletic Director **immediately**. It is imperative that this injury report be filed within the next business day.

NOTE: This policy is a **secondary** coverage policy. All charges must be **first** submitted through the family’s insurance policy. If the family insurance does not completely pay all the charges, then those unpaid charges may be submitted through the school’s accident insurance company (Commercial Travelers). Since the district’s insurance coverage is a **Limited Coverage Policy**, there are times that the parent will end up paying a portion of the medical charges. If the family does not have an Accident/Injury policy, then this portion could be very substantial. We strongly recommend that all families carry insurance that will cover your child in case of injury. The Business Administrator can answer any questions you may have about this coverage.

Athletic Trainer:

The Trumansburg Central School provides access to an athletic trainer for all our athletes. Our athletic trainer is Anthony Spinelli and he is at the high school nurse’s

office every **Tuesday** (by appointment). Anthony is available to assess your child's athletic related injuries and to make recommendations for treatment. You may also contact him via the High School Nurse, Katy Iacovelli with any athletic injury related questions you may have. This initial screening service is free of charge to our athletes. We are very lucky to have such an amazing service for our athletes.

Equipment Return Policy:

At the end of each season, your child is responsible for returning all equipment and uniforms issued to him/her from the coach. If something is not returned shortly after completion of the season, then your child is held responsible for those items not returned and will be billed accordingly. An Athlete going from one season to another will not be issued equipment for their current season until the equipment/uniform from the previous season is returned.

College Recruitment Procedures:

If your child is interested in playing athletics at the college level, we encourage you to get in touch with our high school coach of that sport in their sophomore year of high school. The coach will be able to assist you through this process and make the determination as to the likelihood of your child's future in this regard. It is imperative that our coaches are involved in this process through every step of the way to assist you in getting the best possible options for your child.

You will also need to begin filming your child's games. It is recommended that you film games from completion to end, as well as create a highlight film. College recruiters like to see the entire game performance, including mistakes along with the exceptional plays. The NCAA has specific regulations as to recruitment policies. If your child is in the process of being recruited, we advise you to familiarize yourself with these practices so not to forfeit any athletic eligibility for your child. You may find these policies on the NCAA website at: www.ncaa.org/eligibility.

Many students have the dream of playing professionally when in actuality this is not a reality. Some statistics that make you think:

- 98 out of 100 athletes do not play in college
- 1 out of 100 athletes earn a Division 1 scholarship
- The odds of becoming a brain surgeon are greater than becoming a starter on the Boston Celtics.

It is important to discuss the reality versus the dream with your child's coach, do not hesitate to do so.

Community Service Agreement:

We feel the community is extensively involved and committed to our athletic program, and we would like to give back to the community to say "thanks" for all the support we

receive. A community service expectation is required of all our athletic teams and is conducted during each season. More information can be obtained from the coach.

Website Information:

Trumansburg Athletic information is accessible on the Trumansburg Central School Website at <http://www.tburgschools.org>. Just click on departments at the top of the page, then athletics, and you will find the Athletic Home Page. If you click on calendar, you can find information on all athletic games both home and away, as well as practices. Once the calendar is open, go to the top left of the page and you can sort by sport and level. Click on the subscribe to schedule in the top right corner of each team's game schedule and you will get any changes made with minutes. Click on the SHOW button for any game and you will be able to click on the GET DIRECTIONS button. Please be aware that the home Athletic Director is responsible for setting up proper game locations using Schedule Galaxy.

EMERGENCY CLOSINGS:

If schools are cancelled due to bad weather or other causes, or dismissed during the school day (early dismissal), interscholastic teams would not be permitted to play or practice. The Superintendent will contact the Athletic Director and the decision would be passed on to the coaches. An announcement will be made at the conclusion of the school day to allow athletes time to notify their parents.

LEGAL HOLIDAYS:

Every effort will be made to not hold practice on the following legal holidays: ***Thanksgiving, Christmas Day, New Years Day, Good Friday, Easter Sunday, & Labor Day, as well as Sundays.*** Practices would be allowed on Labor Day only if this day were necessary to meet the state minimum for the first scheduled game. ***ALL OTHER LEGAL HOLIDAYS*** – Athletes must inform their coach as early as possible about the missing practice or a contest that coincides with a legal holiday (MLK Jr., Memorial Day, etc.). Championship games, Sectional Contests, Intersectional/State Playoffs would come under special events and if they were scheduled on legal holidays, our teams would be permitted to play. In some cases, intersectional and state playoffs have been scheduled on Sundays. This is beyond our control and we would be permitted to play.

Physical Examinations:

All athletes must have a physical exam prior to their first practice session. The exam does not need to be done by the school doctor but must be approved by the school doctor. Any approved physical exam may have been done up to 12 months prior to the first practice day. If a student has been injured or missed school for five consecutive days, they may be required to pass another health exam. The school nurse's office, in conjunction with the school physician, conducts physical exams each athletic season free of charge to the parent on the following schedule:

Fall Sports	May/June
Winter Sports	October
Spring Sports	February/March

Please contact the school nurse should you have any questions regarding physical exams. The sports candidate questionnaire must be filled out prior to the first practice session. Additional forms can be obtained from the school nurse or on our school website <http://tburgschools.org>.

Athletic Placement Process

Starting with the 2015-16 school year, the Athletic Placement Process (APP) will replace the Selective Classification standards that previously allowed students to "play up." In order for your son/daughter to try out for a JV or varsity team as a 7th or 8th grader, they need to follow a process set forth by NYSED and adopted by our BOE. Please read the document below for all the details. Please contact the Athletic Director **at least 1 month before** the first scheduled practice for the season to allow enough time for the process to take shape. There are quite a few steps in the process, including special paperwork that your doctor will need to fill out and it can't be done in one week.

[Athletic Placement Process Document](#)

Sport Season Cutoffs for Selective Classification Referrals:

- Fall Sports- June 1st
- Winter Sports-October 1st
- Spring Sports-February 1st

Trumansburg All-Sports Booster's Club

The Athletic Boosters are volunteers - parents, teachers, and community members dedicated to working together in support of all athletic programs at Trumansburg Central School. The All-Sports Booster's Club supports Trumansburg Athletics and plays an integral part in the athletic program. The Booster's Club is always interested in gathering new membership and we welcome you to join and become an active part of your child's athletic experience. The All-Sports Booster Club meets the second Thursday of each month at 6:30pm in the High School Library.

Board Officers:

Tanya Grove - President
- Secretary

Tracy Seaman – President Elect/Vice President
Melinda von Gordon- Treasurer

The All-Sports Boosters Club is committed to treating all Trumansburg Interscholastic Sports programs as equals. In fundraising and equipment purchasing, this means that each program will be encouraged to make requests. Obviously, not every need can be met. But every effort will be made to see that all sports are assisted over time. You may not be aware of all the booster club does for the athletes and below is a sample of some of the things the booster club sponsors:

- Sponsor the Senior Athletic Awards Banquet & Senior Scholarship Awards
- Purchased athletic team championship banners for the high school gym
- Helped Purchase the scoreboards in MS gym
- Purchases the Senior flowers