

**TUXEDO
TORNADOES'**

**ATHLETIC
HANDBOOK**

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THE ATHLETE

I. 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.

A. 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.

B. 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. By participating in athletics to the best of your ability, you are contributing to the reputation of your school.

C. 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.

D. 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.

II. 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 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.

III. 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 affect 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 note that the Parent/Guardian Statement confirms that you have been informed of these rules.*

GENERAL RULES

A. 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.

IV. 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.

A. 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.

V. 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.

VI. EQUIPMENT

School equipment checked out by a student athlete is his/her responsibility. 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.

VII. AWARDS

Awards for championship teams, individual honors, letters or pins will be presented at the end-of-the-year sports banquet. The banquet is sponsored by the Tuxedo Athletic Department. 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.

VII. TEAM CUT

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

X. 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.

X. 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 judgement 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 judgement 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.

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.
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.	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.

GOOD SPORTSMANSHIP

Let the Players
Play

**Let the Coaches
Coach**

**LET THE OFFICIALS
OFFICIATE**

**LET THE FANS
CHEER**

