



ARLINGTON CENTRAL SCHOOLS
DAVID S. GODDARD, DIRECTOR
DEPARTMENT OF ATHLETICS, PHYSICAL EDUCATION & HEALTH
1157 ROUTE 55
LAGRANGEVILLE, NY 12540

OFFICE: (845) 486-4873, 486-4874 FAX: (845) 483-3999

Secretary:

Maureen Mongelli

Baseball

Basketball

Crew

Cross Country

Field Hockey

Football

Golf

Ice Hockey

Lacrosse

Soccer

Softball

Swimming

Tennis

Track & Field

Volleyball

Winter Track

Wrestling



Dear Student Athlete,

Congratulations on your decision to participate in our interscholastic athletic program. You should be very proud of your accomplishment of making an athletic team at one of the most competitive programs in the New York State Public High School Athletic Association. This handbook was developed for you and your parents/guardians to understand the rules pertaining to athletics here at Arlington.

Being a member of an Arlington athletic team and representing your school is indeed an honor and a privilege. Over the years many outstanding young men and women have worn the maroon and gold of Arlington with great pride. As the Principal and the Director of Athletics we truly hope that you do not take your responsibilities as a student athlete lightly. We want you to remember that you are a student first and an athlete second. You should always strive to be a role model for other students not only on the athletic field, but also in the classroom, hallways, and in the community. At Arlington the gymnasium and the athletic fields are an extension of the classroom. Remember to work hard, demonstrate good sportsmanship and make decisions that are in the best interest of your teammates, your coaches and your school.

We truly want your experience in the athletic program to be positive. If you are ever in need of assistance please feel free to stop by the Principal's office or the Athletic Director's office to schedule an appointment.

Sincerely,

David S. Goddard
Director of Athletics, Physical Education and Health

Thomas E. Brooks
Principal

HOME OF THE ADMIRALS



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ARLINGTON ATHLETICS MISSION STATEMENT

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The mission of the Arlington Central School District Athletic Program is to foster the quest for excellence by creating an educational and competitive experience within the atmosphere of sportsmanship. We strive to develop and realize individual and team potential by promoting high standards of competence, character, civility and citizenship.

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I. ELIGIBILITY REQUIREMENTS FOR PARTICIPATION

1. Pass a physical by the school doctor.
2. Be between the ages of 14 and 19 (if the student athlete attains the age of 19 on or after September 1st, he/she may continue to participate during that school year in all sports.
3. Pass a physical by the school doctor.
4. Be between the ages of 14 and 19 (if the student athlete attains the age of 19 on or after September 1st, he/she may continue to participate during that school year in all sports.
5. The student athlete must be a bona fide resident of the district and taking at least four academic subjects including Physical Education.
6. The student athlete can not be failing more than two subjects. If the student athlete becomes academically ineligible he/she may continue to be a member of the team but may not play in a game or scrimmage for two weeks from the time he/she is ruled ineligible by the Athletic Director. The athlete must obtain eligibility forms from the athletic office, have his/her academic teachers complete the forms and return the eligibility forms to the Athletic Director at the end of the two weeks for review and possible reinstatement. If the athlete is reinstated he/she must continue to have the eligibility forms completed and returned to the athletic office after the two-week period.
7. The student athlete must be passing Physical Education. If the student athlete does not dress and receive credit in Physical Education class he/she may not participate on the athletic team that day.
8. The student must be in attendance at school 80% of the time.
9. If a student athlete is absent from school he/she can not practice or play in a scheduled game on that day.
10. A student must be in attendance at school by the start of 5th period (10:59 A.M.) to be eligible to participate that day.
11. A student must be in attendance at school until the end of 4th period (10:54 A.M.) to be eligible to participate that day.
12. A student athlete who is suspended from school may not participate until he/she is readmitted to classes.

* The eligibility of a student athlete may be subject for review by the administration on an individual basis if necessary.

II. MEDICALS

1. All participants must have received a physical examination from the school physician within one calendar year prior to tryouts/practice. The school will make arrangements to schedule sports physicals and notify the students when and where the physicals will be administered. **The school will offer sports physicals during the final exam week in January and June of each year. It is the responsibility of the student to schedule and keep his/her appointment.** If a student does not receive a sports physical when offered by the school, he/she must be given permission from the Athletic Director to receive a physical at the office of the school physician. The physician's office will charge a fee that must be paid by the student/parents.

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2. All students must have parents/guardian fully complete and sign the white medical update card for each sport the athlete participates in. This card must be returned to the Health Office at least two weeks prior to tryouts for review by the school nurses. **The card must be signed and dated less than 30 days prior to the beginning of the season.**
3. Clearance notes from the student athlete's doctor are required for any recent injuries, surgery or chronic illness. If the athlete has seen a specialist (Orthopedist, Cardiologist, etc.) the clearance must be from that specialist.
4. Updated Doctor's prescriptions are needed each year for inhalers, epi-pens, etc.

III. DISCIPLINE POLICIES AND PROCEDURES

Participation in an extracurricular activity is a privilege not a student's right.

1. Any student athlete who is in possession of a lighted cigarette or is caught using tobacco products such as chewing tobacco or snuff, will be removed from the team and become ineligible to participate in athletics for a period of five school days in the case of the first incident. The student athlete will be ineligible for the remainder of the season following the second incident.
2. Any student athlete who is caught using, selling or is in possession of alcohol, marijuana and/or other illegal drugs including steroids will be removed from the team for the remainder of the season.
3. Any athlete who initiates a fight during an athletic contest will be ineligible to participate in athletics for a period of five school days in the case of the first incident and ineligible for the remainder of the season following the second incident.
4. Physical abuse or threats to officials or coaches by athletes will not tolerated and will result in immediate dismissal from the team for the remainder of the season. Student athletes are expected to refrain from acts of insubordination and/or verbal and non-verbal abuse that is directed at a coach, officials, teachers or spectators.
5. A student athlete who is ruled out of a contest for unsportsmanlike conduct (including taunting or for a flagrant foul) shall not participate in that sport in the next previously scheduled contest, with or in NYSPHSAA tournament play. Disqualification at the end of the season will carry over to the next season of participation.
6. If a student athlete develops a pattern of insubordinate behavior including a lack of sportsmanship, he/she will be removed from the team for the remainder of the season.

***APPEAL PROCEDURE**

Upon notification of a violation, the athlete may appeal the ruling through the following channels:


1. *The coach that issued the conduct report.*
2. *The Athletic Director*
3. *The Principal*
4. *The Superintendent*

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IV. PLAYING TIME

A student athlete who has enjoyed success in his/her sport in outside programs may experience difficulty accepting a team role that does not include large amounts of playing time. Playing time is based on several factors and is part of the coach's responsibility. Sulking, complaining or creating an uncomfortable environment for your teammates and coach is not the answer. If a student athlete is unhappy with the amount of playing time he/she is receiving it is recommended that the athlete request a private meeting with the coach to address the situation. In athletics (as well as in life) each individual has a role to play and each role is valuable.

V. INJURIES

1. The student athlete must report all injuries to his/her coach and the Athletic Trainer.
2. The student athlete may not return to participation after an injury without clearance from the Athletic Trainer.
3. The school indemnity insurance for the treatment of an injury that occurs while participating in an interscholastic sport is applicable only after the parent's/guardian's health insurance has been used. The school's insurance is provided for excess coverage and generally will not pay for the full cost of treatment.

VI. CONFLICTS WITH EXTRACURRICULAR ACTIVITES

A student athlete who attempts to participate in too many extracurricular activities will undoubtedly have a conflict of obligations. The Athletic Department recognizes that each student should have the opportunity for a broad range of experiences in the area of extracurricular activities and will attempt to schedule events in a manner that will minimize conflicts. When conflicts do arise, the sponsors of the activities will work together to find a solution so the student does not feel as if he/she in the middle. If a solution can not be found, the student athlete will have to make his/her decision based on the following:

1. The relative importance of each event.
2. The importance of each event to the group involved.
3. The relative contribution the student can make.
4. How long each event has been scheduled?
5. Make your decision in cooperation with your parents/guardian.

If it becomes obvious that a student can not fulfill the obligations of a school activity, he/she should withdraw from that activity.

VII. UNIFORMS AND EQUIPMENT

1. The cost of uniforms and athletic equipment increases each year. Our athletes are equipped with the best we can supply within the athletic budget. No one should keep any equipment after the season is concluded. The student athlete and his or her parents/guardian are financially responsible for all equipment issued. By your signature on the athletic contract you are guaranteeing that the district will be reimbursed for the replacement value of the equipment should the athlete fail to return an item issued. The equipment must be paid for within one week of the season's completion. **Please keep your uniform at home on non-game days.**



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2. A student athlete who has not returned equipment from a previous season will not be allowed to participate in another sport until the items are returned.
3. Team issued uniforms that are not paid for by the athlete are property of the Arlington Central School District. They are not to be worn in school unless instructed by the coach. Uniforms are not to be worn as gym clothes during participation in Physical Education Class.
4. The student athlete is expected to take pride in his/her appearance by keeping the uniform clean. Uniforms may not be altered without permission of the coach.

VIII. LOCKERS

1. The student athlete will be issued a locker in the team locker room. The team locker room will be opened prior to the beginning of school each day. The team locker room will then be locked for the remainder of the day and re-opened at the end of 8th period. No one may use the team locker room during the school day.
2. The student athlete will be issued a lock for his/her team locker. A lock that is not issued by the school will be removed unless permission to use a personal lock is granted by the Athletic Director.

IX. PARKING

1. Student athletes **may not** park their vehicles in the lot in the back of the High School by the athletic office and the technology area. This parking area is also used for fuel oil deliveries and be must kept clear for large tankard trucks. Coaches and officials are the only vehicles allowed to park in this area after school. Parent spectators are also asked not to park in this lot and to please park in the west parking area and walk to the fields.
2. Student athletes and student spectators may not drive on the access road leading to the track/football field and may not park in this area. A limited number of parent spectators are allowed to drive on the access road and park behind the football bleachers. When this lot is full, parent spectators are asked to park in the west lot and walk to the fields. Parking is not allowed on the access road or on athletic fields.

X. TRANSPORTATION

1. A student athlete **must** use school transportation to and from an athletic event unless prior written permission from his/her parents is given to and approved by the coach. The District travel release form (see sample on following pages) must be used to obtain permission for alternative transportation. Travel release forms may be obtained from the coach.
2. A coach may only approve written permission requesting alternate transportation home **from** an athletic event. The Athletic Director must grant permission for the student to be driven **to** an event. Please notify the Athletic Director 24 hrs. prior to the requested date.
3. An individual other than his/her parent may transport students from an athletic contest if a proper authorization form is completed by the parent and is on file with the coach (see sample of authorization form on following pages). The coach will not accept a hand written note from a parent.

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4. A student who misses a scheduled bus for an away athletic game or scrimmage will not be allowed to participate in that event.

XI.

DIRECTIONS TO AWAY CONTESTS

1. Parents are welcome to call the Athletic Director's office at **486-4873 or 4874**. A recorded listing of athletic events and directions to these events is updated each day after 9:00 A.M. * The site of an away contest may be changed by the visiting school on short notice and not updated on the recording until later in the school day.
2. Section One Athletics provides a website that includes schedules and information on all schools (including directions). The address is **www.Section1athletics.org**.
3. The coach will attempt to provide written directions to their athletes for away games prior to the contest.

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ARLINGTON CENTRAL SCHOOL DISTRICT

Authorization Form for Travel Release (*Must be submitted to the coach 24 hours prior to events)

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Sport _____

Season _____

This is to certify my child _____ has permission to ride home from an away athletic contest with the following authorized individuals. Authorized individuals must still sign the District Travel Release Form prior to transporting the student.

(Name)

(Relationship)

(Name)

(Relationship)

(Name)

(Relationship)

(Name)

(Relationship)

(Signature of Parent/Guardian)

(Date)

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ARLINGTON CENTRAL SCHOOL DISTRICT

INTERSCHOLASTIC ATHLETICS CONTRACT

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I hereby acknowledge that I (student and parent) have read the athletic rules and regulations in this student athlete handbook concerning:

- Eligibility
- Medicals
- Discipline Policies
- Sportsmanship
- Equipment and Uniforms
- Transportation
- Locker Rooms
- Parking

I agree to adhere to the regulations to the best of my ability while participating in athletics in the Arlington Central School District.

Student Signature: _____

_____ has my permission to participate in _____
(Print Student's name) (Sport)

during the school year 20____.

I give my consent for my child to engage in approved sports' activities and receive school provided transportation to and from athletic events. I also understand that participation in various activities involving bodily contact creates risks normally associated with such activity. I give my permission to the appropriate certified school staff, medical staff available to the school district or medical personnel to render treatment if required in association with an athletic injury or illness.

Parent/Guardian Signature: _____

×This contract must be signed, removed from the handbook and return to the coach prior to the first contest.

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THE ADMIRALS ARE A CLASS ACT!

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Good sportsmanship is a top priority for the Arlington Athletic Department. Displaying proper conduct is a concern that includes all participants, coaches, parents/guardians, spectators and the administration. The guidelines listed below are expectations for appropriate behavior at all athletic contests:

1. To be a good host by treating visitors as guests.
2. To treat opponents with respect. Remember...your opponents have also worked hard and want to win as much as you do!
3. To respect the judgment of the contest officials and coaches.
4. To avoid profane or abusive language.
5. To avoid taunting and other obnoxious behavior.

Any individual who chooses to ignore these guidelines will be subject to removal from the contest. Please remember that these games are not a matter of life or death for anyone involved. Thank You.

I have read and understand all of the above:

Parent Signature _____

Student Signature _____

Date ____/____/____

Please remove, sign and return to coach prior to the first scheduled game

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ARLINGTON ATHLETICS EMERGENCY INFORMATION CARD

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PLEASE FILL OUT THE FOLLOWING INFORMATION CARD.
(The coach will carry this at all times)

Name _____

Address _____

Home Phone # _____ Work Phone # _____

Cell Phone # _____ Employer _____

Primary Doctor _____ Phone # _____

Dentist _____ Phone # _____

Child is highly allergic to _____

Diabetic _____ Epileptic _____ Other Medical Concern _____

In the event of emergency call _____ Relationship _____

Home Phone # _____ Work Phone # _____ Cell Phone # _____

Other _____ Relationship _____ Phone # _____

Hospital Preference (if possible) _____

You have my permission to take whatever action is deemed necessary for the health and welfare of my child.

Parent/Guardian Signature: _____

Date: ____ / ____ / ____

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