

# SHAKER JUNIOR-SENIOR HIGH SCHOOL

## INTERSCHOLASTIC ATHLETIC GUIDE



### ALMA MATER

SHAKER HIGH to thee we promise  
that we will be ever loyal and true.  
Proudly always we'll defend thee'  
Thy colors wave white and blue!  
May all our deeds be glorious,  
and all our teams victorious!  
Let us cheer our ALMA MATER  
now and forever more.

**SPORTS RECHECK/PERMISSION/AWARENESS**

Homeroom Teacher: \_\_\_\_\_

Room: \_\_\_\_\_

Name: \_\_\_\_\_ Grade \_\_\_\_\_ Date of Birth \_\_\_\_\_ Sport \_\_\_\_\_

**Medical History: SINCE YOUR LAST SPORTS PHYSICAL**

- |   | * ANSWER * |       |
|---|------------|-------|
|   | YES        | NO    |
| 1. Any injuries required medical attentions?                            | _____      | _____ |
| 2. Any illness lasting more than five (5) days?                         | _____      | _____ |
| 3. Taking any medication or under physicians' care at this time?        | _____      | _____ |
| 4. Any feeling of faintness, dizziness or fatigue after heavy exertion? | _____      | _____ |
| 5. Any surgery, fractures or dislocations?                              | _____      | _____ |
| 6. Treated in a hospital or emergency room?                             | _____      | _____ |

Work \_\_\_\_\_

To my knowledge, there is no medical reason that my son/daughter cannot participate in interscholastic sports. We have read and understand all athletic training rules and regulations.

Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

- Medical History: IN GENERAL:**
1. Wear glasses or contact lenses? \_\_\_\_\_
  2. Any known allergies? \_\_\_\_\_
  3. Any chronic diseases? \_\_\_\_\_

Signature of Student \_\_\_\_\_ Date \_\_\_\_\_

If **YES** to any of the above, please describe ( use back if needed ): \_\_\_\_\_

NOTE: \* **YES** \* to **ANY** of these questions may require a written release from your physician.

**RETURN TO HEALTH (NURSES) OFFICE**

**SUBURBAN SCHOLASTIC COUNCIL  
Sportsmanship Code**

**BASIC PHILOSOPHY:** Participating team members, students and **adult spectators** are guests to be accorded all the courtesy and consideration that a friendly, well mannered and well intentioned host would normally give. The visitors, in turn, are to act as invited guests, using the home school's facilities with care and respecting the rules and customs of the home school.

**IT IS EXPECTED that all spectators and participants will follow this CODE:**

- Athletic opponents and officials are guests and should be treated as such.
- Spectators should watch the game from those areas designated by each school as spectator area.
- Verbal abuse of opposing athletes or officials by team members or spectators shall be considered unsportsmanlike conduct.
- It shall be the responsibility of authorized school personnel attending games, either at home or away, to make sure students from their school conduct themselves appropriately.
- Officials are the proper authorities to make decisions regarding rules and their interpretation; these decisions should be accepted.
- Cheering should be in support of either team and should not be directed toward creating unfriendly rivalries among athletes or fans.
- Any spectator who evidences poor sportsmanship will be requested to leave and may be denied admission to future contests.

**Use of Alcohol at School Athletic Events**

The consumption of alcohol by adults during athletic events, including banquets, when students are participants is prohibited. The persons or group organizing the events are responsible to ensure the alcohol-free nature of the event.

**INTERSCHOLASTIC ATHLETIC ACTIVITIES  
SPORTS AND LEVEL OF COMPETITION  
FOR BOYS AND GIRLS**

|              |               | <b>BOYS</b>     |              |             |             |
|--------------|---------------|-----------------|--------------|-------------|-------------|
| <b>SPORT</b> |               | <b>Modified</b> | <b>Frosh</b> | <b>J.V.</b> | <b>VAR.</b> |
| S            | Baseball      | X               | X            | X           | X           |
| W            | Basketball    | X               | X            | X           | X           |
| W            | Bowling       |                 |              | X           | X           |
| F            | Cross-Country |                 | X            | X           | X           |
| F            | Football      | X               | X            | X           | X           |
| F            | Golf          |                 |              | X           | X           |
| W            | Ice Hockey    |                 |              |             | X           |
| W            | Indoor Track  |                 | X            | X           | X           |
| S            | Lacrosse      | X               | X            | X           | X           |
| F            | Soccer        | X               | X            | X           | X           |
| W            | Swimming      | X               |              | X           | X           |
| S            | Tennis        |                 |              | X           | X           |
| S            | Track & Field |                 | X            | X           | X           |
| F            | Volleyball    |                 |              | X           | X           |
| W            | Wrestling     | X               |              | X           | X           |

|              |               | <b>GIRLS</b>    |              |             |             |
|--------------|---------------|-----------------|--------------|-------------|-------------|
| <b>SPORT</b> |               | <b>Modified</b> | <b>Frosh</b> | <b>J.V.</b> | <b>VAR.</b> |
| W            | Basketball    | X               | X            | X           | X           |
| W            | Bowling       |                 |              | X           | X           |
| F            | Cheerleading  |                 | X            | X           | X           |
| W            | Cheerleading  |                 | X            | X           | X           |
| F            | Cross-Country |                 | X            | X           | X           |
| F            | Field-Hockey  | X               |              | X           | X           |
| W            | Gymnastics    |                 |              | X           | X           |
| W            | Indoor Track  |                 | X            | X           | X           |
| S            | Lacrosse      | X               |              | X           | X           |
| F            | Soccer        | X               | X            | X           | X           |
| S            | Softball      | X               | X            | X           | X           |
| W            | Swimming      |                 | X            | X           | X           |
| F            | Tennis        |                 |              | X           | X           |
| S            | Track & Field |                 | X            | X           | X           |
| F            | Volleyball    |                 | X            | X           | X           |

F = Fall W = Winter S = Spring

We have 30 Varsity level sport offerings including 15 levels for boys, and 15 levels for girls.

We offer over 80 levels (Modified, Frosh, J.V., Varsity), of interscholastic competition for our students in grades 7-12.

- C. Gymnastics , Track and Field, and Swimming Varsity and J.V. - Accumulate a minimum average of one point per/meet, or participate in all the regular scheduled meets.
- Frosh - Accumulate a minimum average of one point per/meet or participate in 1/2 of the total meets.

D. All Managers

The Coach shall recommend letters for Managers who qualify under the general requirements, and who perform their duties willingly and efficiently.

E. Cheerleading

At the beginning of each cheering season, a cheerleader will be given her letter corresponding to her squad level (unless she has already received the appropriate letter from prior participation) to be worn on her uniform. If during the course of the season she either quits, or is suspended from the squad, she will forfeit her letter, and will not be eligible for any other team.

**III. Junior High Athletes On Senior High Teams**

An athlete who participates on a Varsity or J.V. Team will be eligible for the appropriate award at the end of the season. An athlete participating on a freshman or modified team will receive the participation certificate at the end of the season. That athlete will receive the freshman numerals upon entry into the ninth-grade at Shaker High School. An athlete who does not participate during the freshman year, but attains a minimum of two higher awards in subsequent years, (J.V. or Varsity letters) will be eligible for his/her numerals.

**IV. Special Awards**

A. Scholastic Athlete Award: To the sophomore, junior and senior athlete who has lettered in at least two Varsity sports, and has maintained an average of 85 or above. Averages will be compiled for one and one-half, two and one-half, or three and one-half years and will include all subjects.

B. Sportsmanship Award: To the senior who best demonstrates true sportsmanship through example, performance, dedication and effort, both on and off the playing field.

C. Best All-Around Athlete: To the senior, who through participation in at least any two Varsity sports, demonstrates outstanding ability and value to his/her teams through leadership, versatility, and honors earned.

D. Most Valuable Athlete

E. Major White Letter Awards: For athletes lettering in three Varsity sports in one school year.

F. Senior Plaques: Seniors lettering in two or more Varsity sports in their senior year will receive a special senior plaque.

**“Outside Participation Rule.”** The New York State Public High School Athletic Association permits outside (non-school sponsored) competition. Student-athletes must recognize that commitment to the School Team is the first priority and that outside participation should not be detrimental to the student-athlete or to the School Team. In circumstances where the outside activity conflicts with the School Team Schedule, (practice or games) the School Team Schedule shall be followed. Failure to comply with this provision will result in disciplinary consequences to the student-athlete, which could include suspension from practices and/or contests, Repeated violations of this rule will result in removal from the School Team.

Dear Parents and Student Athletes,

This brochure is presented to you because your son or daughter has indicated a desire to participate in interscholastic athletics. Your family interest in this phase of our school program is gratifying. We believe that participation in sports provides a wealth of opportunities and experiences which assist students in their secondary education.

We, who are concerned with the educational development of boys and girls through athletics, feel that a properly controlled, well-organized sports program meets the students’ needs for self expression, mental alertness, and physical growth. It is our hope to maintain a program that is sound in purpose and will further each student’s educational maturity.

When your son/daughter signs up for one of our sports programs, we feel that they and you have committed themselves to certain responsibilities and obligations. This brochure will acquaint you with some specific policies that are necessary for a well-organized program of athletics.

The athletic program is governed by the regulations established by the Commissioner of Education’s basic code for extra-class athletic activities.

Shaker High School is a member of the New York State Public High School Athletic Association, competing as a Class A/AA school in Section II. Our league affiliation is with the Suburban Scholastic Council.

If there is anything we can do to make your participation a better learning experience, please feel free to contact our office at the Senior High School, 785-5511, Ext. 3351.

Sincerely,



Edward E. Dopp, Director of Physical Education and Athletics



Girls’ Faculty Athletic Manager (FAM)  
Leslie Archer Kassel



Boys’ Faculty Athletic Manager (FAM)  
David Stadtlander

## Principles of the Interscholastic Program

We believe interscholastic athletics serve as a miniature model of life in that they provide opportunities for students with regard to responsibility, fair play, cooperation, concern for others, leadership, respect for coaches and all authority figures, good citizenship, loyalty, and tolerance. Winning games has often been considered the measure of success. However, we feel that this is not necessarily so. This is not to say that the will to win is not important; it is very much a part of the total development of an athlete, but of considerably greater importance is the development of the person, and affording each student the opportunity of becoming all that he or she is capable of being. Thus, the athletic program which is centered around the welfare of the students is a vital part of the total school curriculum.

To utilize fully the potential in athletics for educational experiences, the interscholastic athletic program:

- A. Is regarded as an integral part of the total educational program and conducted so that it is worthy of such regard.
- B. Supplements rather than serves as substitutes for basic physical education programs and intramural athletic programs.
- C. Is subject to the same administrative control as the total education program.
- D. Is conducted by persons with adequate training either in physical education or through coaching certification programs.
- E. Is conducted so that the physical welfare and safety of participants is protected and fostered.
- F. Is conducted in accordance with the letter and spirit of the rules and regulations of the league, state, and national athletic associations.

## Code of Ethics

It is the duty of all concerned with school athletics:

- To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
- To eliminate all possibilities which tend to destroy the best values of the game.
- To stress the values derived from playing the game fairly.
- To show cordial courtesy to visiting teams and officials.
- To respect the integrity and judgment of sports officials.
- To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
- To encourage leadership, use of initiative, and good judgment by the players on the team.
- To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual players.
- To remember that an athletic contest is only a game - not a matter of life and death for player, coach, school, official, fan, or community.

## Issuing of School Clothing and Equipment

It is the responsibility of the athlete to return to the coach all clothing and equipment issued. Failure to do this will result in the athlete paying for the missing articles. Athletes not paying for the missing articles will forfeit their right to receive any school equipment or clothing in the next sport season, or be eligible for any certificate, pin, or letter. A list of all violators will be sent to the Athletic Director's office.

**Lockers:** It should be understood that the locker is the property of the school and the administration reserves the right to examine it, and its contents at any time with reasonable cause. Each of you is encouraged to make sure your locker is kept securely locked at all times and to share your combination with no one. The School and District will not be responsible for lost or stolen items.

## Athletic Award System

### I. General Requirements for All Awards

A player must complete the season. Although the coach may make exceptions in unusual cases, any exceptions must be discussed with the F.A.M. for his/her approval. The athlete must be a good representative of the school, and must display good sportsmanship. Letter awards will be made only upon recommendation by the coach. All players on a squad may qualify for a letter as members of a League, Section, or State Champion Team. A player moved from J.V. to Varsity during the season will be awarded a J.V. letter if he or she did not earn a Varsity letter. Only one J.V. or Varsity letter will be awarded to each participant; a medal sports' pin (silver for J.V. or gold for Varsity), will be given each succeeding year for sports already "lettered" in.

### II. Requirement By Sport

- A. Basketball, Baseball, Field Hockey, Football, Ice Hockey, Soccer, Softball, Volleyball, Wrestling, and Lacrosse

These sports will be classified as Team Sports. For sports in this category, and with the Coach's discretion, an athlete who exhibits good character and sportsmanship during the course of the season will be eligible for a letter at the appropriate level he or she has been involved in.

- B. Bowling, Cross-Country, Golf, Indoor Track, and Tennis

Varsity and J.V. - participate in  $\frac{2}{3}$  of all scheduled meets.

Frosh - participate in  $\frac{1}{2}$  of the total meets.

## Student Eligibility

According to NYSPHSAA Regulation, a pupil shall be eligible for interscholastic competition, provided that he / she is a bona fide pupil of the high school represented and must be taking at least four subjects including Physical Education.

Each individual team has its own regulations concerning daily attendance at practices, and the minimum number of practices before being eligible for competition. Your coach will inform you of these rules.

**Dropping off/Quitting a Team.** Quitting a Team is defined by

- a. The student-athlete informs the coach that he/she is quitting or
- b. The student-athlete misses three consecutive days, unexcused from participation.

If you quit a team (after teams have been selected), you must meet with and obtain permission from the Athletic Director to try out for another team. The Athletic Director will have the option of imposing a consequence of a game(s) suspension(s) for athletes who have previously quit without an approved or valid reason.

**Mixed Competition:** The deadline for those signing up for a team of the opposite sex is two months prior to the first day of practice. A letter must be submitted to the Athletic Director.

**Late to school:** You must be in school before the start of 3<sup>rd</sup> period to practice or play that day. Exceptions must be cleared by the athletic director the day before.

**Transfer Students:** If you have transferred from another High School you may not be eligible to play. Call the Athletic Director immediately.

## Transportation

Students will be transported to away contests by school authorized vehicles. Parents may get prior approval to transport students if there are extenuating circumstances. **On overnight trips:** If there are any conduct or training rule violations, parents may need to pick up their child.

## Sports Physicals

Sports physicals will be approved by our school doctor before a student is allowed to practice or participate in a game. The sports physical is in force for one calendar year; however, each season a sport physical re-check form needs to be completed with our health office within 30 days before the start of practice.

All injured athletes who have been seen by a doctor must be released (signed statement) by that doctor in order to resume participation with their team. **This release must be filed with our school nurse.**

## Injuries and Insurance

It is extremely important to report any injury to your coach immediately. Medical expenses resulting from any injury must first be submitted to your own insurance carrier and then any remaining balance can be submitted to the School Accident insurance carrier. Note: **If medical bills are in excess of the Insurance Carrier's scheduled payments, payment of the difference is the responsibility of the parent or guardian.**

## Risk Factor in Sports

Participation in sports involves a certain degree of risk for injury. Before going out for the team, we want you to be aware of the risk so you will be better able to reduce your chances for injury. Preseason conditioning, learning the skills and techniques, and knowledge of rules and safety factors will help you have a healthy season.

## Section II Sportsmanship Policy

- (1) Learn and understand the rules of your sport. Play hard, play to win, but play fairly and within the rules.
- (2) Do not allow your temper to distract you from the fundamentals of good sportsmanship. Maintain self-control.
- (3) Respect your opponent. Never taunt. Congratulate him or her at game's end. Acknowledge good play.
- (4) Respect the integrity and judgment of officials. Never question the decision of an official.
- (5) Be an example for your school, teammates, and opponents.
- (6) A player who is disqualified from a contest for unsportsmanlike behavior by an official is prohibited from playing in the next regularly scheduled contest game.
- (7) A player who strikes or otherwise physically assaults an official will be subject to an extended suspension from athletic competition. A physical confrontation with an official is any incident where a player either strikes, bumps, or otherwise physically intimidates an official prior to, during or after a contest or game.

## Athlete Conduct and Academics

**CONDUCT:** Athletic participation is a voluntary decision and it is a learning experience. As such, our coaches are to be respected at all times. Your commitment to the team is required for the entire season—all games, practices and team meetings. The conduct of an athlete is closely observed in many areas of life; on the field, in the class-room, and in the community. **TAKE PRIDE IN YOURSELF, YOUR TEAM, AND YOUR SCHOOL.** You should always project a positive image. Winning or losing is not as important as your reaction to winning or losing. Your reaction is what people will remember - not the score. You should be gracious in defeat, and modest in victory.

**ACADEMIC ACHIEVEMENT:** Students are expected to maintain successful academic achievement. Parents are encouraged to regularly review their son or daughter's academic progress, and contact the school should achievement decline or remain below expected levels. Research tells us that students, generally, obtain higher grades during the season than out-of-season. Athletes must participate in physical education, as well as other classes, the day of a practice or contest.

\* Athletes and their parents should be aware of the eligibility rules outlined in the current New York State Public High School Athletic Association's Eligibility Handbook. Copies are available in the HPEA Office at the high school.

# Athletic Training Rules Governing Interscholastic Participation

## Preface

Participating on an athletic team is a privilege which gives the athlete many positive outcomes. The athlete represents the team and Shaker High School. Thus, the athlete has a responsibility to uphold the school rules and conduct codes.

All rules and conduct codes are in effect during the entire school year, beginning with the first day of school or the first day of fall sports practice, and ending with the final day of June Regents examinations. The student becomes an athlete on the day he or she tries out for any interscholastic sport and continues as long as he or she actively participates during the junior high/high school years. The student is considered an active participant until he or she goes an entire year without participating in a school sport.

Reporting of violations must be submitted in writing and in person to the Director of Athletics. Reporting is the responsibility of **all** community members.

## Athletic Training/Conduct Rules and Penalties

Our rules and penalties apply during the school year, whether in season or out of season. Suspension from games must take place in the next scheduled and played games. Unfulfilled penalties will carry over into the athlete's next sport season. The athlete must complete that next sport season in good standing with the approval of the coach and Athletic Director to fulfill the penalty. If an athlete is in possession of illegal drugs, the police will be called and the student may be arrested.

### I. Training Rules Violations

Possession, use of, or being under the influence of steroids, alcoholic beverage, drugs or tobacco products in or out of school. (*Reference Board of Education Policy 5312.1*)

#### Penalties

1. First Offense
  - (a) Games Suspension based upon sport season formula.
  - (b) Meet with the Shaker High School student assistance counselor.
  - (c) One (1) year probation from date of violation.
2. Offense during Probation Period: Removal from all interscholastic athletic participation for one (1) year from date of violation.

### II. Games Suspension Formula

The following formula has been developed to define a "game suspension formula" based upon the number of games in a sports season.

- |                    |   |                   |
|--------------------|---|-------------------|
| (1) 0 - 9 games    | - | 1 game suspension |
| (2) 10 - 14 games  | - | 2 game suspension |
| (3) 15 - 20 games  | - | 3 game suspension |
| (4) 15 - 21+ games | - | 4 game suspension |

Tournament games are included in total games. Post-season games are not included in total games count. Double-dual meets count as one meet because they are on the same day.

### III. Conduct Rule Violations

- A. Disrespectful behavior toward coaches.
- B. Possession of unauthorized/stolen equipment
- C. Fighting in or out of school
- D. Conduct - Any behavior which reflects unfavorably on the school, the team, or the student, constitutes unsportsmanlike behavior or which results in school discipline or criminal violation, prosecution, indictment or penalty.
- E. Student athletes are prohibited from hosting/attending a party that involves alcohol, drugs, marijuana, or other controlled substance.

Penalties: Conduct rule violations will result in a minimum penalty of probation for one (1) year and a one (1) game suspension up to and including a maximum penalty of removal from the team. The Athletic Director will assign a penalty to reflect the seriousness of the offense. Respect violations require a conference of all involved parties. Re-instatement to the team will not occur until such conference is held. Written conditions of the probation will be presented and signed by all parties. School suspensions will be treated through the use of the games suspension formula as a minimum penalty. A review of the student's record will be considered when establishing a penalty.

### IV. Due Process

Students will be entitled to due process as described in "Handbook of Students' Rights and Responsibilities."

Any appeal must be submitted in writing to the building principal immediately or up to one calendar week, following the receipt of disciplinary action.

### V. Self-Reporting

An athlete who requests assistance with a substance or tobacco use/abuse problem prior to any reported violation will be directed to the appropriate pupil services staff. He/she will not be suspended from competition for seeking assistance. Any violations, however, will subject the student athlete to the normal penalty. (*Board of Education Policy 5280*)

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#### Duration of Competition:

A pupil shall be eligible for senior high school athletic competition in a sport during **each of four** consecutive seasons of such sport commencing with **pupil's entry into the ninth grade and prior to graduation**. A pupil reaching **the age of 19, before July 1, may not** participate during that school year.