

# FRIENDSHIP/SCIO ATHLETICS

## IT'S ALL ABOUT.... RESPECT, RESPONSIBILITY, HARD WORK

August 2024

Dear Parents/Guardians and Student/Athletes:

Welcome to the Friendship/Scio Interscholastic Athletic Program. This handbook was prepared to be used as a reference by our students/athletes and their parents/guardians to define the responsibilities necessary to conduct an educational, safe, and productive interscholastic athletics program.

We are very pleased that you have shown an interest in participating in our interscholastic athletic programs. It is our belief that participation in athletics is a privilege and honor and provides an opportunity for developing life-long skills. We feel strongly that students involved in athletics achieve better grades, manage their time more effectively, have fewer discipline problems, and stay in school. We strongly encourage each and every one of you to fully commit to the responsibilities involved in being part of a team. Your commitment is very important for your success, your team's success and the success of the Friendship/Scio athletic program.

Please read this entire handbook carefully. It will acquaint you with the specific rules, regulations, and obligations necessary for a successful athletic program. Keep this handbook for future reference as it contains information that will be important throughout the school year and for **EVERY** sports season.

Please feel free to contact us at 585- 973-3311 (Friendship) or 593-5510 (Scio) if you have any questions or concerns regarding this handbook or interscholastic athletics in general. We look forward to working with you this year as we continue making great strides in our athletic programs.

Sincerely,  
*Brad Gertis*

Brad Gertis  
Friendship Athletic Director

*Doreen M. Martin/Valerie Wight*

Doreen M. Martin/Valerie Wight  
Scio Athletic Directors

## MISSION STATEMENT

New York State interscholastic athletic programs' mission is to foster excellence by creating an educational and competitive experience in an atmosphere of sportsmanship. Successful programs develop individual and team potential by promoting high standards of competence, character, civility, and citizenship.

### **GENERAL OBJECTIVES OF THE NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION**

The Association serves as a central organization through which member high schools in the state may cooperate to:

**Encourage** as many pupils as possible to participate in athletic games.

**Promote** sportsmanlike conduct in all athletic contests.

**Maintain** essential minimum standards of eligibility.

**Provide** means to settle disputed athletic contests amicably and authoritatively.

**Conduct** appropriate athletic meets and tournaments.

**Cooperate** with the State Education Department in fostering educationally sound athletic programs.

**Adapt** rules governing sports contest to the conditions for high school competition.

**Continually** seek data to support rule changes leading to greater safety for high school athletes.

### **EDUCATIONAL GOALS OF A QUALITY INTERSCHOLASTIC ATHLETIC PROGRAM**

#### **Competence**

A student/athlete in a quality program is competent in terms of:

- Skill Development
- Knowledge of the game/Strategies
- Fitness/Conditioning/Healthy behavior

#### **Character**

A student/athlete in a quality program demonstrates:

- Responsibility
- Accountability
- Dedication
- Trustworthiness/Fair Play
- Self-Control

#### **Civility**

A student/athlete in a quality program demonstrates civility towards others, showing:

- Respect
- Fairness
- Caring

#### **Citizenship**

A student/athlete in a quality program demonstrates citizenship through actions showing evidence of:

- Loyalty/Commitment
- Teamwork
- Role Modeling

## FRIENDSHIP/SCIO ATHLETICS 2024-2025 INTERSCHOLASTIC SPORTS TIMELINE

Day	Date	Event
Thursday Friday	August 15, 2024 (SCS) August 16, 2024 (FCS)	Fall Sports Meeting – 6:00 p.m. <b>*All parents and student/athletes attend one of these meetings in either district</b>
Monday	August 26, 2024	Modified and Varsity Fall Sports Begin
Wednesday	November 13, 2024	Winter Sports Meeting – 6:00 p.m. <b>*For parents and student/athletes who did not attend the August meeting.</b>
Monday	November 18, 2024	Junior Varsity and Varsity Winter Sports Begin
Monday	November 25, 2024	Modified Winter Sports Begin
Thursday	March 13, 2025	Spring Sports Meeting – 6:00 p.m. <b>*For parents and student/athletes who did not attend the August or November meeting.</b>
Monday	March 17, 2025	Varsity Spring Sports Begin
Monday	March 24, 2025	Modified Spring Sports Begin
Monday	June 9, 2025	<b>Sports Awards Night – 6:00 p.m.</b>
Thursday Friday	August 14, 2025 (SCS) August 15, 2025 (FCS)	Fall Sports Meeting – 6:00 p.m. <b>*All parents and student/athletes attend one of these meetings in either district</b>
Monday	August 25, 2025	Fall Sports Begin

## **Friendship/Scio Athletic Philosophies**

### **Philosophy of Athletics**

Interscholastic Athletics are an integral part of a good school program. It is through our athletic teams that our towns, school, and citizens, are seen by others. Therefore, our athletes must present themselves as real ambassadors of Friendship/Scio Central Schools, who hold high principles of sportsmanship, teamwork, sacrifice, citizenship, and loyalty. It is also important that we stress the importance of academics.

### **Philosophy of Junior High/Modified Program**

This level of athletics may include athletes in grades 7-9. Coaching expectations will include:

1. Teaching fundamentals and the basic skills of a particular sport.
2. Time organization and time management to accommodate as equal practice or playing time as possible for all athletes.
3. Interaction skills and learning of the game or sport is the priority over winning or losing.
4. Teaching the importance of good sportsmanship regarding the athletes, coaches, and officials.

### **Philosophy of Junior Varsity Program**

This level of athletics may include athletes in grades 7-10. Junior Varsity programs should be treated as competitive programs. There is no championship goal to achieve as in Varsity. Improving the skills and fundamentals of all players is the main objective at this level of play. Sportsmanship has become more of an issue due to the increased visibility of all athletes at interscholastic events. Significant playing time for all players should be a primary consideration during practices and games.

### **Philosophy of Varsity Program**

This level of athletics may include athletes in grades 7-12. All athletes play a significant role on a Varsity team and everyone's contributions should be regarded as vital to the team's goals as the next. At the Varsity level, winning becomes more of a priority, as the County, Section V and State Championships are the team's goals. All members of a Varsity team should see equitable time regarding drills and game situation practices.

Each coach has an obligation to play bench players when the circumstances of a game present that opportunity. One example of this is winning or losing a game by a wide margin and the outcome of the game is obvious.

The discretion of the coach to play his/her best players in a close game should be respected. Each of these stated practices will have an overall positive effect on the team and the community if a genuine effort is made by the coach, players, parents, and spectators to honor this philosophy.

## **SPORTS OFFERED FOR FRIENDSHIP/SCIO ATHLETICS**

### **Fall**

Varsity Boys Soccer  
Varsity Girls Soccer  
Junior Varsity Girls Soccer  
Modified Boys Soccer  
Modified Girls Soccer

### **Winter**

Varsity Boys Basketball  
Varsity Girls Basketball  
Varsity Boys Volleyball  
Varsity Cheerleading  
Junior Varsity Boys Basketball  
Junior Varsity Girls Basketball  
Modified Boys Basketball  
Modified Girls Basketball

### **Spring**

Varsity Baseball  
Varsity Softball  
Junior Varsity Softball  
Varsity Track  
Modified Baseball  
Modified Softball  
Modified Track  
Varsity Boys Tennis

## **ATHLETIC PLACEMENT PROCESS**

The New York State Education Department (NYSED) has collaborated with the New York State Athletic Administrators Association (NYSAAA), New York State Public High School Athletic Association (NYSPHSAA), the Statewide School Health Services Center (SSHSC), district directors of school health services (commonly referred to as medical directors and previously known as school medical officers), and directors of physical education/athletics to promote physical education and interschool athletic competition statewide. The Athletic Placement Process is the result of that collaboration.

Normally, a student is eligible for senior high athletic competition in a sport during each of four consecutive seasons beginning with entry into ninth grade. However, by satisfying the requirements of the APP, a student may receive extended eligibility that permits:

- a) Participation during five consecutive seasons in the approved sport after entry into the eighth grade; or
- b) Participation during six consecutive seasons in the approved sport after entry into the seventh grade.

The intent of APP is to provide a protocol for those districts that choose to allow students in grades 7 and 8 to move up; or for students in grades 9-12 to move down, allowing them to participate safely at an appropriate level of competition based on physical and emotional readiness and athletic ability rather than age and grade alone. Students do not mature at the same rate and there can be tremendous developmental differences between students of the same age. The APP is not to be used to fill positions on teams, provide additional experience, provide an opportunity for middle school or junior high students when no modified program is offered, or to reward a student. Instead, it is aimed at the few, selecting students who can benefit from such a placement because of their level of readiness.

### **IMPLEMENTATION STEPS**

- Step 1:**        **District Policy** – resolution approved by the Board of Education
- Step 2:**        **Parent/Guardian Permission**
- Step 3:**        **Administrative Approval** – athletic administrator must confirm student is suitable for consideration
- Step 4:**        **Medical Clearance** – district medical director will determine student’s physical maturity
- Step 5:**        **Sports Skill Evaluation** – evaluation from sport coach
- Step 6:**        **Physical Fitness Testing** – Presidential Physical Fitness Test. Must meet the 85<sup>th</sup> percentile in 4 out of 5 test components
- Step 7:**        **Qualification Determination**
- Step 8:**        **Try Outs**
- Step 9:**        **Records**
- Step 10:**       **Notification**

# SOCIAL MEDIA

Representing Friendship/Scio Athletic departments is an honor and a privilege provided to a select group of individuals. Along with that privilege comes a set of expectations and responsibilities as a Friendship/Scio student/athlete. You are held to a higher standard and are recognized both at the local level and the state level because you choose to represent the school and your respective sport.

Through social media, you are now being monitored by more individuals than ever before. Everything you do in these forums should positively represent Friendship/Scio on the front of your jersey. Used responsibly, social media can be a great way to interact with friends, fans and the public and promote your sport, Friendship and Scio Central School. Used irresponsibly, it can be a quick way to destroy your reputation in 140 characters or less!

## **SUGGESTIONS FOR USING SOCIAL MEDIA:**

- **DO** set your security settings so that only your friends can see your account
- **DON'T** accept "friends of" follow requests if you are not sure who they are coming from
- **DO** understand that who you have listed as Followers and Friends is a reflection on you
- **DON'T** put anything on social media that you would not want your family, your future employers, those reading the front page of the paper or the whole world to see
- **DON'T** post offensive language, personal attacks or racial comments
- **DO** talk to an adult about how to use social media to your advantage
- **DON'T** post when you are emotional, like right after a game. You are more likely to say something you will regret.

**Any posting on a social media site which is offensive, in violation of state or federal law, or in violation of school policies is prohibited and may be subject to disciplinary action.**

**The severity of the discipline will be based on the seriousness of the infraction and whether there have been previous offenses by the student/athlete.**

**DO think before you post, tweet or retweet!**

# CONCUSSION MANAGEMENT PROTOCOL

## HEAD TRAUMA

- Athlete will be removed from the activity until evaluated medically

## CONCUSSION

- Athlete will be removed from the activity and will not be allowed to return until released by the School Physician

## RETURN TO PLAY

- Symptom-free for one week with NO activity.
- Written clearance from School Physician or Primary Care Physician
- Progression to full activity as outlined below:

### **\*\* DAY 1 IS THE DAY FOLLOWING THE FIRST SYMPTOM-FREE DAY**

**DAY 1** Low impact, non-strenuous, light aerobic activity such as walking or riding a stationary bike. If tolerated without return of symptoms over a 24-hour period proceed to:

**DAY 2** Higher impact, higher exertion, and moderate aerobic activity such as running or jumping rope. No resistance training. If tolerated without return of symptoms over a 24-hour period proceed to:

**DAY 3** Sport specific activity, non-contact drills. Higher resistance weight training with a spotter. If tolerated without return of symptoms over a 24-hour period proceed to:

**DAY 4** Sport specific activity, non-contact drills. Higher resistance weight training with a spotter. If tolerated without return of symptoms over a 24-hour period proceed to:

**DAY 5** Full contact training drills and intense aerobic activity. If tolerated without the return of symptoms over a 24-hour period proceed to:

**DAY 6** Return to full activities without restrictions.

If during any phase, the player has a return of symptoms, the activity will be stopped, and the player will return to Day 1. After Day 6 is reached, under the coach's directions, the school nurse will be notified, and Dr. Kassas (district medical director) will sign off on the return to play. Dr. Kassas has the right to disqualify any player if they return to play too quickly.



**FRIENDSHIP/SCIO**  
**ATHLETIC RULES & REGULATIONS**

*Rules and Regulations for Participants in Athletics*

The Athletic Program at Friendship and Scio Central is designed to provide our students with desirable educational experiences through athletics and other participation outside the classroom. All students are encouraged to take part in these formal, supervised programs and activities.

Because participation in athletics involves parental permission, extra physical peril, state-imposed regulations on training and competing, and constant scrutiny by the public, Friendship and Scio Central has established a system of specific rules, procedures, and penalties for those students who participate in interscholastic athletics.

1. **PRESEASON MEETING:** All potential athletes and one parent or guardian must attend a preseason meeting. All rules and regulations pertaining to the Athletic Program will be explained at this meeting. All Athletic Participation Agreement forms must be signed and returned to the Athletic Director at this meeting. If there is no form on file for a child, he/she will not be permitted to practice until a parent or guardian fulfills this obligation.
2. **ELIGIBILITY:** No girl or boy may participate in an interscholastic sports activity (including tryouts and practices):
  - a. Until the ATHLETIC PARTICIPATION AGREEMENT form has been filed with the athletic director.
  - b. Until the student receives a physical examination from the school physician.
  - c. Without abiding by all regulations set forth in the N.Y.S.P.H.S.A.A. handbook,
  - d. Following any injury that requires a physician's care until a doctor's release form is presented to the school nurse, coach, and athletic director,
  - e. Until uniforms and/or equipment from previous participation are returned or an agreement made to pay for such equipment within five (5) days following completion of a sport.
3. **TEAM MEMBERSHIP:** Team members will attend all practices and athletic contests unless excused by the coach. Team members will also follow and obey any additional rules set by the coach of that sport.
4. **APPEARANCE:** All participants are to act like ladies and gentlemen and dress neatly and cleanly when representing Friendship and Scio Central School. The coach will establish the standard expected and will notify the student/athletes at the beginning of the season.

5. **SPORTSMANSHIP:** All participants should adhere to characteristics of good sportsmanship in reference to teammates, coaches, opponents, officials, and spectators. Athletes ejected from games may be required to miss additional games (depending on the severity of the rule infraction).
  
6. **BEHAVIOR:** All participants in athletics are expected to exercise appropriate behavior in school, in the community, and at all events. Participants must always refrain from profane and abusive language and/or gestures.
  - a. **In School:** Participants are expected to complete all assignments and to be courteous and considerate to teachers and other students.  
**PARTICIPANTS WILL NOT BE PERMITTED BACK INTO THE MAIN PART OF THE BUILDING AFTER PRACTICES OR GAMES.**  
 Therefore, all books and personal belongings that are needed that evening should be taken immediately after school to the gym and locker room lockers. Participants must display appropriate behavior with regard to the following: horseplay, open affection, language, fighting and verbal assaults on others.
  - b. **Respect:** Participants will show and give respect at all times to their teachers, classmates, all school personnel, players, coaches, opponents, officials, spectators, and other participating students.
  - c. All participants are role models in the community and are expected to behave accordingly.
  - d. Misbehavior will result in punishment before or after school at the discretion of the coach, athletic director and/or principal.
  
7. **PARTICIPATION:** Student athletes may be allowed to participate in more than one sport during the same season under the following criteria:
  - a. The student **MUST** pick a primary sport to participate in. That primary sport is the sport to which the athlete will attend practices and games. If practice times fall at the same time, the student athlete **MUST** attend practice of the primary sport first.
  - b. If the student athlete has games in two sports on the same day, they **MUST** attend the primary sport.
  - c. When the secondary sport has a game that is not on the same day as the primary sport, the student athlete can participate in that game and is allowed to miss practice of the primary sport.
  - d. Circumstances that Dual Participation will be allowed:
    - i. Baseball – Tennis
    - ii. Baseball – Track
    - iii. Softball – Tennis
    - iv. Softball – Track
    - v. Track – Tennis

8. **ATTENDANCE ELIGIBILITY:** All participants in grades 7-12 need to be in the homeroom prior to the bell.
- a. Illegal absences will prohibit a student from participation.
  - b. Excused absences (doctor's appointment, college visit, etc.), will be left to the discretion of the administration. If possible, notify the athletic director or principal before the day of the excused absence. Any unexcused or illegal absences, from any classes, will prohibit a student from participation in athletic contests. Submit written excuses to the main office.
  - c. From the first day of practice until the last contest, the second tardy and any others after that will result in that participant being prohibited from attendance and participation on those days.
  - d. Students who arrive after 8:45 a.m. will not be able to practice or play that day.
  - e. Participants are expected to be in school the day following an athletic contest. Absent or late to school the day after a game will result in 1 game suspension.

\*\* Tardy or late to school after a game can be looked at by administration for extenuating circumstances. Ex. Illness, family emergency, accident, etc.

9. **TRANSPORTATION:** All participants will ride to and from all athletic contests in transportation provided by the school district. If a parent wishes to have their child ride home with them after an away contest, they must sign a release form at the game site.

\*\*Student/Athletes should not be riding practice bus or game bus unless they are going to or coming back from practice, or they have a game.

10. **LEAVING A SQUAD:**

- e. If a student quits a team, he/she will have 48 hours (not including the weekends) to personally ask the coach for reinstatement. Coaches will act on these matters as they see fit. They may reinstate the student or drop him/her from the team. If a student quits a team after the tryout period (first two weeks of the season), the student will be suspended from participation in the first 20% of the contests played in the next season they participate in.
- f. If a student quits a team because of extenuating circumstances, participation during the next season will be at the discretion of the Athletic Director and/or Principal.
- g. A student dismissed from a team by a coach may be subject to the same penalties above.

11. **SCHOOL SUSPENSION:** Students who are subject to an In-school Suspension or an Out-of-School Suspension cannot practice, participate, or attend any game, activity or event during the time of suspension. The suspension ends at midnight on the final day of suspension. Friday suspensions will carry through the weekend.

\*\* Coaches have the right to create team rules and determine playing time beyond a school suspension.

12. **PHYSICAL EDUCATION CLASSES:** Student/athletes are expected to participate in Physical Education classes. Failure to do so forfeits their participation in practice and/or games for that day.

13. **HAZING:** Hazing in any form, including initiation, which is degrading, is strictly forbidden by NYS Law. No student shall conspire to engage in hazing, participate in hazing or commit any act that causes or is likely to cause bodily danger, physical harm, personal degradation or disgrace, resulting in physical or mental harm to any fellow student or another person. It is understood that hazing of any kind is not allowed on this campus or in athletics. It is further understood that we have a duty to report any acts of hazing we see or know of to a coach or administrator. Participation in or failure to report any hazing will result in a disciplinary review and possible suspension and dismissal from the athletic program.

14. **AWARDS:** Any infraction that results in any type of suspension (red card, disqualification, out of school suspension) during the season will disqualify a student from consideration for post-season awards and all-star selection in that season.
- a. Scio Ralph Root Award Requirements - This award is the most prestigious award given to a senior boy and girl:
    - i. The student must be a 3 sports athlete from 9<sup>th</sup> through 12<sup>th</sup> grade.
    - ii. The student must display enthusiasm and dedication to the athletic program throughout their high school career.
    - iii. The student must display the utmost respect to all involved.
  - b. Three Sports Athlete Plaque: All students who have successfully completed 3 sports for all their 9<sup>th</sup> through 12<sup>th</sup> grades will receive this plaque.
  - c. Senior Three Sport Athlete Flag: All students who have participated in a varsity sport each season. (Fall, Winter, Spring)
  - d. Friendship Male and Female Athlete of the year
    - i. Must participate in at least 2 varsity sports
    - ii. Committee of coaches nominates candidates
    - iii. If multiple candidates, a scoring rubric will be used to determine the winner
  - e. Team awards

15. **ACADEMIC ELIGIBILITY PROCEDURE:** It is the responsibility of each student/athlete to be working in the classroom and passing all subjects. Every third Monday the ineligibility list will be generated. (Grades will be looked at Monday mornings to determine continued eligibility)
- a. If a student is failing (grade below 65) two (2) or more courses, they will be considered “ineligible.” The student will remain ineligible until the next time grades are generated.
    - i. If a student is ineligible, they may practice with the team, but may not play in any games. They must attend games and sit with their team, but not in uniform.
    - ii. If a student is failing three (3) or more classes when grades are generated, they will not be allowed to practice or attend games until grades are generated again and their grades have improved.

\*\*\*\*\* **NOTE:** An Administrator, in conference with a teacher, may place/remove a student on/from academic ineligibility at any time if they feel the student’s performance and/or effort between evaluation periods decreases/increases to an unacceptable/acceptable level.

16. **ATHLETIC DIRECTOR’S COMMITTEE:** This committee meets as needed to discuss changes to the rules and regulations for participation in athletics. The Athletic Director’s Committee consists of the following:
- a. Athletic Director for both schools
  - b. Principal
  - c. Board of Education Athletic Liaison
  - d. Two coaches
  - e. Teacher
  - f. Two community members
  - g. Two students

17. **SUBSTANCE POSSESSION/USE:** Significant findings in health research have confirmed the undesirability of using tobacco, alcohol, marijuana, and other controlled substances. Unfortunately, education and reasoning alone are not always sufficient to deter youngsters from the use of these substances. Therefore, the Athletic Director, and/or Principal must respond to its participants who fail to abstain.

Reports of a violation coming from a district employee, an adult acting as a chaperone, a law enforcement officer or agency, or a parent/legal guardian of a student involved in an alleged violation, will be investigated.

**FIRST VIOLATION:** A first offense involving possession of documented use of tobacco, alcohol, marijuana or other controlled substances during any season of participation will result in an initial investigation and the accused student meeting with the Athletic Director and/or Principal. If the student is found to be guilty, the following penalties will be imposed: (1) the student will be suspended for four games during that season. During this time, the student will be required to attend and participate in all practices and sit with the team at games, (2) the student will be required to consult with the Counselor and/or School Psychologist for an assessment, and the student will receive appropriate prevention education or counseling before being eligible to participate in any activity.

**NOTE:** For every practice missed during the suspension, the student will be suspended one additional game for each practice missed. If the student misses a full week of practice, they will be suspended for the rest of the season. The four-game suspension will carry over into the next season that the student participates in if the suspension falls at the end of the season. (Example: if the student is suspended with only two games left in soccer, the four-game suspension will carry over into basketball season and the student will be suspended for the first two basketball games). If the student admits their guilt, there will be an informal meeting with the Athletic Director and/or Principal and parents. The above penalties will then be imposed.

**SECOND VIOLATION:** Serious documented accusations of a second substance possession/use offense by the same student during the same season or any other season, from 7<sup>th</sup> grade until graduation, will result in the accused student meeting again with the Athletic Director and/or Principal. If the student is found guilty, a suspension from all sports for one calendar year plus one season will be imposed. (Example: If the student was found guilty for the second time during the winter season, they will not be allowed to participate in the spring, following fall and the following winter seasons).

Students attending parties where alcohol or drugs are being used will be suspended for a minimum of two contests, depending on the Athletic Director and/or Principal's recommendation.

**THIRD VIOLATION-** The Student/Athlete will no longer be able to participate in any athletics for the remainder of their time in school.

**18. APPEAL PROCESS:**

- a. A student or the students' parents may appeal against the action taken by the investigator and the proposed reprimand in **writing** within five (5) school days to the Principal.
- b. Once notified of an appeal the district will convene the Athletic Committee within five (5) School days to hear the case.
- c. The committee will include:
  - i. Principal or Assistant Principal or Principal Designee
  - ii. Athletic Directors from Scio and Friendship or Designee
  - iii. Coach not involved in the appeal
  - iv. Teacher of the person appealing
  - v. Student Council President or Vice-President or Designee  
\*\*\* Representatives will be selected from the appealing student-athlete's home school.
- d. The hearing will be conducted involving the coach of the sport involved, witnesses, the student/athlete, and the parents of the student/athlete if they wish to be involved. All shall be able to testify and ask witnesses questions to explore the matter.
- e. A decision shall be reached by a majority vote of the Athletic Committee and a written notice of the results shall be sent to the athlete, coach, Superintendent of Schools.
- f. If a student is dissatisfied with the decision of the Athletic Committee, the matter may be appealed in writing within five (5) school days to the Board of Education. The appeal shall be directed to the Superintendent. The Board of Education decision is final, and the case will be closed.

\*\*\* Students appealing a substance abuse suspension may not practice or play during the appeals procedure.

\*\*\* Students appealing a non-substance abuse suspension may practice and play during the appeals procedure, with severe cases having the final decision from the superintendent and principal if they are able to participate during.

19. **INSURANCE COVERAGE:** The District's Student Accident policy has a \$100 deductible, and a \$25,000 Maximum Medical Benefit. This policy is supplemental to the student's own health insurance coverage and is limited in the amount of coverage that is provided.

## **SPORTSMANSHIP**

The Friendship/Scio Athletic program is committed to promoting the proper ideals of sportsmanship, ethical conduct and fair play in all inter-school activities. We will oppose instances and activities which run counter to the best values of athletic competition in order to ensure the well-being of all individual players. We will expect acceptable standards of good citizenship and propriety with proper regard for the rights of others.

We are further committed to the belief that schools participating in inter-school activities should be held responsible for their players, coaches, faculty members and spectators' conduct. Conduct which is detrimental to the educational value of athletic activities may be deemed just cause for the school's reprimand, probation, suspension from a particular sport or suspension from sectional activities.

### **PARENT/SPECTATOR CODE OF BEHAVIOR/ETHICS**

It is the responsibility of the parent/spectator to:

1. Keep cheering positive. There should be no profanity or degrading language/gestures.
2. Avoid actions which offend visiting teams or individual players.
3. Show appreciation of good play by both teams.
4. Learn the game rules to be a better-informed spectator.
5. Treat all visiting teams in a way you would expect to be treated.
6. Accept the judgment of coaches and officials.
7. Encourage other spectators to participate in the spirit of good sportsmanship.
8. Avoid the use, abuse and resulting negative influence of drugs, including alcohol and tobacco.

### **STUDENT/ATHLETE CODE OF BEHAVIOR/ETHICS**

It is the responsibility of the student/athlete to:

1. Show self-control and respect towards officials, spectators, or other athletes.
2. Remember that athletics participation is a privilege not to be abused by unsportsmanlike conduct.
3. Deal with opponents with respect. Shake hands after the competition and congratulate them on their performance.
4. Respect the integrity and judgment of the officials.
5. Remember that improper behavior while in uniform reflects poorly upon yourself, your family, your school, and your community.
6. Understand and abide by the rules and regulations of the game.
7. Accept victory with grace and defeat with dignity.
8. Remember that the use, abuse and negative influence of drugs, including alcohol and tobacco, is detrimental to the game and its participants.



## COACHES CODE OF BEHAVIOR/ETHICS

It is the responsibility of the coach to:

1. Promote good sportsmanship by setting a positive example while coaching your athletes.
2. Respect the integrity and judgment of the sports officials.
3. Approach competition as a healthy and constructive exercise, not as a life and death struggle that requires victory at any price.
4. Recognize that the participants in individual or team sports are young men and women with human frailties and limitations, who can make mistakes.
5. Refrain from the use of crude or abusive language with players, opponents, officials or spectators.
6. Instruct the players in the elements of good sportsmanship and remove players from competition who demonstrate unsportsmanlike behavior.
7. Avoid behavior that will incite players, opponents or spectators.
8. Avoid and eliminate negative comments from radio, TV and newspaper reporters.
9. Avoid the use, misuse and negative impact of drugs, including alcohol and tobacco, on the players, spectators and the game.

## TOBACCO POLICY

**To comply with Federal and State Law and to acknowledge the dangers of smoking, particularly in an environment where children are present, the Friendship and Scio Central School Districts prohibits the use of tobacco products and electronic products, including but not limited to smoking, vapes and chewing tobacco in all school facilities, on all school grounds, and in any vehicle on school grounds.**

## Communication Guidelines for Student-Athlete/Parent/Coach

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide great benefit to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

### Communication You Should Expect from Your Child's Coach

1. Philosophy of the coach and program.
2. Expectations the coach has for your child, as well as the entire team.
3. Locations and times of all practices and games.
4. Team requirements, i.e. special equipment, off-season expectations, etc.
5. Procedure should your child be injured during participation.
6. Disciplinary action(s) that may result in the denial of your child's participation.

### Communication Coaches Expect from Parents

1. Concerns expressed directly to the coach only after the student/athlete has talked with the coach.
2. Notification of any schedule conflicts well in advance.
3. Concern about a coach's philosophy and/or expectations.

### Appropriate Concerns to Discuss with Coaches

1. The treatment of your child, mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

It is very difficult to accept your child's not playing as much as you may hope. Coaches are professionals and make judgment decisions based on what they believe is the best for all students involved. As you have seen from the list above, certain things can and should be discussed with your child's coach. Other things, such as those listed below, must be left to the discretion of the coach.

### Issues Not Appropriate to Discuss with Coaches

1. Playing time.
2. Team strategy and/or play calling.
3. Other student/athletes.

There are situations that may require a conference between the coach and the parents. These are to be encouraged. It is important that both parties involved have a clear understanding of the others' position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

### Procedure To Follow to Discuss a Concern with a Coach

1. Student-Athlete to contact the coach first in an attempt to resolve the situation. Call and set up an appointment with the coach.
2. If the resolution is not reached the parent is to contact the coach to set up an appointment with the coach.
3. If the coach cannot be reached, call the Athletic Director to help arrange a meeting.
4. **Please do not attempt to meet with a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.**

### What Can a Parent Do If the Meeting with the Coach Did Not Provide a Satisfactory Resolution?

1. Call the Athletic Director to make an appointment. The parent/guardian, coach, and Athletic Director will meet to discuss the problem.
2. At this meeting, the appropriate next step can be determined.

**We hope the information provided will help make you and your child's experience with the Friendship/Scio Athletic Program less stressful, more enjoyable, as well as rewarding.**

## **Friendship/Scio Central School Sports Awards**

### **MODIFIED SPORTS**

- Each participant in Modified Sports will receive a Certificate of Participation.
- Each participant is eligible for the following awards:
  - Most Dedicated Player Award
  - Most Improved Player Award

### **JUNIOR VARSITY SPORTS**

- Each participant in Junior Varsity Sports will receive a Certificate of Participation and a sports pin specific to the sport they participated in.
- Each Freshman will receive a chenille letter "S".
- Each participant is eligible for the following awards:
  - Most Dedicated Player Award
  - Most Improved Player Award

## **VARSIY SPORTS**

- Each participant in Varsity Sports will receive a Certificate of Participation and a sports pin specific to the sport they participated in.
- Each participant is eligible for the following awards:
  - Most Valuable Player Award
  - Most Improved Player Award
  - NYS Scholar Athlete Awards (individual pins for each sport)
  - Friendship/Scio Scholar Athlete Award
- Friendship Male and Female Athlete of the year
  - iii. Must participate in at least 2 varsity sports
  - iv. Committee of coaches nominates candidates
  - v. If multiple candidates, a scoring rubric will be used to determine the winner

## **SCIO SENIOR AWARDS**

- 3 Sports Athlete Plaque – for participation in 3 sports throughout grades 9-12
- Ralph Root Memorial Award (male and female)
- Dr. Louis T. DiGirolamo Sportsmanship Award – basketball (male and female)
- Carl Perkins Memorial Award – track (male and female)
- Blaine Austin Sportsmanship Award – track (male and female)

July 1, 2022

Dear Parents/Guardians,

The [Dominic Murray Sudden Cardiac Arrest Prevention Act](#) is a new law as of July 1, 2022. This law requires schools, students, and parents/guardians have information on sudden cardiac arrest risks, signs, and symptoms. Please note that sudden cardiac arrest in children and youth is rare. The incidence of sudden cardiac death (SCD) on the playing field is 0.61 in 100,000.<sup>1</sup>

Sudden Cardiac Arrest (SCA) is an emergency that happens when the heart suddenly stops working. SCA can cause death if not treated immediately, and even with treatment death may occur. Immediate treatment is cardiopulmonary resuscitation (CPR) and use of an automatic external defibrillator (AED). All public schools must have a staff member trained in the use of CPR and AED in school and at all school athletic events.

Preventing SCA before it happens is the best way to save a life<sup>1</sup>. Both your family health history and your child's personal history must be told to healthcare providers to help them know if your child is at risk for sudden cardiac arrest. Ask your child if they are having any of the symptoms listed below and tell a healthcare provider. Know your family history and tell a healthcare provider of any risk factors listed below.

**The signs or symptoms are:**

- Fainting or seizure, especially during or right after exercise or with excitement or startled
- Racing heart, palpitations, or irregular heartbeat
- Dizziness, lightheadedness, or extreme fatigue with exercise
- Chest pain or discomfort with exercise
- Excessive shortness of breath during exercise
- Excessive, unexpected fatigue during or after exercise

**Student's Personal Risk Factors are:**

- Use of diet pills, performance-enhancing supplements, energy drinks, or drugs such as cocaine, inhalants, or "recreational" drugs.<sup>2</sup>
- Elevated blood pressure or cholesterol
- History of health care provider ordered test(s) for heart related issues

**Student's Family History Risk Factors are:**

- Family history of known heart abnormalities or sudden death before 50 years of age
- Family members with *unexplained* fainting, seizures, drowning, near drowning or car accidents before 50 years of age
- Structural heart abnormality, repaired or unrepaired
- Any relative diagnosed with the following conditions:
  - Enlarged Heart/ Hypertrophic Cardiomyopathy/Dilated Cardiomyopathy

---

<sup>1</sup> Maron BJ, Doerer JJ, Haas TS, et al. Sudden deaths in young competitive athletes: analysis of 1866 deaths in the United States, 1980-2006. *Circulation* 2009;119:1085-92. 10.1161/CIRCULATIONAHA.108.804617

<sup>2</sup> [SCA Prevention Toolkit – Eric Paredes Save A Life Foundation \(epsavealife.org\)](#)

- Arrhythmogenic Right Ventricular Cardiomyopathy
- Heart rhythm problems, long or short QT interval
- Brugada Syndrome
- Catecholaminergic Ventricular Tachycardia
- Marfan Syndrome- aortic rupture
- Heart attack at 50 years or younger
- Pacemaker or implanted cardiac defibrillator (ICD)

SCA in students at risk can be triggered by athletic activities. To decrease any chance of SCA in a student, the [Sample Recommended NYSED Interval Health History for Athletics](#) must be completed and signed by a parent/guardian before each sports season unless a physical examination has been conducted within 30 days before the start of the season. This form has questions to help identify changes since the last physical examination or health history was completed. School personnel may require a student with health or history changes to see a healthcare provider before participating in athletics.

Finally, the law requires any student who has signs and symptoms of pending SCA be removed from athletic activity until seen by a **physician**. The physician must provide written clearance to the school for the student to return to athletics. Please contact the State Education Department's Office of Student Support Services for questions at [studentsupportservices@nysed.gov](mailto:studentsupportservices@nysed.gov) or 518-486-6090.

## Site Directory

ALFRED-ALMOND – 6795 NY-21  
Almond, NY 14804

ANDOVER – 31-35 Elm Street  
Andover, NY 14806

ARKPORT – 35 East Ave.  
Arkport, NY 14807

AVOCA – 17 Oliver Street #29  
Avoca, NY 14809

BELFAST – 1 King St.  
Belfast, NY 14711

BOLIVAR-RICHBURG – 100 School Street  
Bolivar, NY 14715

Main Street  
Richburg, NY 14774

CANASERAGA – 8 Main Street  
Canaseraga, NY 14822

CANISTEO – 120 Greenwood Street  
Canisteo, NY 14823

COHOCTON - 30 Park Ave.  
Cohocton, NY 14826

CUBA-RUSHFORD – MS/HS  
5476 Rt. 305  
Cuba, NY 14727

Elementary  
15 Elm Street  
Cuba, NY 14727

FILLMORE - 104 West Main Street  
Fillmore, NY 14735

FRIENDSHIP – 46 West Main Street  
Friendship, NY 14739

GENESEE VALLEY – 1 Jaguar Drive  
Belmont, NY 14813

HAMMONDSPORT – 8272 Main Street  
Hammondsport, NY 14840

HINSDALE – 3701 Main Street  
Hinsdale, NY 14743

HOUGHTON ACADEMY – 9790 Thayer Street  
Houghton, NY 14744

JASPER-TROUPSBURG – 2661 State Route 248  
Greenwood, NY 14839

KESHEQUA – 13 Mill Street  
Nunda, NY 14517

LIMA-CHRISTIAN – 1574 Rochester Street  
Lima, NY 14485

NORTHSTAR CHRISTIAN – 332 Spencerport Rd.  
Rochester, NY 14606

PORTVILLE - - 500 Elm Street  
Portville, NY 14770

PRATTSBURGH – 1 Academy Street  
Prattsburgh, NY 14873

<u>WELLSVILLE</u> – MS/HS	Elementary
126 West State Street	50-98 School Street
Wellsville, NY 14895	Wellsville, NY 14895

WHITESVILLE – 692 Main Street  
Whitesville, NY 14897