

# **CHAUTAUQUA LAKE CENTRAL SCHOOL DISTRICT**

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## **PURSUIING VICTORY**



## **WITH HONOR**

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# **ATHLETIC HANDBOOK**

**(FOR STUDENT-ATHLETE, PARENT & COACH)**

## **2024 – 2025**

**(Updated 8/1/24)**



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## **INTRODUCTION & PHILOSOPHY**

The Chautauqua Lake athletic department believes that interscholastic athletics is an integral component of our educational system. The goal of the athletic department is to provide our student-athletes with the opportunity to excel in teamwork, sportsmanship, self-discipline and moral character while actively developing their athletic talents to the best of their abilities.

Athletic programs at Chautauqua Lake Central School District are comprehensive and varied, offering athletic opportunities to all students. We believe that athletic participation is influential in helping students develop a strong self-image as well as a healthy lifestyle. Outside of the physical benefits attained from participation in athletics our student-athletes will develop core character values such as responsibility, respect, integrity, and leadership. These core character traits are invaluable and help in the overall development of our students.

Chautauqua Lake coaches strive to be positive role models who display in-depth knowledge of their assigned sport, an ability to teach, strong leadership, and a vested interest in the development of their student-athletes. Success and athletic achievement will emerge as an outgrowth of ethical coaching and healthy competition.

The Chautauqua Lake Athletic Department believes the pursuit of excellence on the playing field coincides directly to the pursuit of excellence in the classroom, and the combination of the two endeavors lends itself to a well-rounded educational experience. The results of our investment in Chautauqua Lake interscholastic athletics will be healthy and conscientious adults who contribute to their community in a positive manner.

Sincerely,

Dr. Joshua Liddell  
Superintendent  
Chautauqua Lake Central School District

**PARENT ACKNOWLEDGEMENT OF ATHLETIC POLICIES (AFFIDAVIT)**

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Upon entering the Chautauqua Lake Central School District or at the time a student tries out for an athletic team, the student athlete and parental guardian are required to review the handbook containing all the necessary forms and information for participating in the athletic program.

The Athletic Handbook can be viewed on-line and if needed, a hard copy may be attained from the Athletic Office.

## GOALS & EXPECTATIONS

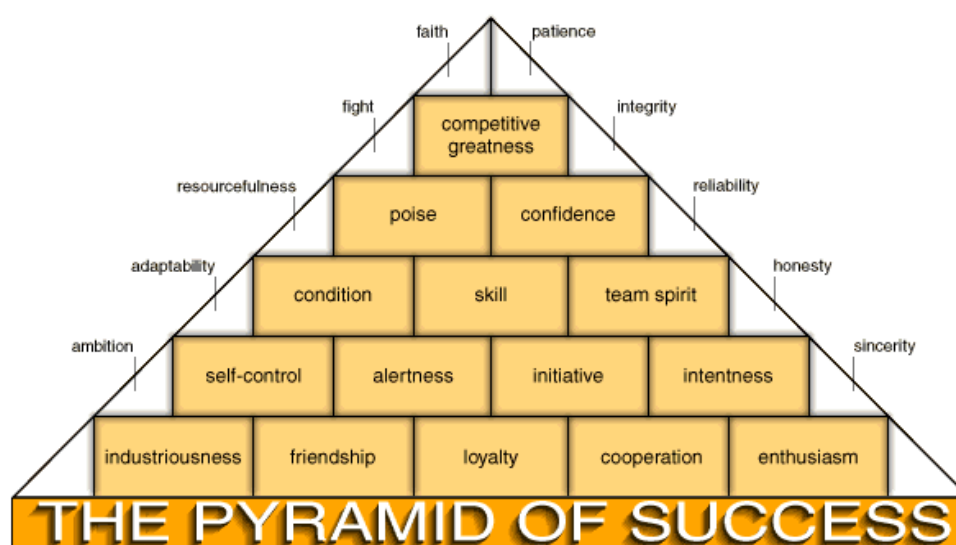
### GOALS OF THE ATHLETIC PROGRAM

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The Chautauqua Lake Central School athletic program is designed to allow for the student-athlete to participate at their level of readiness while building their skill set and developing a healthy competitive spirit. Sportsmanship and team play are priorities at every level. The athletic program will structure itself around the ideals set forth in the Pyramid of Success.

**success is peace of mind which is a direct result of self-satisfaction in knowing  
you did your best to become the best that you are capable of becoming**

John R. Wooden, Head Basketball Coach, Emeritus, UCLA



It is expected that Modified, Junior Varsity and Varsity coaches of the same sport will meet on a regular basis to communicate and unify the drills and philosophies necessary for long-term success.

### GOALS OF THE MODIFIED PROGRAM

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The Modified program is designed to lend itself to the development of a competitive spirit tempered by an emphasis on player participation. For many student-athletes, this is the first introduction to competitive sports, different from recreation in its demands and philosophy.

- Gaining experience through training and play should be paramount, not the win/loss record.
- Focus is on learning athletic skills and game rules, fundamentals of team play, social-emotional growth, physiologically appropriate demands on the adolescent body, and healthy competition.
- Learning the basic skills of each sport will be stressed upon all players.
- All players will receive playing time, as safety and positive participation in practice allow.



## **GOALS OF THE JUNIOR VARSITY PROGRAM**

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The Junior Varsity program is designed to lend itself to increased interscholastic competition and winning. It provides an increased level of competition with an emphasis upon team play, physical conditioning, and refinement of basic skills.

- Although being successful on the JV level is important, winning is not the sole objective.
- This is the level at which the student-athlete displays his/her readiness for the execution of skills at game speed.
- Athletic abilities, commitments, and positive attitudes will be rewarded and tested in competitive game situations.
- An attempt will be made to allow as many participants as possible to play but not all will play equally. At the JV level, playing time will be based on the degree of effort, skill improvement, ability to compete and execution of skills at game speed demonstrated by the student-athlete in practice and during games.
- A major focus continues to be the teaching of basic fundamentals of the game and the development of game skills and sportsmanship.

## **GOALS OF THE VARSITY PROGRAM**

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The Varsity program is designed to lend itself to an emphasis on winning. The program will never emphasize winning at the expense of the rules of the game, good sportsmanship, or the health and safety of the student-athlete.

- Varsity competition is the culmination of each sport program.
- The Varsity level presents a higher level of competition including a more rigorous schedule.
- A major focus continues to be the teaching of higher-level skills particular to each sport.
- A sound attitude and advanced level of skill are prerequisites for a position on a varsity team, as is the realization that a varsity sport requires a six-day-a-week commitment. This commitment is often extended into vacation periods for all sport seasons.
- While contests and practices are rarely held on holidays or Sundays, the dedication and commitment needed to conduct a successful varsity program should be taken seriously.
- Roster size at the varsity level is limited. The number of participants on any given team is a function of the number needed to conduct an effective and meaningful practice and to play the contest.
- It is vital that each team member have a role and be informed of its importance. The number of roster positions is relative to the student-athletes, acceptance of their individual roles in pursuit of the team's goals. While contest participation over the course of a season is desirable, a specified amount of playing time at the varsity level is never guaranteed. It is the coach's responsibility to make clear to the student-athlete what his/her role is on the team.
- Each student-athlete's performance is constantly assessed on the basis of improvement both during a practice or contest.

## **EAGLE ATHLETICS EXPECTATIONS OF THE STUDENT-ATHLETE**

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The student-athletes of Chautauqua Lake Central School will be committed to the school athletic program on and off-season by:

- Strictly adhering to all policies and rules set by the school and team.
- Recognizing that participation in athletics is a privilege and participating enthusiastically.
- Giving maximum effort at all times - in the classroom as well as on the athletic field.
- Pursuing academic excellence through good attendance, participation, effort and behavior.
- Striving for team success above personal achievement while making appropriate personal sacrifices for the good of the team.
- Managing their time to balance the demands of schoolwork, athletics and other commitments to give sufficient time and energy to all activities. If that balance cannot be achieved, the student-athlete will need to re-evaluate their commitments.
- Being committed to skill development in their sport.
- Obeying specific practice and training rules of their team – as determined by the coaching staff.

The student-athletes of Chautauqua Lake Central School will communicate openly and honestly with respect for coaches, teammates, parents, officials and opponents by:

- Being coachable and open to constructive feedback
- Sharing appropriate individual and team concerns with the coaching staff
- Exhibiting pride in their team and school by supporting other sports, programs and school activities.

The student-athletes of Chautauqua Lake Central School will demonstrate good citizenship and sportsmanship by:

- Behaving with integrity at all times and showing respect for other students, teammates, opponents, officials, fans, etc.
- Refraining from using profanity, abusive language or gestures.
- Understanding and abiding by the rules and regulations of the game and respecting the integrity and judgment of the officials.
- Avoiding using illegal tactics to gain an undeserved advantage.
- Playing with dignity. Being modest in victory and gracious in defeat.
- Caring for all equipment as if it were their own property
- Accepting the responsibility as a role model for others – both on and off the field.

The student-athletes of Chautauqua Lake Central School will develop and maintain strong mental and physical (health) behaviors by:

- Setting challenging and realistic goals.
- Developing a positive attitude.
- Practicing self-discipline, self-control and mutual respect.
- Dealing with challenges in a positive manner.

**EAGLE ATHLETICS CONDUCT OF THE PARENT AND  
COMMUNICATION PROCEDURES**

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1. Communicating openly, honestly, and with respect
2. Communicating issues and concerns in an appropriate and timely manner. Coaches are not to be approached immediately preceding, during or immediately following competition. Please wait until the next day to contact the coach regarding any and all concerns.
3. Follow the appropriate chain of communication:
  - 1<sup>st</sup> – Parent and Student-Athlete
  - 2<sup>nd</sup> – Parent and Coach/Assistant Coach
  - 3<sup>rd</sup> – Parent and Supervisor of Athletics/Principal
  - 4<sup>th</sup> - Parent and Superintendent
4. Attending parent meeting and read information disseminated by the coaching staff.
5. Provide support for coaches and officials in order to provide a positive, enjoyable experience for all student-athletes.
6. Recognize that student participation in athletics is a privilege.
7. Use good sportsmanship as a spectator and conduct yourself in a manner that reflects well on both the team and the school.
8. Promote the team by being supportive and helpful of the school athletic program.
9. Refrain from coaching their student-athlete from the stands or the sidelines.
10. Expect consistent student-athlete attendance at practices and games.
11. Refrain from derogatory comments directed toward teammates, officials and coaches in person and on all social media platforms.
12. Be positive and let your student-athlete know that something good is being accomplished simply by being part of a team.
13. Insist on an academic commitment from your student-athlete while providing support in planning how to meet their academic responsibilities given the demands of training and practice.
14. Encourage your student-athlete to work hard and to do their best while not criticizing coaches.
15. Support good conditioning and healthy lifestyle habits.
16. Be a role model for other parents by remaining positive at sporting events.
17. Maintain a positive attitude and positive behavior at all athletic events.
18. Refrain from verbal or physical threats or abuse of any coach, parent, participant, official or other attendee.
19. Control your emotional well-being in order to avoid any type of altercation with coach, parent, participant, official or other attendee.
20. Assist your student-athlete in adhering to all rules set by the school and team.

## **EAGLE ATHLETICS CONDUCT OF THE PARENT AND COMMUNICATION PROCEDURES**

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### **Parent/Coach Relationships**

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 greater benefit to student-athletes. As parents, when your student-athletes become involved in our athletic program, you have a right to understand what expectations are placed on your student-athlete. This begins with clear communication from the coach of your student-athletes program.

### **Communication You Should Expect From Your Student-athletes' Coach**

1. Philosophy of the coach/program.
2. Expectations the coach has for your student-athlete as well as all the players on the squad.
3. Locations and times of all practices and contests.
4. Team requirements (i.e. – fees, special equipment, off-season conditioning, etc.)
5. Procedure if your student-athlete becomes injured during participation.

### **Communication That Coaches Expect From Parents**

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concern in regard to a coach's philosophy and/or expectations.

As your student-athletes become involved in the athletic program at Chautauqua Lake, they will experience some of the most rewarding moments of their lives. It's important to understand that there will also be times when things do not go the way you or your student-athlete wishes. At these times, discussion with the coach is encouraged.

### **Appropriate Concerns to Discuss With Coaches**

1. The treatment of your student-athlete, mentally and physically.
2. Ways to help your student-athlete improve.
3. Concerns about your student-athletes behavior.

It is very difficult to accept that your student-athlete is not playing as much as you may hope. But remember that, Coaches are professionals. They make judgment decisions based on what they believe to be best for all students-athletes involved. As you have seen from the list above, certain things can and should be discussed with your student-athlete coach. Other things, such as those that follow, must be left to the coaches.

### **Issues Inappropriate to Discuss With Coaches**

1. Playing time.
2. Team strategy.
3. Play calling.
4. Other student-athletes.

There are situations that may require a conference between the coach and the parent. 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.

## **EAGLE ATHLETICS CONDUCT OF THE PARENT AND COMMUNICATION PROCEDURES**

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### **If You Have a Concern to Discuss With a Coach, the Procedure You Should Follow:**

Contact the coach, via phone or e-mail, to set up a face-to-face meeting. If the coach cannot be reached, call the Athletic Secretary/Supervisor of Athletics. S/he will set up a meeting with the coach for you.

### **Please Do Not Attempt To Confront a Coach Before Or After a Contest or Practice.**

These can be stressful times for both the parent and the coach. Meetings/Confrontations of this nature can only promote conflict and do not foster resolution.

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

Call and set up a meeting with the Athletic Secretary/Supervisor of Athletics to discuss the situation. At this meeting, the appropriate next step can be determined.

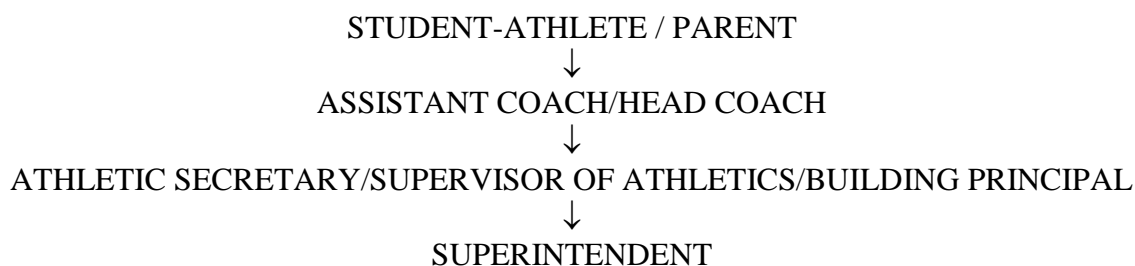
### **Concerns/Problems**

Any student-athlete or parent who has a concern or problem with any aspect of their athletic experience is encouraged to communicate with the individual coach as soon as possible. Please do not let a problem that is of concern go on for a long period of time before addressing it. In most situations, a conversation with the coach will help to clear up the problem quickly. If after your conversation with the coach, you wish to discuss it further please call the Athletic Secretary/Supervisor of Athletics.

**NOTE:** Only after meeting with the Supervisor of Athletics and Building Principal, may a meeting to discuss an athletic-related issue be made with the Superintendent.

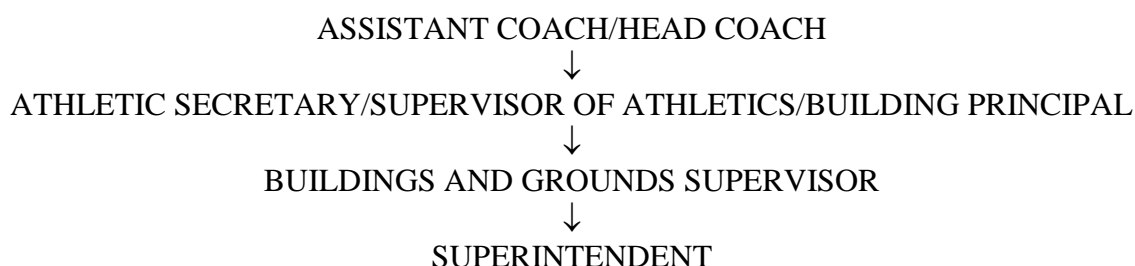
### **Chain of Communication**

If you have a question, problem, or concern regarding athletics at Chautauqua Lake Central School, the following is the appropriate chain of communication to follow:



### **Concern regarding Buildings and Grounds**

If you have a question, problem, or request regarding Building and Grounds the following is the appropriate chain of communication to follow:



**EAGLE ATHLETICS CONDUCT OF THE PARENT AND  
COMMUNICATION PROCEDURES**

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**The Parent or Guardian agrees to:**

- 1. Abide by the Conduct of the Parent and Communications Procedures at all athletic events involving Chautauqua Lake Central School.
- 2. Encourage good sportsmanship by personally demonstrating positive support for all players, coaches, and game officials.
- 3. Treat all players, coaches, fans, and officials with respect, regardless of race, sex creed or ability.

I/we, the parent(s) or guardian of the student athlete, acknowledge that I/we have read the terms of the Code of Conduct. I/we agree to conduct myself/ourselves according to the terms of this Code of Conduct. I/we also understand and agree that any violation of this code of conduct will be cause for suspension or permanent expulsion from future athletic contests. I have read, understand, and agree to the Code of Parent Conduct.

Name of Student-Athlete:

\_\_\_\_\_

Parent/Guardian Name (printed) Parent/Guardian Name (signed)

\_\_\_\_\_  
(Printed) (Signed)

\_\_\_\_\_  
(Printed) (Signed)

\_\_\_\_\_  
(Printed) (Signed)

\_\_\_\_\_  
(Printed) (Signed)

Date: \_\_\_\_\_

Please detach this entire page and return this form to the appropriate coach or to the Secondary Office.

## **EXPECTATIONS OF THE COACH**

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The coaches of Chautauqua Lake Central School will maintain a role of coach as professional and will keep the role of coach in proper perspective by:

- Creating a safe, secure, and well-supervised environment for all student-athletes.
- Establishing high expectations while developing and communicating clear and specific goals for the team and individual players.
- Maintaining open and honest communication with students, parents, faculty, staff and other coaches.
- Providing leadership that includes discipline, respect, and praise.
- Supporting student-athlete academic expectations, responsibilities, and achievements.
- Developing and demonstrating a good knowledge base of best practice specific to their coaching arena.
- Supporting and collaborating with coaches in other athletic programs – encouraging student-athletes to participate in as many athletic activities as they may desire. No student-athlete will be encouraged to participate in one sport over another.
- Taking advantage of any professional development opportunity when school funds are available for such.
- Developing the knowledge and understanding all policies and rules set by the school.

The coaches of Chautauqua Lake Central School will be positive role models in personal management, appearance, ethics and behavior by:

- Instilling an enthusiastic commitment to excellence.
- Being a living example of sound personal values and good sportsmanship both on and off the playing arena.
- Leading with dignity. Being modest in victory and gracious in defeat.
- Not using, or allow the use by others, of profanity, abusive language or gestures.
- Avoiding behavior in game situations that will incite players, opponents or spectators.
- Understanding and abiding by the rules and regulations of the game and respecting the integrity and judgment of the officials.
- Promoting and teaching only ethical, aggressive and fair play, while stressing good sportsmanship at all times.
- Providing an atmosphere of teamwork and collaboration among coaches and players.
- Properly using and caring for school owned equipment associated with their sport.
- Becoming an integral part of, and developing rapport with, the Chautauqua Lake Central School community including administration, faculty, staff, coaches, parents, and students.
- Creating and maintaining a safe and healthy environment for student-athletes.
- Understanding their leadership style and its impact on student-athletes.
- Following the appropriate purchasing procedures to procure goods and services for their program.

## **EXPECTATIONS OF THE FAN / SPECTATOR**

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The fans/spectators of Chautauqua Lake Central School will be an example of positive encouragement while supporting our student-athletes coaches and officials by:

- Knowing and demonstrating the fundamentals of sportsmanship and good behavior.
- Respecting, cooperating and responding enthusiastically to the cheerleaders, coaches and student-athletes of all teams.
- Censuring fellow spectators whose behavior is inappropriate.
- Being positive toward players and coaches regardless of the outcome of the contest.
- Respecting the judgment and the professionalism of the officials, coaches and players and extending all courtesies to them.
- Refraining from feet stomping, disrespectful remarks/chants/signs, and the use of noisemakers.
- Obeying the regulations of the school. Those who do not conform will be brought to the attention of the school authorities.
- Understanding that schools are responsible for the conduct of their respective spectators, *whether at home or away.*

## **NYSPHSAA CODE OF ETHICS**

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It is the duty of all concerned with interscholastic athletics:

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



## **NYSPHSAA CODE OF CONDUCT**

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1. A genuine interest in and enjoyment of interscholastic competition requires conduct that reflects the understanding that contests as a part of an overall school program are intended to be enjoyed. Behavior that reflects a winning at all cost attitude violates this standard.
2. Interscholastic competition provides valuable lessons and learning experiences that are not possible in the regular classroom setting. All involved must support the need to develop the ability to compete with enthusiasm and to accept winning with grace and losing with dignity.
3. Coaches, players, and fans should know that participation is an honor and privilege, which requires them to conduct themselves in a manner that brings honor and pride to their school and community.
4. Respect for the cultural and ethnic diversity of one's opponents, their school, and community is a fundamental tenet of wholesome athletic competition. This standard suggests that planned activity is needed to demonstrate a warm and friendly welcome, mutual respect, and a genuine readiness to participate in a sportsmanlike manner.
5. Players should demonstrate both knowledge of the rules and respect for game officials and their decisions. Coaches and school officials have the responsibility to teach and encourage these attributes.

## **ELIGIBILITY & PARTICIPATION**

### **SUMMARY of the N.Y.S.P.H.S.A.A. ELIGIBILITY RULES**

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A student is eligible to participate:

- If they are a high school student in regular attendance in grade 9, 10, 11, or 12 and taking four subjects plus physical education.
- If the age of 19 years is reached on or after July 1, the student may continue to participate during that school year in all sports.
- If their parents and doctor approve.
- If they have not played more than four consecutive sports seasons after first entering grade 9.
- A student in grades 9-12 who transfers, with a corresponding change in residence of his/her parents, shall become eligible after starting regular attendance in the second school.
- A student who participates in any unapproved all-star contest shall be ineligible to compete in interschool athletics in all sports for a period of one year from the date of such participation.
- If they have not played or practiced with a college team.
- If they are an amateur and have never used their athletic skill for gain, (payment of any form) and if they have never competed under an assumed name.
- If they are familiar with the rules of the game and the standards of sportsmanship.
- If the student-athlete has the appropriate amount of practices prior to a scrimmage/game.
- Student-athletes must compete in a minimum amount of contests to be eligible for post-season play.
- Student-athletes that represent Chautauqua Lake Central School can only compete in N.Y.S.P.H.S.A.A. sanctioned interscholastic contests and they are allowed to participate in a maximum amount of contests.
- A student in grade 7th and 8th grade is eligible for Modified competition. One is ineligible when the sixteenth birthday is attained; however, if a student attains the sixteenth birthday during a sport season s/he may complete that season.

### **WHAT MUST BE DONE BEFORE THE FIRST PRACTICE?**

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The following items are to be completed by the student-athlete and parent/guardian before the first practice with any team:

- Take and pass a health examination (physical) and have record of exam on file in the Health office
- Meet academic eligibility requirements
- Attend pre-season team meeting.

- Complete the following athletic forms online (FamilyID) before practice begins: Athletic Handbook Affidavit, Athletic Parental Permission Affidavit, Athletic Pledge Affidavit, Emergency Information & Consent Form, Student-Athlete Medical History Form, Student-Athlete Media Release Form.
- **Transfer students** must have athletic transfer paperwork filed in the athletic office and academic transfer paperwork filed in the appropriate school guidance office. Transfer students new to the Chautauqua Lake Central School District cannot participate in any athletic activity until an athletic transfer is complete.

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## PRACTICE SESSIONS

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Student-athletes are expected to attend all scheduled practice sessions and games unless excused by the coach in conjunction with the parent. You have made a commitment to your sport by being a member of the team and are responsible for the time commitment. Please, whenever possible, make all of your other plans around your sport season. Communicate with the coach, well in advance, all known conflicts. Unexcused absences could/may result in a suspension from participation by the coach.

All practices are to be conducted as “closed” practices. Only persons (students, adults, etc.) associated with the specific sport should be permitted to be at practice. For the benefit of all parties involved, students who are not on a team’s roster may not be at practice. Also, younger siblings waiting for rides are not to attend practices. Parents are expected to contact the coach, in advance, if they would like to attend a practice. Guests must be pre-approved – by the coach or administration.

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## ATTENDANCE AT PRACTICE / GAMES

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Attendance for all games, practices, and try-outs is expected. Student-athletes are expected to be at practices and contests on time, or early. All excused absences require advanced notification from the parent, or student-athlete, to the coach. It must be understood that any time missed may affect the team chemistry and/or personal conditioning, which may result in adjusted playing time.

Coaches understand that excused absences do arise, but it is to be noted that the coach can’t control what happens or doesn’t happen in a player’s absence. Excused absences are not limited to the following and all excused absences are at the discretion of the administration:

- Sickness or injury
- Emergency appointments (doctor, dentist, etc.)
- Religious obligations
- Academic reasons
- Death in the Family
- Court dates
- Doctor or Dentist appointment
- Remedial health treatment
- Impassable roads or weather

Special examinations or tests

(Driver Test – acceptable, Permit Test – unacceptable)

Overlapping athletic seasons (specifically – events scheduled at the same time.)

Family vacations / gatherings where the student-athlete must attend at the parent's request

Other school commitments, such as a field trip

College visitations or appointments

Transfers from another district, meeting N.Y.S.P.H.S.A.A. rules

Any student-athlete who is present in school, but absent or late to the athletic event without prior permission from the coach, will be subject to appropriate disciplinary action.

The disciplinary action may range from a warning, suspension, or dismissal from the team.

No student-athlete will leave the site of an athletic activity without permission from the coach and parent.

Student-athletes are not to arrive any earlier than 15 minutes prior to the start of the team related activity – unless told differently by the coach.

Student-athletes need to have transportation home (i.e. – drive, ride or walk) immediately following the end of the team related activity.

#### **PRACTICE/COMPETITION ON DAY OF SCHOOL HOLIDAYS OR NON-WEATHER-RELATED SCHOOL CLOSINGS**

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Athletic Teams are expected to refrain from holding practice, or meetings of any kind, on the day of a school holiday. However, it is recognized that some extenuating circumstances do apply. For example, Varsity teams participating in playoffs may need to practice, or occasionally compete, on school holidays. When this situation presents itself, the coach must have the practice, or competition, approved by the Supervisor of Athletics and the Grounds Supervisor. (When applicable, approval may be granted in advance of an anticipated occurrence.)

Coaches are encouraged to advise parents of any potential practice, or competition, on a school holiday as early as possible. (Pre-season Parent meeting, etc.)

NOTE: Faculty In-Service, Final Exams, etc. are not considered holidays.

When scheduling practice/competition over a school break, coaches must complete a facility usage form requesting use of the district facilities.

#### **PRACTICE/COMPETITION ON DAY OF WEATHER-RELATED SCHOOL CLOSINGS**

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Athletic Teams are prohibited from holding practice, or meetings of any kind, on days that school is cancelled due to severe weather. This includes days on which classes are held but after-school activities are cancelled.

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## **VACATION POLICY (PARTICIPATION DURING SCHOOL-BREAK)**

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### **Games/Practices During School-Wide Mid-Winter Spring Recess:**

Teams may hold practices/competitions during an extended school-break. Coaches should not penalize student-athletes who are unable to attend games and or practices during school-wide mid-winter and spring recess. It is understood that under certain circumstances games, matches, meets and practices will be held during these two recess time periods (e.g., playoff games, spring softball trips, etc.).

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## **ILLNESS / FATIGUE DURING SCHOOL**

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Students who spend extended time in the Health Office may be deemed too ill to participate in a practice or a game.

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## **BLOOD DRIVES**

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For safety reasons, while in-season, student-athletes are not permitted to give blood without the permission of their coach. Student-athletes are encouraged to give blood in their off-season, either at school or in their community.

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## **AFTER SCHOOL**

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Student-athletes are encouraged to stay after school to get additional academic assistance or, when available, participate in after school activities. If a student-athlete plans to stay on school property because of a late practice the student-athlete needs to be supervised by an adult. Student-athletes that are unsupervised after school will be referred to the Supervisor of Athletics and/or Building Principal. Chautauqua Lake Central School is not responsible for student-athletes that go off campus while they wait for the start of their practice or game.

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## **FLEX-SCHEDULE (QUALIFYING HIGH SCHOOL STUDENTS)**

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While in-season, student-athletes, who qualify (see student handbook or high school office for copy of current policy), will be allowed to exercise their flex-schedule option in the morning (first block). The same attendance policy will be followed using 9:15 am as the tardy deadline.

For safety reasons, while in-season, student-athletes will NOT be allowed to exercise their flex-schedule option in the afternoon (fourth block).

If problems arise, student-athletes will not be allowed to exercise their flex-schedule option at any time.

## **FRIDAY ABSENCE & WEEKEND PARTICIPATION**

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Student-athletes who are sick (absent) on Friday will be able to participate on the weekend provided they have a note from a parent/guardian no more than twice per athletic season. Patterns of absence will be addressed by the administration.

## **PARTICIPATION BY INELIGIBLE STUDENT-ATHLETES**

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When a student-athlete becomes ineligible, there is a comprehensive communication plan. The student-athlete, parent, and coach are all notified *in writing*. In addition, the student-athlete is met with *in person*. The bottom line is – this should never happen. However, if it does:

1<sup>st</sup> Offense (student-athlete): must sit one additional game

1<sup>st</sup> Offense (coach): probation\*

2<sup>nd</sup> Offense (student-athlete): removed from team

2<sup>nd</sup> Offense (coach): suspension until completion of a superintendent's meeting\*

\*will be notified in writing

## **TRANSPORTATION**

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Chautauqua Lake Central School District will provide transportation to and from all athletic contests. Students wishing to ride home with their parents must be signed out with the coach by their parent/guardian at the end of the event. Any parent/guardian wishing to have their son/daughter ride home with another administrator-approved driver must submit a written permission slip to the school no later than the morning of the event. The school administrator prior to the event must sign the permission slip. The coach cannot grant permission.

A student-athlete who misses a scheduled bus for an away athletic event will not be permitted to participate in that event.

Student-athletes in extenuating circumstances may seek permission to go to a game with their parents or an approved family member. A letter must be written by the parent/guardian and signed off by the Supervisor of Athletics or the Building Principal. This may include, but is not limited to, funeral/bereavement, religious observation and off-campus work-study.

Student-athletes in extenuating circumstances may seek permission to ride home from a game with another administrator-approved driver. A letter must be written by the parent/guardian and signed off by the Supervisor of Athletics or the Building Principal.

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### **EQUIPMENT / UNIFORMS (ISSUING & REPLACEMENT OF)**

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At the beginning of each season the coach will provide student-athletes with school issued uniforms and equipment. Coaches will provide an equipment sign-out form that must be signed, and returned, by both the student-athlete and their parent/guardian. (A copy of this form is included in the athletic forms section of the athletic handbook.)

To be in compliance with all of the rules and regulations of their sport, the coach must approve any piece of uniform or equipment that was purchased by the student-athlete.

It is the responsibility of the student-athlete to return to the coach all clothing and equipment issued to them during the season. The student-athlete will be responsible for maintaining proper care of equipment. Failure to do so will result in the student-athlete paying for a new replacement of the missing articles.

Student-athletes not paying for the missing or damaged articles will forfeit their right to participate in the next sport season or be eligible for any certificate or letter until restitution is made.

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### **OUTSIDE PARTICIPATION**

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The NYSPHSAA allows outside participation in other athletic clubs.

Chautauqua Lake student-athletes must understand that commitment to the school team takes precedence over outside participation. Club participation should not be detrimental to an individual or the team.

There may be circumstances where a student-athlete should not participate in an outside activity due to the possible effect on the team.

A student-athlete should not participate unless s/he checks with the Chautauqua Lake Central School coach first.

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### **ROSTER LIMITS / CUT POLICIES**

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Coaching staffs have their own policies on how they will choose their teams. In some sports, “cutting” a team down to a manageable size is a necessity. This practice has the best interest of all student-athletes in mind. Coaches will explain their policy to student-athletes who are candidates for their team at a pre-season meeting. A student-athlete may be cut from a team at anytime during a season.

A tryout must last at least 2 days and no more than 1 week (7 calendar days). Exceptions must be cleared through the Supervisor of Athletics in advance – before the tryout begins.

In order to maintain a safe environment for all student-athletes, swim team members must be able to, at a minimum, complete all of the following: tread water in the deep end for over 1 minute, swim 25 yards of the pool without having to stop or hold onto the side, and jump (or dive) into the deep end without hesitation. These skills will be evaluated during the first week of practice during the season.

## Complete Listing of Interscholastic Athletic Offerings:

NOTE: Actual Roster Size for each team is determined by the coaching staff and is subject to change from season to season.

**FALL**

*Varsity Football	Roster Limit/Tryouts
<i>*(Participating with Westfield and Brocton Schools)</i>	
*Modified Football	Roster Limit/Tryouts
<i>*(Participating with Westfield and Brocton Schools)</i>	
Varsity Boys' Soccer	Roster Limit/Tryouts
Modified Boys' Soccer	Roster Limit/Tryouts
Varsity Girls' Soccer	Roster Limit/Tryouts
Modified Girls' Soccer	Roster Limit/Tryouts
Varsity Girls' Swimming	Roster Limit/Tryouts
<i>*(Participating with Westfield School)</i>	
Varsity Girls' Tennis	Roster Limit/Tryouts
Varsity Girls' Volleyball	Roster Limit/Tryouts
Junior Varsity Girls' Volleyball	Roster Limit/Tryouts
Modified Girls' Volleyball	Roster Limit/Tryouts

**WINTER**

Varsity Boys Basketball	Roster Limit/Tryouts
Junior Varsity Boys' Basketball	Roster Limit/Tryouts
7 <sup>th</sup> /8 <sup>th</sup> Grade Boys' Basketball	Roster Limit/Tryouts
Varsity Girls' Basketball	Roster Limit/Tryouts
Junior Varsity Girls' Basketball	Roster Limit/Tryouts
7 <sup>th</sup> /8 <sup>th</sup> Grade Girls' Basketball	Roster Limit/Tryouts
Varsity Boys' Bowling	Open Roster
Varsity Girls' Bowling	Open Roster
*Varsity Boys' Wrestling	Open Roster
<i>*(Participating with Westfield, Clymer and Panama Schools)</i>	
*Varsity Girls' Wrestling	Open Roster
<i>*(Participating with Westfield, Brocton, Sherman, Clymer and Panama Schools)</i>	

**SPRING**

Varsity Baseball	Roster Limit/Tryouts
Modified Baseball	Roster Limit/Tryouts
*Varsity Golf	Open Roster
<i>*(Participating with Westfield School)</i>	
Varsity Softball	Roster Limit/Tryouts
Junior Varsity Softball	Roster Limit/Tryouts
Modified Girls Softball	Roster Limit/Tryouts
*Varsity Boys Track & Field	Open Roster
<i>*(Participating with Westfield and Brocton Schools)</i>	
*Varsity Girls Track & Field	Open Roster
<i>*(Participating with Westfield and Brocton Schools)</i>	



## **STUDENT-ATHLETES WHO CANNOT TRYOUT DUE TO INJURY**

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Students who are injured should follow these procedures:

- If a student-athlete is ***injured prior*** to tryouts, a written note from the attending physician detailing the injury, giving specific limitations on activity and estimated date of return to full activity is mandatory and must be given directly to the Supervisor of Athletics and coach in advance of the tryout period.
- If a student-athlete is ***injured during*** tryouts, the same requirements are enforced.

The student-athlete should still report to tryouts to observe until status is officially determined.

After review of the individual case by the Coach and Supervisor of Athletics, the candidate will be advised of their status.

## **CHANGING A SPORT / QUITTING A TEAM**

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If a student-athlete is cut from a team during a tryout, s/he may join another team or program in that athletic season at the discretion of both coaches.

Once a student-athlete has completed a tryout and accepted a roster spot or participated in the minimum qualifying number of practices for a team with an open roster, s/he cannot quit that sport to join another sport. The student-athlete may not participate in another sport until the following athletic season. By accepting a roster spot, a student-athlete has assumed a responsibility and commitment to that team and coach. Dropping out of a sport is strongly discouraged.

When a student-athlete quits or is removed from a sport (note: not cut), the following must be done:

- Student-athlete must notify the head coach in person, by phone or by e-mail. Asking another student-athlete to inform the head coach is not acceptable.
- Head coach must notify the athletic supervisor, building principal and main office.

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## **JOINING A TEAM AFTER THE ATHLETIC SEASON HAS BEGUN**

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Following the start of an athletic season, a student-athlete, who has not tried out for another team, may still join a team at the discretion of that team's coach. The student-athlete must meet all requirements (physical, paperwork, etc.) before participating in a practice and all state mandates (number of practices, etc.) before participating in a competition.

NOTE: A team that has a roster limit and makes cuts may not add student-athletes during the season. Exceptions would include student-athletes that were unable to participate in the try-out (i.e. – transfer students, injured students, etc.) and must be cleared with the Supervisor of Athletics before beginning participation.

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## **DUAL SPORT PARTICIPATION**

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While not encouraged, dual sport participation is permitted under the following conditions:

- a. the student-athlete and his/her family are in favor of competing for 2 sport teams
- b. the coaches of the affected sports are in agreement that this is a desirable situation
- c. the coaches of the affected sports and student-athlete will meet to determine if a schedule for practices and competitions can be mutually agreed upon.
- d. the student-athlete is expected to practice regularly in both sports.
- e. the student-athlete will not be permitted to leave practice early in order to attend a practice in the other sport without the permission of both coaches.
- f. the student-athlete will not be permitted to miss any practices or contests in either sport without the consent of one or both of the coaches.
- g. a prioritized list of contest levels will be established before the first contest of either sport, such as the following:
  1. Contests take precedence over practices
  2. NYSPHSAA tournament games
  3. Conference games
  4. Other tournaments
  5. Non-conference games

The student-athlete will be required to determine his/her "Primary" and "Secondary" sports. This determination will be used only to resolve scheduling conflicts that arise after the start of the season.

If the letter requirements of both sports are met, then the student-athlete will be eligible to receive letters and awards in both sports.

All final authority regarding conflicts and clarification of this policy shall be vested in the Supervisor of Athletics.

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## **PARTICIPATION ON COMBINED TEAMS**

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Student-athletes participating on combined teams will follow the attendance and academic eligibility policies of their home district, but will follow all other policies of the host district. In the event of a conflict that cannot be resolved by using the above-mentioned procedure, both administrations must be consulted.

### SENIOR ALL-STAR & OUTSIDE AGENCY CONTESTS

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1. All Senior All-Star and Outside Agency contests must be approved by Section VI. In addition, Senior All-Star contests must be approved by NYSPHSAA. The forms required are posted on the Section VI Web site [www.section6.e1b.org](http://www.section6.e1b.org).
2. A student who participates in any unapproved All-Star contest shall be ineligible to compete in interschool athletics in all sports for a period of one-year from the date of such participation.
3. All Senior All-Star and Outside Agency contests must be conducted within the season dates approved by the Section VI Athletic Council for that sport. The complete calendar of approved season dates for all sports is posted on the section Web site [www.section6.e1b.org](http://www.section6.e1b.org).
4. NOTE: A Senior All-Star contest by NYSPHSAA standards, is one in which an athlete's participation is based solely on outstanding performance as a member of a high school team. If open-tryouts are held, the contest is not a NYSPHSAA All-Star contest.

### N.Y.S.P.H.S.A.A. ADVANCED PLACEMENT PROCESS (Gr. 7 & 8)

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Physical education teachers, coaches, students, or parents/guardians may ask the physical education director and/or athletic director to evaluate a student, using the APP. Students will not be processed through the evaluation procedures without a request from the physical education director and/or athletic director and parent/guardian written permission. It is not the intent to evaluate all modified students, and evaluation should be considered only for those students with the appropriate physical and emotional readiness, and whose athletic abilities are outside of those of their age-related peers.

#### **After the fall season of 2015, the following should be implemented:**

If a student in grade 7 or 8 has reached the chronological age of 15 years old prior to July 1, he or she is eligible to participate on high school athletics without undergoing the APP; only medical approval by the district medical director is required, as these students are already at an advanced age and would otherwise lose eligibility due to aging out.

A student who has undergone the APP does not need the procedure repeated if he/she achieved the required scores for fitness, maturity, and comparable physical size for the desired sport and level, regardless of the school year in which the testing was completed. If a student has undergone the APP evaluation procedure and participated in the 7th grade, the process would not have to be repeated in the 8th grade *provided they remain at the same level of athletic competition in the same sport*. If the student changes levels or sports, the student's scores should be reviewed to see if they meet the requirements for the desired level and sport. APP evaluation procedures must be repeated only if the scores do not meet the requirements for the desired level and sport.

If a student has attained an appropriate level of physical maturity, and has a height and weight that are comparable to those of the proposed team members as determined by the medical director, they may proceed to the next level of skills assessment by the athletic/physical education director. If the medical director does not approve the student to participate in the desired sport and level, **he or she may not proceed any further in the evaluation process.**

**Medical directors should not be pressured to change their decision.** If a student is approved by the medical director, but fails to meet **more than one** of the physical fitness test standards, or if a student fails to meet an appropriate sport skill level as determined by the coach, **he or she may not proceed any further in the evaluation process.**

In conclusion, the district medical director and the director of physical education/athletics and ultimately the board of education ensure compliance with the APP. It is intended only for the student who is truly at a level of physical and emotional maturity, comparable physical size, fitness, and sport skill that is commensurate with the level of competition that they wish to pursue.

Whenever there is disagreement between a private health care provider and the district medical director, efforts should be made by both parties to come to agreement for the health and safety of the student athlete. In these cases, the primary concern should be allowing an athlete to participate to the fullest level of his or her potential safely, and neither the demands of parents, athletes, administrators, or coaches should confound that concern.

## **Chautauqua Lake Advanced Placement Process 2024-25**

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In February 2015, NYSED issued a new protocol for those school districts that allow talented and mature 7<sup>th</sup> and 8<sup>th</sup> grade student athletes to play on freshman, junior varsity, or varsity teams, or for students in grades 9-12 to play on modified teams. The new standard is called the Athletic Placement Process for Interschool Athletic Programs (APP).

Since the revised standard takes into account an athlete's physical and emotional maturity, level of physical fitness, and sport skills, he or she should be placed at a level of competition that results in increased opportunity, a fairer competitive environment, minimal risk, and greater personal satisfaction.

The key differences between APP and the prior system – selection classification (SC) are:

1. **Waivers:** there are no waivers available under APP, whereas under SC, a student could seek a waiver from an adverse maturity determination or a waiver if he or she did not meet all of the sport-specific physical fitness test components.
2. **Approvals:** under APP, the district athletic director should confirm that the student is ready for competition at a different level. By contrast, under the SC system, students were not required to obtain any administrative approvals.
3. **Medical clearance:** the APP relies on the medical director's determination of physical maturity and comparison of physical size to competitors. On the other hand, the SC process did not include any physical comparison.
4. **Physical fitness test:** the APP uses the President's Physical Fitness Test, and students must meet the 85<sup>th</sup> percentile level for their age in four out of five test categories. Under SC, the student had to meet five out of five sport-specific test components.

## NYSPHSAA SELECTION / CLASSIFICATION TEST REQUIREMENTS

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### ATHLETIC PLACEMENT PROCESS

**Physical Fitness: Scores**  
Required for the Athletic Placement Process

SEX	AGE	Curl-Ups # in one minute	Shuttle Run in seconds	Choose one <sup>1</sup>		1 Mile- Walk/Run min/sec*	Choose one <sup>2</sup>	
				V-sit Reach in inches	Sit & Reach in centimeters		Pull-Ups # completed	Right Angle Push-ups # every 3 sec.
Males	11	47	10.0	4.0	31	7:32	6	26
	12	50	9.8	4.0	31	7:11	7	30
	13	53	9.5	3.5	31	6:50	7	35
	14	56	9.1	4.5	33	6:26	10	37
	15	57	9.0	5.0	36	6:20	11	40
Females	11	42	10.5	6.5	34	9:02	3	19
	12	45	10.4	7.0	36	8:23	2	20
	13	46	10.2	7.0	38	8:13	2	21
	14	47	10.1	8.0	40	7:59	2	20
	15	48	10.0	8.0	43	8:08	2	20

\*For swimming, see next page for alternative 500 yard swim scores.

<sup>1</sup> Upper body strength can be measured by performing pull-ups, or right angle push-ups.

<sup>2</sup> Flexibility can be measured by performing the V-sit Reach or the Sit and Reach

**ATHLETIC PLACEMENT PROCESS****PHYSICAL MATURITY CHART****Recommended Tanner Scores for the Athletic Placement Process**

Approved Sports	MALES			FEMALES		
	Freshman	JV	Varsity	Freshman	JV	Varsity
Archery *	2	2	2	2	2	2
Badminton *	2	2	2	2	2	2
Baseball +	2	3	3	3	4	4
Basketball !	2	3	4	3	4	5
Bowling *	2	2	2	2	2	2
Competitive Cheerleading!	2	3	4	3	4	5
Cross-Country *	2	3	3	3	4	4
Fencing +	2	2	2	2	2	2
Field Hockey!	2	3	4	3	4	5
Football !	2	3	4	3	4	5
Golf *	2	2	2	2	2	2
Gymnastics !	2	3	3	3	4	4
Ice Hockey !	2	3	4	3	4	5
Lacrosse !	2	3	4	3	4	5
Rifle *	2	2	2	2	2	2
Skiing (Downhill) !	2	3	4	3	4	5
Soccer !	2	3	4	3	4	5
Softball +	2	3	3	3	4	4
Swim*/Diving!	2	3	3	3	4	4
Tennis *	2	3	3	3	4	4
Track & Field*	2	3	3	3	4	4
Volleyball +	2	3	3	3	4	4
Wrestling !	2	3	4	3	4	5

*Classification of Sports According to Contact (AAP)*

\* = Non Contact

+ = Limited Contact

! = Contact

*NYSED Athletic Placement Process*  
*Last Updated December 2017*

## ATHLETIC AWARDS SYSTEM

The plan under which the Chautauqua Lake letter is awarded is based upon certain achievements and attitudes. The custom of awarding letters is an attempt to honor those who worthily represent our school in some area of athletics. It is with this thought in mind and with the added desire to encourage a number of desirable activities that these regulations have been drawn up and adopted.

### **JUNIOR VARSITY AND VARSITY ATHLETICS**

#### **1. Sports Involved:**

<u>Fall</u>	<u>Winter</u>	<u>Spring</u>
JV Girls Volleyball	JV Boys Basketball	V Golf (Shared)
V Girls Volleyball	V Boys Basketball	V Boys Track (Shared)
V Football (Shared)	JV Girls Basketball	V Girls Track (Shared)
V Boys Soccer	V Girls Basketball	V Baseball
V Girls Soccer	V Bowling	JV Softball
V Girls Swimming (Shared)	V Boys Wrestling (Shared)	V Softball
V Girls Tennis	V Girls Wrestling (Shared)	

#### **2. The Junior Varsity and Varsity letter system:**

- a. A student-athlete receives just one Varsity 6" chenille letter during his/her four to six years of competition. He or she may only receive one JV 4" chenille letter during their JV career.
- b. Once a chenille letter has been earned, the individual receives a metal insert for each new sport in which s/he earns a letter.
- c. Once a student-athlete has received a letter and insert for any particular sport, he or she then receives a metal bar for each additional year of competition.
- d. Certificates are written for each sport a person participates in during their athletic career.
- e. Managers are given certificates and inserts for their participation.

#### **3. Specific Criteria for earning Junior Varsity and Varsity letters:**

- a. The student-athlete involved must be in good standing with his coach and team at the end of the sports season.
- b. The student-athlete who quits a sport before its completion will forfeit all possibility of earning a letter.
- c. Practices are mandatory. The student-athlete must complete the season without unauthorized excuses or tardiness.
  1. The following are considered authorized excuses:
    - a. Student illness
    - b. Parental request (medical appointments, sickness or death in the family)
    - c. Approved educational trips
    - d. Impassable roads
    - e. Approved religious observations
    - f. Court Appearance
    - g. Drivers test
    - h. After-school help from a teacher

- i. Extra School activities such as play practice, concerts  
(For h. and i. an attempt should be made by the student, coach and/or advisor and teacher to share time spent with the individual involved.)
- 2. The following would not be considered authorized excuses:
  - a. Overslept
  - b. Hair Appointment
  - c. Trips to the Bank
  - d. Learners Permit test
  - e. Detention
- d. The student-athlete who accumulates three unauthorized absences will be dismissed from the team and forfeit the right for earning a letter.
- e. Violation of any training rule results in forfeiture of the right to earn a letter however the student-athlete may still have a chance to earn a certificate of participation.
- f. Criteria for specific sports:
  - 1. Football – student-athlete must participate in as many quarters as there are games scheduled.
  - 2. Soccer (Boys & Girls) – student-athlete must participate in as many halves as there are games scheduled.
  - 3. Swimming (Boys and Girls) – student-athlete must participate in half of the scheduled meets.
  - 4. Volleyball (Girls) – student-athlete must participate in as many games as there are matches.
  - 5. Basketball (Boys and Girls) – student-athlete must participate in as many quarters as there are games.
  - 6. Bowling – student-athlete must participate in one third of the games bowled.
  - 7. Baseball – student-athlete must participate in as many innings as there are games.
  - 8. Softball – student-athlete must participate in as many innings as there are games.
  - 9. Track (Boys and Girls) – student-athlete must participate in all practices and meets.
  - 10. Golf – student-athlete must participate in half of the matches including exhibition matches.
  - 11. Tennis (Girls) – student-athlete must participate in half of the matches including exhibition matches.
- g. In cases of “unforeseen circumstances”, the team coach and the Supervisor of Athletics may make the final decision regarding letter issuance. For example, a senior has participated for four years but could not meet the requirements; a handicapped student-athlete who gave his all; a student-athlete who suffers injury or illness before the season ends; and scorekeeper, timers or managers who have participated for four or more years.



4. Post Season Awards:

- a. The Athletic department will pay for up to 4 plaques per team for awards such as:
  1. Most Valuable Player
  2. Coaches Award
  3. Most Improved
- c. Each Junior Varsity and Varsity coach will turn in a list of participants who earned a letter and/or a certificate of participation. A sports participation record card will be kept for each student-athlete.

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**CARDIAC AUTOMATED EXTERNAL DEFIBRILLATORS (AED) POLICY**

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In May 2002 legislation was enacted to add a new section 917 to the Education Law requiring school districts, BOCES, county vocational education and extension boards, and charter schools to provide and maintain on-site, in each instructional school facility, at least one functional automated external defibrillator (AED) for use during emergencies. The legislation also requires public school officials and administrators responsible for such school facilities to ensure the presence of at least one staff person who is trained in the operation and use of an AED.

Legislation: Education Law section 917 becomes effective September 1, 2002. However, in July 2002, the New York State Legislature passed an amendment to that law which allows school districts, BOCES, county vocational and extension boards, and charter schools that are unable to comply with the AED legislation by September 1, 2002 to delay implementation until December 1, 2002. Those wishing to delay implementation should certify to the Commissioner of Education that they are unable to comply by sending a letter to Commissioner Mills.

Requirements: The legislation requires public school officials and administrators responsible for public school facilities to ensure the presence of at least one staff person who is trained in the operation and use of an AED:

- whenever public school facilities are used for school-sponsored or school-approved curricular or extracurricular events or activities, or
- whenever a school-sponsored athletic contest is held at any location.

Where a school-sponsored competitive athletic event is held at a site other than a public school facility, the public school officials must assure that AED equipment is provided on-site.

## THUNDER / LIGHTNING POLICY

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### “SEE IT – FLEE IT!! HEAR IT – CLEAR IT!!”

In the event that thunderstorms encroach upon an athletic activity (practice, game, etc.), coaches must take immediate action to provide for the safety of their student-athletes. ***If lightning is observed anywhere in the sky, all activity must stop immediately.*** All team members must be escorted into the building, or in the event you are away, onto the team bus or into a building. Visiting team members, coaches and officials must also be invited into the school building.

Once the storm has passed the area, ***activity can resume only if the sky is clear of dark clouds and no lightning has been observed anywhere in the sky for a minimum of thirty (30) minutes.*** Coaches must exercise good judgment; it should be on the conservative side. If a team is engaged in an official contest in which officials have been assigned, the decision as to if and when to resume the contest must conform to the above guidelines. If it appears the thunderstorm has not completely left the area, under no circumstances should the contest resume. The Supervisor of Athletics will make alternative arrangements to continue the contest.

### “SECTION VI CLARIFICATIONS:

#### Prior to Contest:

If thunder/lightning is observed at the site of an outdoor contest by the officials/coaches 30 or fewer minutes prior to the scheduled start of that contest, the official/coaches and the responsible school authorities shall not permit the contest to begin. Before the contest can begin, a 30-minute period void of any strike or boom must be observed.

#### During the Contest:

If thunder/lightning is observed at the site of an outdoor contest by the officials during the playing of the contest, the official/coaches shall immediately cease play for 30 minutes. Play may not resume until there has been a period of at least 30 minutes in which a boom or strike has not been observed. The rules of the particular sport shall determine whether the contest is ‘official’ or must be resumed at a later date.”

## HAZING

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Hazing in any form, including initiation, which is degrading, is strictly forbidden by NYS law. No student(s) 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 other person. Permission, consent, or assumption of risk by an individual subjected to hazing does not lessen the prohibition contained in this policy.

It is understood that hazing of any kind is not allowed in our school or in athletics. It is further understood that student athletes have a duty to report any acts of hazing s/he sees or knows of to a coach or administrator, and participation in or failure to report any hazing will result in a disciplinary review and possible suspension and dismissal from the athletic program.

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## **INTERNET ACCOUNTABILITY**

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Student-athletes will be held accountable for their actions displayed over the Internet and social media.

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## **LOCKER ROOMS AND PLAYING AREAS**

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All student-athletes must be made responsible for the condition of their locker room and playing area. The locker room must be kept neat and clean. Glass bottles are prohibited. All equipment must be kept in the student-athlete's assigned locker(s). All student-athletes must secure their lockers with a lock. Visitors must not be brought into the locker room without permission from the coach.

Gymnasiums, playing areas, the fitness center, the wrestling room, and all other CLCS facilities are off limits to students unless an approved CLCS employee is present to supervise their usage. When student-athletes are permitted to use these areas they are expected to keep food and drinks out of the facilities, treat the areas with respect, and return all equipment to its proper storage area when finished.

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## **FITNESS CENTER / WEIGHT ROOM**

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Chautauqua Lake Central School is proud to offer an outstanding and comprehensive physical fitness center. Student-athletes are encouraged to use the fitness center when they are both in-season and out-of-season. The fitness center is to be used by student-athletes only under the supervision of trained & certified coaches, athletic trainers or personnel.

Fitness Center Rules:

1. No one but staff may monitor the fitness center. All monitors must be personally trained on each piece of equipment.
2. No one lifts or works out alone. Lifters must have a partner/spotter
3. Absolutely no horseplay.
4. No food or drinks. This includes water.
5. Monitors must remain in the room at all times.
6. All fitness center participants must sign-in and sign-out.
7. All equipment must be wiped clean after use.
8. All lifters must put away weights before leaving.
9. All lifters must arrange dumbbells before leaving.

## **TEAM CAPTAINS**

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Both in and out of season, team captains are expected to be appropriate role models for all team members. They are required to demonstrate positive leadership qualities and the ideals of sportsmanship and to use good judgment in their decision-making. Captains should keep in mind the following leadership qualities and responsibilities:

- Provide leadership, motivation and inspiration
- Demonstrate respect for self, coach, teammates, opponents, officials and spectators by exhibiting good character and conducting themselves as a positive role model at all times
- Accept the responsibility and privilege in representing our school and community by setting an example of teamwork, sportsmanship and discipline
- Provide ongoing communication between teammates and coaches
- Respect and defend the decisions of coaching staff
- Provide leadership, motivation and inspiration
- Obey and defend the Chautauqua Lake Central School Athletic Code of Conduct

A captain who, in or out of season, commits a violation of the policies of the Athletic Code of Conduct will risk his/her position as a team captain. A captain who, in season, violates the illegal substance use provision of the Athletic Code of Conduct will automatically lose the position of team captain.

## **NYSPHSAA RULES REGARDING REMOVAL FROM CONTESTS**

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Any member of a squad 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 a member school or in NYSPHSAA tournament play. In individual sports a multi-day contest is considered to be a contest. Disqualifications from one season carry over to the next season of participation. Additional consequences can come from CLCS, the Chautauqua-Cattaraugus Inter-Scholastic Athletic League, Section VI, and/or the state.

Any member of the squad who strikes, shoves, kicks or makes other physical contact with the intent to annoy, harass or intimidate an official shall be expelled from the game immediately and banned from further participation in all sports for a period of time to be determined by the section not to exceed one year from the date of the offense.

## **FAN CODE OF CONDUCT**

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The Chautauqua Lake Central School District, in association with the New York State Public High School Athletic Association, promotes interscholastic events and sportsmanship. Sportsmanship is an essential part of any athletic competition and is expected from student-athletes, coaches, officials and fans. As a fan/spectator of the Chautauqua Lake Central School District we want you to be an example of positive encouragement while supporting our student-athletes, coaches and officials. Our behavior should be positive, respectful and encouraging of the student-athletes, coaches, officials and the game.

Failure to be an example of these athletic practices will result in ejection from an athletic contest and, based upon severity, may lead to removal from future athletic contests as well.

Any athletic official, including but not limited to officials, Supervisor of Athletics, coaches/coordinators, principals, chaperones and anyone else in an administrative role on the site, may uphold enforcement of an ejection.

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## **FUNDRAISING**

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Any team/coach wishing to embark upon a fundraising program must coordinate these activities by submitting a fundraiser request form to the appropriate School Principal and have the activity placed on a central calendar. The Athletic Department shall also be informed of such projects. All funds collected must be deposited directly into an activity account through the school auditor. No more than two such activities may take place in the same academic year.

Money collected through fundraising must be spent on items involving / benefiting an entire athletic team / program. If individual student-athletes are ever in need of equipment, money for mandated uniform purchases, etc., please see the Supervisor of Athletics for appropriate action.

(The complete CLCS Co-Curricular / Athletic Fundraising Policy can be found in the Appendix.)

## **SPORTSMANSHIP**

### **SECTION VI – NYSPHSAA SPORTSMANSHIP PHILOSOPHY**

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1. We believe that interscholastic athletics is an important part of education and support the ideals and values embodied in good sportsmanship.
2. We believe that sportsmanlike behavior is essential if interscholastic competition is to contribute usefully and constructively to the broad goals of education and to the quality of life of those involved.
3. We pledge ourselves individually and collectively to encourage and support the development and maintenance of a sportsmanlike atmosphere for athletic competition.

### **CREATING A HEALTHY SPORT ENVIRONMENT**

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Good sportsmanship is the attitude and behavior that exemplifies positive support for the interscholastic athletic and activity programs of the Chautauqua Lake Central School, as well as for the individuals who participate. People involved in all facets of interscholastic athletic and activity programs are expected to demonstrate respect for others, elevate the standards of sportsmanship and encourage the growth of responsible citizenship among students, spectators, visiting schools and their personnel.

Good sportsmanship is not merely a campaign - it is the essence of what educational athletics and activities are about. Let all of us who have the opportunity promote the ideals of sportsmanship, so that today's students and tomorrow's citizens may build a better society.

### **TRAITS OF SPORTSMANSHIP**

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Types of behaviors to be demonstrated by administrators, coaches, student-athletes, cheerleaders, spectators and parents:

**Courage** is demonstrating the determination to do the correct thing even when others do not; the strength to exhibit fairness, to be courteous, to gracefully accept the result of the contest, to attempt difficult things that are worthwhile.

**Good Judgment** is choosing worthy goals; setting priorities in accordance with team, county, state and national rules; leading others to follow these rules.

**Integrity** is having the inner strength to be courteous and fair during athletic competitions, to play according to the rules, acting positively and honorably not only to your team, but also to your opponent.

**Kindness** is being considerate, courteous, and generous in spirit to the opposing team; showing care, compassion and friendship in victory or defeat; treating others as you would like to be treated.

**Perseverance** is being persistent in pursuit of worthy objectives in spite of opposition, difficulty, injuries, handicaps or discouragement, and exhibiting patience and the fortitude to try again when confronted with mistakes or failure.

**Respect** is showing high regard for coaches, officials, opponents, fans, administration, self, team and the school you are representing.

**Responsibility** is being dependable in carrying out obligations and duties, showing reliability and consistency in words and conduct, and being accountable for your actions.

**Self-Discipline** is demonstrating hard work and commitment to purpose, regulating yourself for improvement and refraining from inappropriate behaviors, maintaining self-control at all times, and doing your best in all situations.

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### “HIGH FIVES” TO SPORTSMANSHIP

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#### Everyone’s “High Fives”

1. **Show respect for the opponent at all times.** The opponent should be treated as a guest, greeted cordially on arriving, given the best accommodations and accorded the respect, honesty and generosity – which all people deserve.
2. **Show respect for the officials.** The officials should be recognized as impartial arbitrators who are trained to do their job and who can be expected to do it to the best of their ability. Sportsmanship implies the willingness to accept and abide by the decisions of the officials.
3. **Know, understand, and appreciate the rules of the contest.** A familiarity with the current rules of the game and the recognition of their necessity for a fair contest is essential. Good sportsmanship suggests the importance of conforming to the spirit as well as the letter of the rules.
4. **Maintain self-control at all times.** A prerequisite of sportsmanship requires one to understand his own bias or prejudice and the ability to prevent the desire to win from overcoming rational behavior. A proper perspective must be maintained if the potential educational values of athletic competition are to be realized. Sportsmanship is concerned with the behavior of all involved in the game.
5. **Recognize and appreciate skill in performance regardless of affiliation.** Applause for a good performance of an opponent is a demonstration of generosity and good will. The ability to recognize quality in performance and the willingness to acknowledge it without regard to team membership is one of the most highly commendable gestures of sportsmanship.

### **Student-Athletes' "High Five"**

1. Accept seriously the responsibility and privilege of representing your school and community; display positive public action at all times.
2. Treat opponents with the respect that is due them as guests and fellow student-athletes.
3. Exercise self-control at all times, accepting decisions and abiding by them.
4. Accept both victory and defeat with pride and compassion, never being boastful or bitter.
5. Live up to the high standard of sportsmanship established by your coaches and help fellow student-athletes and fans maintain these standards.

### **Parents, Students, and Other Fans' "High Five"**

1. Realize that a ticket is a privilege to observe a contest and support middle school activities, not a license to verbally assault others.
2. Be an exemplary role model by positively supporting teams in every manner possible, including content of cheers and signs.
3. Recognize and acknowledge good performances by student-athletes on either team.
4. Give support to those participating in, conducting, and/or officiating the athletic event.
5. Respect the judgment and strategy of the coach.

### **Coaches' "High Five"**

1. Always set a good example for participants and fans to follow, exemplifying the highest moral and ethical behavior.
2. Teach good sportsmanship and establish high standards for the student-athletes, parents, and fans.
3. Develop and enforce penalties for participants who do not abide by sportsmanship standards.
4. Treat opposing coaches, participants, and fans with respect. Shake hands with officials and opposing coaches.
5. Teach the value of honest effort in conforming to the spirit as well as the letter of the rules.

### **School Administrator's "High Five"**

1. Develop a plan for teaching and promoting the ideals and fundamentals of good sportsmanship within the school.
2. Provide appropriate supervisory personnel for each athletic event.
3. Be sure parents thoroughly understand what the school expects of its student-athletes.
4. Recognize exemplary behavior and actively discourage undesirable conduct by participants, coaches and fans.
5. Recommend to the county school board the employment of athletic coaches who are concerned with educational objectives and the well being of students.

### **The Acceptable "Five"**

1. Applaud during introduction of players, coaches, and officials and at the end of a contest for the performances of all participants.
2. Shake hands with participants and coaches at the end of the contest, regardless of outcome.
3. Accept all decisions of officials.



4. Engage in positive school yells in a respectful manner.
5. Encourage surrounding people to display only sportsmanlike conduct.

### **The Unacceptable “Five”**

1. Yelling during the opponent's free-throw attempt, in a disrespectful manner, or to antagonize opponents.
2. Booing or heckling an official, coach, player or cheerleader.
3. Refusing to shake hands or give recognition for good performances.
4. Blaming the loss of a game on officials, coaches, or participants.
5. Using profanity or displaying anger that draws attention away from the game.

## **SPORTSMANSHIP THOUGHTS**

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1. Role models are more important than ever in today's society. You can serve as a role model for others the next time you display good sportsmanship at a high school athletic event. Good sports are winners, so the next time you attend a sporting event, remember to be a good sport and act in a proper manner. Everyone appreciates the good values portrayed by acts of good sportsmanship.
2. In our society, winning has come to mean everything. However, if winning comes at the expense of good sportsmanship, everyone is a loser. Nothing is gained in the long run. Good sportsmanship is the result of a disciplined effort to respect yourself, your opponents, and game officials. Remember, good sports are winners, so be a sport and practice good sportsmanship.
3. Winning – the No. 1 syndrome – is the number one problem in interscholastic athletics. High school athletic programs are truly educational by nature, and among the values learned are those associated with good sportsmanship. Being number 1 in sportsmanship is educationally more important than being number 1 on the playing field. Take pride in your team by displaying good sportsmanship.
4. The score of any athletic event is generally forgotten over time, but the actions of players, coaches, and spectators are remembered. The next time you attend a high school game, think of how history will remember you. Choose the side of good sportsmanship the next time you attend a game.
5. An educational environment is critical to the success of high school athletics. An important part of that environment is planning for good sportsmanship. Without good sportsmanship, the lessons learned lose their values. Remember, the next time you attend a high school game, you are really inside a classroom where good sports receive the highest grade.
6. Yelling or waving arms during an opponent's free throw attempt, as well as booing or heckling and official's decision, are examples of unacceptable behavior at a high school sporting event. Good sports respect the opponents and officials at all times. The next time you attend a game, remember to applaud for the performance of all participants.

7. Remember that a ticket is a privilege to observe a contest and support high school athletics, not a license to verbally assault others. There is no place in interscholastic athletics for name-calling to distract an opponent or the use of profanity from the stands. Sportsmanship is the number 1 priority at the high school level, so be a sport the next time you watch a game.
8. A coach once wrote: “When we lose without excuses and we acknowledge the better team, we place winning and losing in their proper perspective. That’s when we find out if we can be good sports.” Sportsmanship is a goal to strive for at all times, in athletics and in our daily lives.
9. Good sportsmanship is learned, practiced, and executed. Respect for the opponent, spectators, coaches, and officials is a must at all levels of athletics. At interscholastic contests, behavior on the part of everyone should be characterized by generosity and genuine concern for others. Display good sportsmanship the next time you attend a high school event.

## **HEALTH INFORMATION**

### **RISK OF PARTICIPATION**

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The athletic program is conducted, first and foremost with the safety of its participants in mind. Student-athletes and parents must be aware that certain risks of injury are inherent in athletic participation. Although not probable, accidents such as brain injuries, paralysis or even death may occur.

### **INJURIES**

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It is the student-athlete's responsibility to immediately report any injury to his or her coach. The coach will notify the nurse and complete an accident report. If the student-athlete has been injured and has required medical attention, s/he cannot return to participation without a physician's written permission. A coach has the right to keep an injured student-athlete out of practice/competition until cleared by a doctor.

### **INJURY PREVENTION**

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Tips for prevention of athletic injuries include:

- Encourage players to begin conditioning for a sport three to four weeks prior to the start of the current season.
- Encourage utilization of proper technique in all aspects of play.
- Encourage proper coaching techniques by all coaches.
- Make sure that players do not play when hurt.
- Carry a first aid kit, water and ice on the bench at all times.
- Have a game plan worked out between yourself and all coaches on how to handle a serious emergency.
- Seek prompt medical attention for the injured player. If you do not know what to do, don't do anything – seek help.
- Consider the use of ice for immediate use with an injury. Do not use ice with an individual with any known circulatory condition.
- Prevent heat injuries by encouraging regular water breaks and by including brief rest periods.
- Encourage players to wear proper individual equipment at all times.
- Inform the parents concerning injury to any of your players. Keep an injury log all season as a safeguard.
- Get permission, in writing, before allowing players to return to participation in games or practices from prior injuries.

## **FIRST AID PROCEDURES**

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1. First aid is the immediate and temporary care given to an injured or ill student-athlete until the services of a physician or emergency medical technician can be obtained. To this end and in order to protect student-athletes from further injury, the following steps should be followed:  
**STOP** play immediately at the first indication of possible injury or illness.  
**LOOK** for obvious signs of injury or illness.  
**LISTEN** to the student-athlete's description of the complaint.  
**APPLY** appropriate first aid techniques according to your training.
2. Coaches are expected to have a fully stocked first aid kit with them during all practices and games. A first aid kit and supplies for re-stocking should be obtained from the Health Office and should be checked daily to ensure that it is fully stocked.
3. Ice or cold packs are first aid treatments for almost all injuries and should be available at all home and away games. An ice machine is located outside of the team locker room adjoining the fitness center.
4. Drinking water should be available at all practices and games. Each coach is given a water cooler at the beginning of the season. Coolers should be rinsed out after every use and allowed to dry. Under no circumstances should water be left in coolers overnight or should coolers be used for any other purpose.

## **EMERGENCY MEDICAL PLAN PROCEDURES**

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In the event of a medical emergency, the on-duty physician, certified athletic trainer, or paramedic will administer immediate emergency aid to the injured person. If none of the above are present, then the head coach or designated first aider will assume responsibility.

The designated person will immediately initiate the Emergency Medical System (EMS). Please follow these procedures for a prompt and efficient response.

1. The designated care provider will remain with the injured student-athlete at all times.
2. Designated person go to predetermined phone location and dial 8-911 or other predetermined #.
  - A. Identify self and exact location.
  - B. State nature of injury. (Head/neck, fracture, loss of consciousness, heat illness)
  - C. Instruct the emergency vehicle exactly where and how to reach activity area:
    - i. Street access
    - ii. Entry gate
    - iii. Building location
    - iv. Building entry
  - D. Stay on line until operator disconnects.
  - E. Return to injury scene in case needed for other assistance.

3. Designated person meet the vehicle at the gate entrance. *This person will have all necessary gate/door keys in his/her possession.*
4. Designated person contact security/event chaperone for crowd control and other needs.
5. Designated person be responsible for documenting all information relating to injury and emergency response.
6. Designated person accompany the injured student-athlete to the hospital and remain until parents or designated administrator arrive.

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### **EMERGENCY MEDICAL PLAN DESIGNATED ROLES**

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Name

1. \_\_\_\_\_ attends to injured student-athlete, controls scene.
2. \_\_\_\_\_ call 911 or other predetermined #.
3. \_\_\_\_\_ supervises team.
4. \_\_\_\_\_ calls security and initiates crowd control.
5. \_\_\_\_\_ meets paramedics at gate and guides to injury scene.
6. \_\_\_\_\_ gives emergency card/information to paramedics.
7. \_\_\_\_\_ calls parents or alternate name on emergency card.
8. \_\_\_\_\_ accompanies injured student-athlete to hospital.

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### **INFECTION CONTROL**

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The Chautauqua Lake Central School District recognizes the importance of providing an environment that enhances the health and safety of student-athletes and coaches. In order to reduce the risk of exposure to communicable diseases the Department has adopted the use of universal precautions. When properly implemented, universal precautions will reduce the risk of transmission of diseases such as colds, flu, hepatitis, and HIV, which are transmitted through contact with the body fluids (blood, mucous, saliva, etc.) of others.

It shall be the Supervisor of Athletics' responsibility to

1. Provide in-service training on universal precautions.
2. Make infection control supplies available to coaches.

It shall be the coaches' responsibility to become familiar with and use universal precautions when rendering first aid and attending to the needs of their student-athletes. Infection control supplies are available from the equipment manager or athletic trainer, and first aid kits should be replenished regularly.

Prior to participating in practice/competition, student-athletes must cover any open wound. In the event a student-athlete begins to bleed during practice/competition, s/he must be removed from play and cannot return until the bleeding is stopped and the wound covered.

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### **UNIVERSAL PRECAUTIONS – GENERAL PROCEDURES**

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1. Avoid contact with body fluids.
2. Encourage student-athletes to clean their own injury or secretions whenever possible.
3. Use a protective barrier (e.g. disposable gloves, paper towels, gauze, and tissue) when making contact with body fluids during care, treatment, and cleaning procedures.
4. Use disposable items to handle body fluids
5. Dispose of all contaminated materials in plastic bags.
6. Plastic bags should be disposed of in trash containers.

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### **PROCEDURES TO FOLLOW IN CASE OF ACCIDENT OR ILLNESS**

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1. Render appropriate first aid.
2. Coaches should have in their possession at all times, a listing of student-athletes' home and emergency telephone numbers.
3. If, in your judgment, the injury requires immediate medical attention, an ambulance should be called.
4. Parent(s)/guardian(s) should be contacted and instructed to either meet their child at school or at the hospital emergency room. Students may only be released to the care of an adult who is listed as an emergency contact or to the care of a responsible adult designated by the parent(s).
5. If a parent/guardian or emergency contact cannot be reached, the coach must accompany the student-athlete to the hospital and remain with the student-athlete until a family member arrives.
6. If the injury occurs during an away contest and the coach must accompany the student-athlete to the hospital, the contest will be stopped at that point, and the team will return to the school under the supervision of the bus driver.
7. Promptly notify the health office of the injury within 24 hours. An accident form must be completed and given to the Health office.
8. When reporting an injury to a parent/guardian, advise them that the school insurance plan is a supplemental policy designed to assist families by reimbursing them for out-of-pocket expenses only after claims have been processed by the family's primary health insurance.
9. Notify the Supervisor of Athletics in the event that a serious injury occurs.

In addition, injured students shall not be allowed to practice or play in a contest following an injury until they have a medical release. This is usually done with a form issued by the Health Office. *If you receive a medical release you are responsible for getting it to the Health Office immediately.*



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
CENTERS FOR DISEASE CONTROL AND PREVENTION



## A Fact Sheet for PARENTS

### WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

### WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

#### Signs Observed by Parents or Guardians

*If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:*

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

#### Symptoms Reported by Athlete

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

### HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

Every sport is different, but there are steps your children can take to protect themselves from concussion.

- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

### WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. **Seek medical attention right away.** A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
2. **Keep your child out of play.** Concussions take time to heal. Don't let your child return to play until a health care professional says it's OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
3. **Tell your child's coach about any recent concussion.** Coaches should know if your child had a recent concussion in ANY sport. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

***It's better to miss one game than the whole season.***

For more information and to order additional materials **free-of-charge**, visit:  
[www.cdc.gov/ConcussionInYouthSports](http://www.cdc.gov/ConcussionInYouthSports)

For more detailed information on concussion and traumatic brain injury, visit:  
[www.cdc.gov/injury](http://www.cdc.gov/injury)

A Fact Sheet for **ATHLETES****WHAT IS A CONCUSSION?**

A concussion is a brain injury that:

- Is caused by a bump or blow to the head
- Can change the way your brain normally works
- Can occur during practices or games in any sport
- Can happen even if you haven't been knocked out
- Can be serious even if you've just been "dinged"

**WHAT ARE THE SYMPTOMS OF A CONCUSSION?**

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light
- Bothered by noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion
- Does not "feel right"

**WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?**

- **Tell your coaches and your parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach if one of your teammates might have a concussion.

- **Get a medical check up.** A doctor or health care professional can tell you if you have a concussion and when you are OK to return to play.

- **Give yourself time to get better.** If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Second or later concussions can cause damage to your brain. It is important to rest until you get approval from a doctor or health care professional to return to play.

**HOW CAN I PREVENT A CONCUSSION?**

Every sport is different, but there are steps you can take to protect yourself.

- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Use the proper sports equipment, including personal protective equipment (such as helmets, padding, shin guards, and eye and mouth guards). In order for equipment to protect you, it must be:

- > The right equipment for the game, position, or activity
- > Worn correctly and fit well
- > Used every time you play

***It's better to miss one game than the whole season.***

For more information and to order additional materials **free-of-charge**, visit:  
[www.cdc.gov/ConcussionInYouthSports](http://www.cdc.gov/ConcussionInYouthSports)

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## BENEFITS OF CONDITIONING

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The obvious benefit of superbly conditioned student-athletes is the potential for the team or individual to compete at the highest-level possible. A well-conditioned team is usually a successful team. However, the real benefits of conditioning are long term. Simply, we want our student-athletes to be exercisers for life. The health benefits derived from a regular exercise program are well documented. Developing lifelong habits to improve or maintain cardiovascular endurance, muscular strength, and flexibility is an important goal for anyone involved in our athletic program. In addition, well-conditioned student-athletes are far less likely to sustain injuries. These are just a few of the many reasons that we stress the importance of practices.

There are three basic components of fitness: cardiovascular, muscle strength and flexibility. It is recommended that individuals address all three components in their exercise routine.

## HEAT ILLNESS

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1. During the early fall and late spring, hot and humid weather could create a condition that would subject student-athletes to heat stress problems. In most cases, serious problems can be prevented by following simple precautions. Heat related illness includes:
  - a. **Heat Cramps** – cramps or spasms of active muscles caused by intense, prolonged exercise in heat and depletion of water and electrolytes due to sweating.
  - b. **Heat Fatigue** – feelings of weakness and tiredness caused by depletion of water and electrolytes due to sweating.
  - c. **Heat Exhaustion** – extreme weakness, exhaustion, headache, dizziness, profuse sweating, and, sometimes, unconsciousness. This medical emergency is caused by extreme depletion of water and electrolytes.
  - d. **Heat Stroke** – an acute medical emergency caused by a breakdown of the body's temperature regulatory mechanism that blocks one's ability to perspire. If left untreated, this results in a dangerously high body temperature, disorientation, seizures, possible unconsciousness or coma.
2. Practices and precautions should:
  - a. provide for the gradual acclimatization to heat through a graduated conditioning program, which can produce 80-90 percent acclimatization after 7-10 days,
  - b. provide water breaks, scheduled for a minimum of 10 minutes for every half hour of strenuous exercise in heat, during which water, preferably iced water, is available in unlimited quantities. **Water should never be withheld from student-athletes.**
  - c. provide for water breaks and rest periods taken in shade areas. Coaches should reduce the amount of required clothing and equipment during hot and humid weather since cooling by the evaporation of perspiration is directly related to the amount of exposed skin,
  - d. schedule practices during the cooler time of day,
  - e. be on the alert for signs of trouble and obvious weight loss, and,
  - f. encourage student-athletes to eat a well-balanced diet to ensure that the electrolytes lost through perspiration are replaced.
3. During periods of **high temperature and humidity**, it may be necessary to alter

game/practice routines and, under extreme conditions, cancellation or delay may be necessary.

4. On days when the possibility for heat stress is likely, Coaches and/or the Athletic Director shall determine which game and/or practice conditions will immediately go into effect for the following temperature humidity (°) readings:

**60°F – 66°F:** Safe to participate but observe those student-athletes susceptible to heat illness.

**67°F – 77°F:** Caution – unlimited water on the field; mandatory water and rest breaks; cool body surfaces.

**78°F & Above:** Danger Level – starting time for practices/games delayed until temperature humidity reading falls below 78°F.

5. When a heat alert goes into effect, coaches will be advised of the condition.

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## NUTRITION

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In order to approach peak performance in athletics, student-athletes, parents and coaches need accurate information on how to properly fuel and nourish the body. The following dietary guidelines will be emphasized by the athletic department on an ongoing basis:

- Eat more complex carbohydrates.
- Eat moderate amounts of protein.
- Eat less high fat foods.
- Always stay well hydrated, especially in hot weather.
- Maintain a healthy body composition and avoid quick weight loss.
- Replace carbohydrates used for energy during training and competition.
- Eat an appropriate pre-practice/pre-competition meal.
- Don't be tempted by nutritional supplements or other supposed "performance enhancers".

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## STEROIDS / DIETARY SUPPLEMENTS

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Steroids: CLCS joins virtually all other sports organizations (U.S. Olympic Committee, National Collegiate Athletic Association, American College of Sports Medicine, American Academy of Pediatrics) in condemning the use of anabolic steroids because the adverse side effects are many, are sometimes serious, and are occasionally fatal. The serious or permanent effects include permanent short stature, if given to a still-growing youth, heart muscle deterioration, and liver cancer. Temporary side effects include liver damage, increased blood cholesterol levels, masculinization of females, decreases sperm count, decreased testicular size, acne, hair loss and psychological changes including irritability, mood swings, and aggressive behavior which could lead to injury or fighting.

Dietary Supplements: Dietary supplements unregulated by the FDA (e.g. creatine, excessive caffeine, etc.) may contain potentially harmful ingredients. CLCS subscribes to the National Federation of State High School Associations' position: "All student-athletes and their parents/guardians should consult with their physicians before taking any supplement product. In addition, coaches and school staff should not recommend or supply any supplemental product to student-athletes."

## MRSA

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### What is MRSA?

*Staphylococcus aureus* (*S.aureus*) is bacteria commonly found on the skin and in the nose of 20-30% of *healthy* individuals. This bacteria often causes skin infections, however it can also cause other more serious infections such as pneumonia or bloodstream infections.

Methicillin-resistant *Staphylococcus aureus* (MRSA) is a strain of *S.aureus* that is resistant to Methicillin, an antibiotic in the same class as penicillin. MRSA is traditionally seen in people recently hospitalized or who have been treated at a healthcare facility.

CA-MRSA (Community-associated MRSA) occurs in people who develop MRSA and have not recently been treated in a healthcare facility. CA-MRSA infections have been documented in student-athletes and others who live in crowded settings or routinely share contaminated items.

### What does CA-MRSA look like?

A skin infection with CA-MRSA can begin with a reddened area on the skin, or resemble a pimple that can develop into a skin abscess or boil causing fever, pus, swelling or pain. It is possible for a preexisting cut, turf-burn or other irritated area on the skin to develop an infection with CA-MRSA if the area is not kept clean and dry.

CA-MRSA is spread through person-person contact or contact with contaminated items such as towels, razors, clothing/uniforms and athletic equipment.

### Tips on Preventing CA-MRSA

- Practice good hygiene. Shower thoroughly with soap after all practices. Wash hands frequently with soap and water or alcohol-based hand sanitizers. Good hand washing practice is the best defense against MRSA.
- Do not share towels or other personal items such as clothing, razors or equipment. Regularly wash items after each use.
- Assess skin regularly for any sores.
- Avoid contact with other people's wounds or bandages.
- Perform appropriate first aid for cuts/scrapes-all cuts and other wounds on the skin should be washed with soap and water. Cover all wounds with clean bandages and keep them clean and dry.
- If you have wounds that cannot be covered you should refrain from practice or competitions until the wound can be covered or is healed. Wounds should be reported to your coach or school nurse.
- Sports gear that is non-washable should be wiped down with disinfectants after each use.
- Visit your healthcare provider if you think you have CA-MRSA.

The custodial staff at Chautauqua Lake Central School regularly cleans and disinfects the classroom furniture and high-use items such as doorknobs, drinking fountains and restrooms. Alcohol-based hand sanitizer is available in areas throughout the school to help facilitate good hygiene practices.

For more information on MRSA you can go to The New York State Department of Health web site at [www.health.state.ny.us/](http://www.health.state.ny.us/) or [www.cdc.gov](http://www.cdc.gov).

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## **INSURANCE**

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All information regarding school insurance is available in the school Health Office, and distributed to the parent / guardian upon completion of the accident report. Other questions regarding insurance can be answered by contacting the Business Office.

Students injured at school are first subject to any insurance coverage that their family may have. The school district has voluntarily purchased a student accident policy which may cover some expenses when students are injured at school. This is only a basic policy that provides limited coverage for families without insurance and for injuries that might not be covered or are partially covered by a family's policy. As in most accidents, medical expenses not covered by insurance become the parent's responsibility. Any bus-related injury, according to NYS Law, must first be submitted to the parent's auto insurance. If your child is injured at school please be sure that the school nurse has been informed or notified. The school nurse will be ready to assist you in completing any accident or insurance claim forms.

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## **HEALTH EXAMINATION (PHYSICAL)**

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Student-athletes must receive medical clearance from the school Health Office before they may practice or tryout for an athletic team. The following guidelines outline the process for obtaining this clearance:

1. Physical exams are considered current for 12 continuous months. Student-athletes are required to obtain a completely new physical if the previous physical date expires before, or during, the upcoming sport season.
2. All student-athletes and their parents must complete the Health History form (formerly the 'blue card') prior to each sport season. The school nurse will review the information to ensure safe participation.
3. Questions or information regarding medical clearance can be obtained by calling the Health Office.

## **ADDITIONAL IMPORTANT INFORMATION**

### **COLLEGE ATHLETICS**

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The primary focus of the Chautauqua Lake Central School Athletic Department is to teach life-long values, skills and lessons, not to produce scholarship athletes. A small minority of student-athletes goes on to play at the collegiate level, and even a smaller amount of student-athletes receive athletic scholarships. It is important for parents and student-athletes to communicate with the coach if there is potential for the student-athlete to play at the next level. The coaches and Supervisor of Athletics will be able to give the student-athlete an honest evaluation of the appropriate level of play that may be suitable for the student-athlete. The Guidance Counselor, Supervisor of Athletics, and coach can also guide the parents and student-athlete through the recruiting process (NCAA Clearinghouse, college visitations etc.).

### **NCAA ELIGIBILITY CENTER**

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If you intend to participate in Division I or II athletics as a college freshman, you must register and be certified by the NCAA Eligibility Center (formerly the Initial-Eligibility Clearinghouse). This registration must be done on line at [web1.ncaa.org/eligibilitycenter/](http://web1.ncaa.org/eligibilitycenter/). Always make sure to make a hard copy of the consent to release information form and give it to the guidance office. After graduation, Chautauqua Lake High School will send the eligibility center a copy of your final transcript that confirms your graduation from high school.

### **CHAUTAUQUA LAKE ATHLETIC CLUB (BOOSTER CLUB)**

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The Chautauqua Lake Athletic Club is the sports booster program for Chautauqua Lake Central School. It is not affiliated with the Chautauqua Lake Central School District in any way. The club's members include parents, grandparents, coaches, community members, school personnel, and alumni.

The Athletic Club supports our student-athletes financially through concession sales, apparel sales, 50/50 tickets, and member dues. Donations from these monies have gone to support camps, team banquets, team equipment, scoreboards, uniforms, plus individual donations for student-athletes in financial need. They also provide moral support to encourage participation in athletic activities for the benefit of all students.

### **CHAUTAUQUA LAKE CENTRAL SCHOOL ALMA MATER**

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Near the shores of Lake Chautauqua,  
Hail our glorious school,  
Blue, maroon, and white,  
Preparing for our flight,  
With Eagle devotion and heart,  
Our dedication sets us apart

School Name.....	Chautauqua Lake Central School
Location .....	100 North Erie Street
.....	Mayville, New York 14757
State Affiliation.....	N.Y.S.P.H.S.A.A., Section VI
Conference .....	Chautauqua-Cattaraugus
Founded.....	1996
2024-2025 NYSPHSAA Enrollment Classification .....	192
Nickname .....	Eagles
Colors .....	Maroon, Navy, White and Gold
Superintendent .....	Dr. Joshua Liddell
Secondary School Principal .....	Rachel Curtin
Supervisor of Athletics .....	Bryan Bongiovanni
Baseball Home Field (Capacity).....	Eagle Park – On Campus (400)
Surface (Dimensions).....	Natural Grass / Marco Clay (LF-350’, CF-350’, RF-350’)
Basketball/Volleyball Home Court (Capacity) .....	Palestra – On Campus (800)
Basketball Court (Dimensions).....	(94 x 50 feet)
Bowling Home Lanes .....	Cutting Lanes [Clymer, NY]
Football Home Stadium (Capacity) .....	CLCS Stadium – On Campus (600)
Surface .....	Turf
Golf Home Course .....	Chautauqua Golf Club, Lake Course
Dimensions .....	Par 72, 6,148 yards
Soccer Home Field (Capacity).....	On Campus [Beaujean Road Entrance] (200)
Surface (Dimensions).....	Natural Grass (75 x 120 yards)
Softball Home Field (Capacity) .....	Lady Eagle Park – On Campus (200)
Surface (Dimensions).....	Natural Grass / Marco Clay (LF-215’, CF-215’, RF-215’)
Swimming Home Pool (Capacity) .....	On Campus (200)
Dimensions .....	(6 lanes, 25 yards)
Tennis Home Courts (Capacity) .....	On Campus (100)
Track & Field Home Stadium (Capacity) .....	CLCS Stadium – On Campus (600)
Track/Field Surface (Dimensions).....	Synthetic/Turf (8 lanes, 440 meters)
Wrestling Home Gym (Capacity) .....	Palestra – On Campus (800)

Athletics Department .....	716.753.5848
Athletics Fax .....	716.753.5886
Athletics Internet Address.....	<a href="http://www.clake.org/~athletics">www.clake.org/~athletics</a>
Section VI Internet Address .....	<a href="http://www.section6.wnyric.org">www.section6.wnyric.org</a>
NYSPHSAA Internet Address .....	<a href="http://www.nysphsaa.org">www.nysphsaa.org</a>

## CLCS ATHLETICS DIRECTORY

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### Administration

Bryan Bongiovanni, Supervisor of Athletics .....716.753.5848  
 ..... bbongiovanni@clake.org  
 Amy Preston, Athletic Secretary.....716.753.5848  
 ..... apreston@clake.org

### Coaching Staff

#### FALL

Ryan Gibbs, Varsity Football ..... rgibbs@clake.org  
 Seth McFadden, JV Football Head Coach ..... smcfadden@clake.org

Connor Barnes, Varsity Boys Soccer ..... cbarnes@clake.org  
 Justin Akin, Modified Boys Soccer ..... jakin@clake.org  
 Cole Gleason, Varsity Girls Soccer ..... cgleason@clake.org  
 Chelsey Vincent, Modified Girls Soccer ..... cvincent@clake.org

Paula Bobik, Varsity Girls Swim ..... pbobik@clake.org

Sue Teets, Varsity Tennis ..... steets@clake.org

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 David Sturm, JV Girls Volleyball ..... dsturm@clake.org  
 Jenna Hepp, Modified Girls Volleyball ..... jhepp@clake.org

#### WINTER

Devin Pope, Varsity Boys Basketball ..... dpope@clake.org  
 Aaron Swan, JV Boys Basketball ..... aswan@clake.org  
 Mike Cummings, 8<sup>th</sup> Grade Boys Basketball ..... mcummings@clake.org  
 Mike Knight, 7<sup>th</sup> Grade Boys Basketball ..... mknight@clake.org

Sarah Burnett, Varsity Girls Basketball..... sburnett@clake.org  
 Melanie Cannon, JV Girls Basketball..... mcannon@clake.org  
 Chelsey Vincent, 8<sup>th</sup> Grade Girls Basketball ..... cvincent@clake.org  
 Katie Yudin, 7<sup>th</sup> Grade Girls Basketball ..... kyudin@clake.org

Rennae Majka, Varsity Bowling ..... rmajka@clake.org

Ken Rowe, Varsity Boys Wrestling ..... krowe@clake.org  
 Pete Dorman, Varsity Girls Wrestling ..... pdorman@clake.org  
 Brandon Smith, Modified Wrestling ..... bsmith@clake.org

## **SPRING**

Matt Cummings, Varsity Baseball .....macummings@clake.org  
Mike Knight, Modified Baseball .....mknight@clake.org

Katie Yudin, Varsity Softball .....kyudin@clake.org  
Kelly Ulsh, JV Softball .....kulsh@clake.org  
Chris Dole, Modified Softball .....cdole@clake.org

Mike Putney, Varsity Boys Track .....mputney@clake.org  
Kevin Denny, Modified Boys Track .....kdenny@clake.org

Megan Grace, Varsity Girls Track .....mgrace@clake.org  
Angela Raynor, Modified Girls Track .....araynor@clake.org

Mel Swanson, Varsity Golf .....mswanson@clake.org

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## **GAME SITES / PARKING**

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### **ON-CAMPUS:**

- Baseball, Varsity Softball & Tennis: use South (Elementary) parking lot to access
- All indoor events (Basketball, Swimming, Volleyball and Wrestling): use Main (District) parking lot to access
- Football and Track & Field: use North (High School) parking lot to access
- Soccer and JV/Modified Softball: use Beaujean Road parking lot to access

### **OFF-CAMPUS:**

- Golf: Chautauqua Golf Club (4731 West Lake Road, Chautauqua, NY 14722)
- Bowling: Cutting Lanes (542 Route 426, Clymer, NY 14724)



## **REFERENCES**

Athletic Handbook - Richland County School District One

<http://www.richlandone.org/departments/athletics/handbook/AthleticHandbook2003.pdf>

Amanda-Clearcreek High School Athletic Handbook

<http://www.amanda.k12.oh.us/amandahigh/athletichandbook.pdf>

Barker Central School District, Home of the Raiders – Parent, Student, and Coach Athletic Handbook

[http://www.barkerbsd.net/11321081921563460/lib/11321081921563460/files/Athletic\\_Handbook.pdf](http://www.barkerbsd.net/11321081921563460/lib/11321081921563460/files/Athletic_Handbook.pdf)

Cherry Hill High School East – Athletic Handbook

<http://east.cherryhill.k12.nj.us/>

District 99 Athletic Handbook – A guide for parents and students in Community District 99 North High School and South High School

<http://www.csd99.org/south/mustangs/Athletic%20Handbook.pdf>

Greenwich High School Athletic Handbook

[http://www.greenwichschools.org/uploaded/high\\_school/athletics/lindine/web-site\\_handbook\\_2.pdf](http://www.greenwichschools.org/uploaded/high_school/athletics/lindine/web-site_handbook_2.pdf)

Harrison Raiders Athletic Handbook

<http://www.wvec.k12.in.us/harrison/ath/HHSAthleticHandbook2007-8.pdf>

Hilliard City School District Athletic Manual

<http://www.hilliard.k12.oh.us/dvd/pdf/AthleticHandbook.pdf>

Manhasset Public Schools Athletic Department – Interscholastic Athletics Handbook for Coaches

<http://www.manhasset.k12.ny.us/files/filesystem/coaches%20handbook%202006-07%20School%20Year,%20final.pdf>

Manhasset Public Schools Athletic Department – Interscholastic Athletics Handbook for Parents and Students

<http://www.manhasset.k12.ny.us/files/filesystem/parent,student%20ath%20hdbk,%20revised%20oct26,06.pdf>

McCallie School Athletic Handbook

<http://www.mccallie.org/Internet/Default.aspx?pid=187>

Minnesota State High School League – “Creating a Healthy Sport Environment”

<http://www.mshsl.org/mshsl/sportsmanship.asp>

New York State Public High School Athletic Association – Section VI

<http://www.section6.wnyric.org/>

New York State Public High School Athletic Association, Inc. – Handbook

[http://www.nysphsaa.org/handbook/pdf/handbook\\_0708.pdf](http://www.nysphsaa.org/handbook/pdf/handbook_0708.pdf)

New York State Public High School Athletic Association, Inc. – Selection/Classification  
Program for Interscholastic Athletic Programs

<http://www.emsc.nysed.gov/ciai/pe/scrivised2005.pdf>

Olentangy Local School District Athletic Handbook for Athletes, Parents and Coaches

<http://www.olentangy.k12.oh.us/pdf/ATHLHandbook06-07.pdf>

Portland Pilots Visiting Team Guide

<https://www.portlandpilots.com/assets/default/2007-visitor-guide.pdf>

Red Creek Central School District – Interscholastic Athletics Handbook for Student-Athletes and  
Parents

[http://www.rccsd.org/RC Athletics/PDF%20Documents/Code%20of%20Conduct-  
%20website%20version.pdf](http://www.rccsd.org/RC Athletics/PDF%20Documents/Code%20of%20Conduct-%20website%20version.pdf)

Wake County Public School System – Sportsmanship “High Fives”

[http://www.wcpss.net/athletics/sportsmanship/sportsmanship\\_hifive.html](http://www.wcpss.net/athletics/sportsmanship/sportsmanship_hifive.html)

Warren Central School Student-Athlete Athletic Handbook

<http://wchs.warren.k12.in.us/PDFs/Forms/2007-08%20Student%20Athlete%20Handbook.pdf>