

MIDLAKES ATHLETIC DEPARTMENT
Information for Parents and Student-Athletes

Philosophy Statement

The athletic program is an integral part of the educational process within the Phelps-Clifton Springs CSD. The program should promote greater desire in our student body and community to take an active part in our athletics program, either as participants or spectators.

Our aim is to develop a competitive athletic program, but not to lose sight of educational values such as sportsmanship, health and scholastic attainment. The program is to occupy a position in the curriculum comparable to that of other subjects or activities and to aid in promoting excellent student morals.

The number one priority of Midlakes High School is to educate the whole child, first by stimulating the intellect academically and then by providing a number of common experiences designed to develop the social, physical, and ethical values necessary to be a productive member of society. Extra curricular programs help to provide such experiences and thus are considered an integral part of our school's curriculum. In reality, they are an extension of the classroom.

CONTRACT

I will help ensure a positive experience for my child by helping him/her understand and comply with the following regulations:

I. **Code of Conduct**

Athletic participation is a privilege that carries with it responsibilities to the school, to the team, to the student body, and to the community. When an athlete accepts this privilege he/she must also live up to a code of conduct and assumes responsibility as an ambassador to the district, on and off school property, during the season, as well as the off season.

The athletes' code of conduct is that of good citizenship and sportsmanship. They will live by the laws of the country, state, county, and town. They will also follow the rules and policies of the school district and athletic department. Some examples of unacceptable behavior both on and off school property include: truancy or illegal absence from school or classes; insubordination; fighting; lack of cooperation with school personnel; vandalism; violation of the rights of others; stealing; assault and harassment.

A. Consequences for breaking the CODE OF CONDUCT

The consequences for breaking this code of conduct can range from a warning, game suspensions, to a year suspension from participation, based on the nature of the misconduct, the level of severity, and the number of times it occurs. *The process will begin with an informal meeting between the student/athlete and the Athletic Director or an Administrative Designee. Should the student/athlete at that time plead guilty, the Administrator will handle the consequences as per this Code of Conduct. Should the student plead not guilty, the Athletic Board will make the decision.*

B. Athletic Board will be composed of:

1. Athletic Director
2. Principal of designee
3. Substance Abuse Prevention Coordinator or School Counselor
4. A coach not directly involved with the sport in question
5. Two parents/Community Members
6. One student/athlete not directly involved in the sport in question

II. Training Rules

A. Regulations for Tobacco, Alcohol, Drug Use, and Illegal Performance Enhancing Substances:

Student athletes on interscholastic teams at Midlakes will REFRAIN from the use and/or possession of alcohol, tobacco products, and other illegal, non-prescription drugs.

1. Recommended Penalty for Violation (During Sport Season)

1st Offense – Suspension from participation in 25% of the regularly scheduled contests of the team he/she is playing on

2nd Offense – If there is a second violation at any time within the student's remaining career as an athlete at Midlakes, suspension from participation for the remainder of that sports season will occur, and the student will be required to go before the Athletic Board.

3rd Offense – This will end an athlete's eligibility at Midlakes. A Superintendent's Hearing may be requested.

2. Recommended Penalty for Violation (OUT of Season Offense)

Athletes who violate training rules while their sport is not in season, will be subject to the following consequences:

1st Offense – Suspension from participation in the first 10% of their contests of the next season.

2nd Offense – Suspension from participation in the first 20% of their contests

3rd Offense – Suspension from participation in the first 30% of their contests

4th Offense – Athletic review Board will be convened to determine further sanctions

Community Service: By mutual agreement, the athletic director and the athlete may agree to substitute community service for suspensions for out of season violations. The service recommended would be 8 hours for the first offense, 16 hours for the second, and 24 hours for the third. The community service must be initiated within two weeks of the offense committed, and the completion date agreed upon with the Athletic Director. A meeting involving the parents, coach, substance abuse prevention counselor and Athletic director will take place upon any violation. The coach participating will be the coach of the next sports season of which the athlete will participate.

3. **Possession By Association**: If a student athlete attends (and stays at) an event where alcohol or illegal products are in evidence, the student is deemed to be in possession (by association). The following sanctions will be recommended upon violations, **throughout the student athlete's 9th grade, JV and Varsity athletic career at Midlakes.**

NOTE: Possession by association pertains both during sports season AND out-of-season.

1st Time – Parent informed, coach informed, student meets with athletic director, reprimand/notation in Athletic Record

2nd Time – Parent informed, meeting with coach, athletic director, substance abuse counselor, and letter of reprimand in athletic record.

3rd Time – Parent informed, meeting held with parent, coach, athletic director, substance abuse counselor. Suspension from 15% of athletic contests.

4th Time – Parent informed, meeting held with parent, coach, athletic director, and substance abuse counselor. Suspension from 30% of athletic contests.

5th Time – Athletic review Board will be convened to determine further sanctions.

NOTE: In the event that a Middle School student is found to be in violation of the training rules, disciplinary suspension will not carry over to a student's high school experience. Any such students will be given the opportunity to enter high school with a clean slate (except those students selectively classified).

III. **Mandatory Substance Abuse Counseling**

In addition to the suspension penalty, any student who violates regulations for drug or alcohol use must participate in a substance abuse program developed by the District's Substance Abuse Counselor. Failure to participate may result in continued suspension until this requirement is met.

IV. **Implementation of Suspension**

Suspensions will commence immediately from the time that an athlete is determined to be in violation of the regulations and all subsequent penalties will carry over from year to year throughout the student athlete's high school career.

V. **Appeal Process**

Step 1 – Parent contacts the athletic director in initiate an appeal to the Athletic Board

Step 2 – Athletic director convenes Athletic Review Board to meet with student and parent(s) to discuss and present issues. If not resolved, then appeal moves to Step 3.

Step 3 – Appeal to Assistant Superintendent. If not resolved, then appeal moves to Step 4.

Step 4 – Appeal to Superintendent of Schools. If not resolved, then appeal moves to Step 5.

Step 5 – Appeal to Board of Education

NOTE: All suspensions will stay in effect during the appeal process.

VI. Communication Process

Please use the process outlined below as a guide to address concerns should the need arise during the sport season. This will ensure communication that will benefit all parties involved.

- Step 1 – Athlete discusses situation with the coach
- Step 2 – Parent discusses situation with the coach
- Step 3 – Parent discusses situation with the Athletic Director
- Step 4 – Parent discusses situation with the Building Principal
- Step 5 – Parent discusses situation with the Assistant Superintendent
- Step 6 – Parent discusses situation with the Superintendent
- Step 7 – Parent discusses situation with the Board of Education

Parent-Coach Relationship

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of others and provide greater benefit to the students. As parents, when your children become involved in a school's programs, you have the right to understand what expectations are placed on your child. This begins with clear communication between coach, parent and student athlete.

Communication You Should Expect From Your Child's Coach

- Expectations the coach has for your child as well as players on the squad
- Location and times of all practices and contests
- Team requirements, i.e., fees, special equipment, off-season programs, clinics
- Procedures should your child be injured during participation
- Team rules and guidelines

Communication Coaches Expect From Athletes

- Notification of any schedule conflicts in advance
- Special concerns in regard to the coach's philosophy and /or expectations

Appropriate Concerns to Discuss With the Coach

- The treatment of your child – mentally and physically
- Ways to help your child improve
- Concerns about your child's behavior

It is very difficult to accept your child not playing as much as you desire. Coaches are professionals. They make judgments based on what they believe to be in the best interests of the team and all the students involved. Certain things can and should be discussed with your child's coach. Other things such as the following must be left to the discretion of the coach.

Issues Not Appropriate to Discuss With the Coach

- Playing time
- Team strategy
- Play calling
- Other student athletes

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

Procedure to Follow to Discuss Concerns with the Coach

- Call the coach to set up an appointment
- If the coach cannot be reached, call the Athletic Office to ask for assistance in setting up a meeting
- Please do not confront the coach before or after a contest of practice. These can be emotional times for the parent and coach. Meetings of this nature do not promote resolution. Please take into account the coach's responsibilities at this time, for the safety and supervision of all the athletes involved in the program.

If the meeting with the coach does not provide a satisfactory resolution to your concerns, call and set up an appointment with the Athletic Director to discuss the situation.

Phelps-Clifton Springs Central School District
Midlakes Athletic Program Athletic Contract

Terms of Agreement for Athletic Participation

I give permission for _____ to participate in
(Student's name)

_____ this school year of _____.
(Sport and Level)

In doing so, I recognize the potential hazard of participating in this sport and that injuries may occur as a result of participation. I affirmatively state that my child is also aware of the potential of injuries, may participate in spite of this fact, is in good health and has no conditions which would prevent participation or increase the risk of injuries.

I have also read and understand the Philosophy, Code of Conduct, Training Rules and Communication Process as outlined by the Midlakes Athletic Department and agree to those terms and conditions.

Parent/Guardian Signature _____

Student Athlete Signature _____

Coach's Signature _____

Date _____