

**LAKELAND CENTRAL SCHOOL DISTRICT**

**INTERSCHOLASTIC ATHLETIC  
HANDBOOK FOR  
ATHLETES AND PARENTS  
2016-2017**



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# Lakeland Central School District

## Athletic Department

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Dear Parent and Student Athletes,

Congratulations on making the decision to participate in the Lakeland Central School District Interscholastic Athletic Program. Your involvement in our sports program will give you the opportunity to meet and work with our diverse, talented student body and our outstanding, dedicated coaching staff.

Our coaching staff cares about our athletes. They encourage academic achievement and character development. They believe that a truly educated individual is intellectually knowledgeable as well as physically educated. Our fine coaches serve as excellent, positive role models for our students, and we are very proud of them and their achievements. I look forward to working with coaches, athletes, and parents during the **2016-2017** school year and hope the experiences for students are meaningful and memorable.

When your daughter/son chooses to participate in one of our sports programs, we feel he/she will have made a commitment to certain responsibilities and obligations. This handbook will acquaint you with some specific policies that are necessary for a well-organized program of interscholastic athletics. The program is governed by the regulations established by the Commissioner of Education's basic code for extra-class athletic activities.

Lakeland High School and Walter Panas High School are members of the New York State Public High School Athletic Association (NYSPHSAA) and Section 1 BOCES Athletics. If you have questions regarding Interscholastic Athletics please contact the athletic department:

Lakeland High School (914) 528-0600 x225 (Rebecca DiSisto, Athletic Coordinator)

Walter Panas High School (914) 739-2823 x226 (Daniel Belfi, Director of PE, Health & Athletics)

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Sincerely,

*Mr. Daniel Belfi*

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## REVIEW

**The policies outlined in this handbook are subject to periodic review and updating. The most current policies are available on the District’s website.**

# PRINCIPLES OF THE INTERSCHOLASTIC PROGRAM

Winning is often considered the measure of success. However, in the Lakeland School District, we feel that winning is only one component in the total development of an athlete. Of considerably greater importance is the development of the person, affording each student the opportunity of becoming all that he or she is capable of being. Students participating in interscholastic athletics learn about hard work, reliability, team work, responsibility and sportsmanship.

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

- Is an optional activity that is a privilege, and secondary to the academic program;
- Supplements rather than substitutes for basic physical education programs and intramural athletic programs;
- Is subject to the same administrative control as the total education program;
- Is conducted by persons with required training either in physical education or through coaching certification programs;
- Is conducted so that the physical welfare and safety of participants is protected and fostered;
- Is conducted in accordance with the letter and spirit of the rules and regulations of the section, state, and national athletic associations.

## CODE OF CONDUCT FOR ATHLETES

### STUDENT PLEDGE

As a member of an athletic team I have accepted additional responsibility for representing my school as a student, an athlete and a good citizen. Knowing these responsibilities, I am willing to abide by the standards and sanctions of this code.

***Satisfactory school citizenship:*** I will adhere to all rules of conduct of the school, show proper respect for students and family and strive for the betterment of the school and myself.

***Adherence to prescribed training rules:*** I will adhere to specific training rules set forth by the coach, refrain from smoking and other tobacco use, drinking alcoholic beverages, and use of drugs and appreciate the importance of rest, diet, and exercise. I will practice healthful habits of cleanliness and personal hygiene. Training rules will be handed out to each athlete, and a copy will be on file in each Athletic Coordinator's office for review.

***Conduct unbecoming an athlete:*** I will refrain from conduct not considered acceptable by the community and from violating federal, state and local laws, statutes and ordinances and Board of Education policies. I will refrain from any action or conduct that reflects unfavorably upon athletes and the school.

***Respect for one another, one another's property and school property:*** I will secure, care for, and return all athletic school supplies and equipment issued. I will respect my fellow athletes' property and school property. I will not vandalize school property.

***Adherence to standards of good sportsmanship:*** I will show respect in defeat and modesty in victory. I will be courteous to officials, teammates, opponents, and coaches. I will employ legal tactics as they apply to the rules.

### GENERAL BEHAVIOR FOR ATHLETES

It is expected that all students who participate in any extra-curricular activity or sport funded by the Lakeland Central School District will conduct themselves in an exemplary manner which will bring credit to individual schools and to the District. **All violations are subject to discipline in accordance with the district's Code of Conduct.**

## ***Illegal Use, Sale, Distribution or Possession of Drugs/Alcohol/Controlled Substances/Tobacco Products***

The Athletic Department opposes the use of drugs, alcohol, and other substances, as well as tobacco products, including but not limited to electronic cigarettes and chewing tobacco, by student athletes.

### ***Drugs/Alcohol/Other Substances***

A student athlete shall not consume, be under the influence of, possess, buy, sell or distribute drugs, alcohol or other substances in school, on school property or at school events, whether on or off school property. A violation will result in a five (5) day suspension and mandatory Superintendents' hearing in accordance with the district's Code of Conduct.

**Note:** Violations outside of school may also result in suspension or dismissal from the team and/or the athletic program. (For more information see the Board of Education's policy #5131.6 on drug, alcohol and other substance abuse, which is available in the main office and library at each high school and on the District website).

### ***Tobacco Products***

The Athletic Department opposes the use of tobacco products, including but not limited to electronic cigarettes and chewing tobacco, by student athletes. Penalties for violations will be determined by the coach after consultation with the Athletic Coordinator and Director of Athletics in accordance with Board Policy #5131.7. Subsequent violations will result in additional disciplinary action, in accordance with the Code of Conduct, including not being nominated for post-season awards (including team awards). The student athlete will also be required to meet with the Student Assistance Counselor (number of meetings to be determined by SAC in consultation with the Director of Athletics).

### ***Criminal Act***

Any athlete who is convicted of a crime (misdemeanor/felony) will be suspended from his/her sports team by the Director of Athletics. Any athlete who is charged with a crime may be suspended from his/her sports team pending an investigation by or under the direction of the Athletic Coordinator. The Athletic Coordinator, in consultation with the Director of Athletics will review each case and determine appropriate consequences.

### ***Other Offenses (e.g., fighting, insubordination, vandalism, theft, etc.)***

- Minimum Penalty—A student athlete involved in any activity that results in suspension (in school or out of school) may not participate in contests or practices during the suspension.
- In addition, any activity that results in suspension (in school or out of school) will result in the athlete being suspended from one interscholastic contest upon his/her return from suspension.
- Subsequent violations could result in dismissal from team and loss of future eligibility for participation in athletics.
- Player may not be eligible for any post-season awards, including team awards or honors.
- Parents will be notified.
- Law enforcement will be notified as needed.

**Note:** The level of consequences for offenses may differ by student depending on the seriousness or number of prior incidents and/or disciplinary reports.

## **BEHAVIOR OF ATHLETES & SPECTATORS**

Good sportsmanship on the part of spectators at high school athletic contests is as important as good sportsmanship on the part of athletes.

Visiting team members, students and adult spectators are guests to be accorded all the courtesy and consideration that a friendly, well-mannered and well-intentioned host would normally give. The visitors, in

turn, are to act as invited guests, using the home school's facilities with care and respecting the rules and customs of the home school.

1. Athletic opponents and officials are guests and should be treated as such.
2. Spectators should watch the game from those areas designated by each school as spectator areas.
3. Verbal abuse of opposing athletes or officials by team members or spectators shall be considered unsportsmanlike conduct.
4. It shall be the responsibility of authorized school personnel attending games, either at home or away, to make sure students from their school conduct themselves appropriately.
5. Officials are the proper authorities to make decisions regarding rules and their interpretation; these decisions must be accepted.
6. Cheering should be in support of either team and should not be directed toward creating unfriendly rivalries among athletes or fans.
7. Any spectator who displays poor sportsmanship will be requested to leave and may be denied admission to future contests.
8. Spectators, athletes and coaches must recognize that their conduct plays an important role in establishing the reputation of their schools and that their positive actions can relate directly to the success of their teams.
9. Spectators, athletes and coaches are reminded that **SMOKING & OTHER TOBACCO USE IS PROHIBITED** in all Lakeland buildings, on school grounds, and within 100 feet of the entrances, exits or outdoor areas of any elementary or secondary school, and in vehicles on school property as well as at school events, whether on or off of school grounds.
10. Spectators, athletes and coaches are reminded that **DRUGS, ALCOHOL AND OTHER SUBSTANCES** (including but not limited to synthetic drugs and inappropriate use of prescription medication) **IS PROHIBITED** in all Lakeland buildings, on school grounds, in vehicles on school property as well as at school events, whether on or off school grounds.

The conduct of an athlete is closely observed in many areas of life. It is important that your behavior be above reproach in all of the following areas:

- ***In the classroom:*** The academic life of an athlete is paramount. As an athlete, you must plan your schedule so that you give sufficient time and energy to your studies to ensure passing grades. In addition to maintaining good scholarship, an athlete should give respectful attention to classroom activities and show respect for other students and faculty at all times.
- ***On the campus:*** The way we act and look on campus is of great importance. Athletes should be leaders and role models for fellow students.

## **TRAINING RULES AND REGULATIONS**

Participation as a member of an interscholastic team is a privilege, not a right. It is considered an extra-curricular activity, and therefore, participation is not mandatory and is not part of the instructional program. Athletes perform best when they follow intelligent training rules. Medical research clearly shows the use of tobacco, alcohol, drugs (including but not limited to synthetic drugs, inappropriate use of prescription medication) and/or controlled and other substances is detrimental to the health and performance of student athletes.

Training rules and guidelines are common to all levels of high school athletics. These will be clearly explained prior to the beginning of each sports season and reviewed by the coaches and players.

Rest and recovery is an integral part of any good training regimen. To that end, no student will be permitted to attend an in-district\*, out-of-season practice conducted by a Lakeland School District coach if he/she is

currently playing another sport in season. For example, during the fall season a student athlete may not attend a practice for the winter or spring season.

\* “In-district” refers to any sport sponsored and funded by the Lakeland School District.

## **CHANGING SPORTS**

With permission of the coach and Athletic Coordinator, a student may change from one sport to participate in another once the teams have been selected. If she/he has been cut from one team, it is legitimate to try out for another. Student athletes who violate training rules and/or district policy will be subject to existing district and athletic department policies and procedures.

Quitting or removal from a sport prior to the end of the season without the consultation and/or agreement of the coach could jeopardize the student athlete’s participation in athletics for the next season.

## **ISSUING OF SCHOOL CLOTHING AND EQUIPMENT**

It is the responsibility of the athlete to return to the coach all clothing and equipment issued. Failure to do this will result in the athlete paying for the missing articles. Athletes not paying for the missing articles will forfeit their right to receive any school equipment or clothing in the next sport season or to be eligible for any certificate, pin, or letter. A list of all violators will be sent to the Athletic Coordinator’s office for further action which may include prevention of participation in interscholastic athletics for future season(s).

## **SCHOLASTIC ELIGIBILITY**

### **ELIGIBILITY POLICY DEFINITIONS**

**Probation:** Probation means a student is permitted to continue participation in team sports or co-curricular activities but must be working to raise his/her course grades to passing in accordance with Board Policy #5131.

**Ineligibility:** During a period of ineligibility, a student may not try out for, or participate in, any team sports or co-curricular activities. Students who become academically eligible after the try-out period for any team or co-curricular activities during the season may be allowed to try out with the express permission of the Athletic Coordinator in consultation with the Director of Physical Education, Health and Athletics and the coach for teams, the Principal and/or his/her designee and the advisor for co-curricular activities.

### **DETERMINING PROBATION OR INELIGIBILITY**

1. Any student who has failed one subject in June will be placed on academic probation until the first quarter interim Ineligibility List is issued during the following school year unless that course was successfully completed in summer school, in which case the student will not be on academic probation. Any student who is failing one subject on ANY interim report or report card is placed on academic probation until the next Ineligibility List is issued. During the probationary period, he/she can remain on the roster and may participate in any and all practices/games/activities. It is required that the student on probation attend before or after-school study sessions with the teacher of the class he/she is failing or failed, and make a concerted effort to pass the subject. The eligibility will be reassessed at the issuance of the next Ineligibility List.

2. Any student failing two or more subjects in June will be ineligible to participate in practices/games/activities until the first quarter interim Ineligibility List is issued the following school year unless those courses were successfully completed in summer school, in which case the student will be eligible. Any student failing two or more subjects at any interim or report card period is ineligible to participate in practices/games/activities and is required to attend before or after school study sessions with the teacher of the class(es) he/she is failing or failed, and make a concerted effort to pass the subjects. Eligibility will be

reassessed at the issuance of the next Ineligibility List.

3. Any student who is on probation and who continues to fail the same subject from one Ineligibility List to the next list is ineligible, may not participate in practices/games/activities, and must attend before or after-school study sessions with the teacher of the class he/she is failing.

4. Any student or his/her parent/guardian may appeal the determination regarding the student's ineligibility to the Superintendent of Schools based upon the existence of extraordinary circumstances (e.g., catastrophic illness, death in the family). If the issue is not resolved at the Superintendent of School's level, the parents may contact the Board of Education in writing to appeal.

## **TRANSPORTATION**

Student athletes will be transported to away contests only by school authorized vehicles. The district provides for and strongly recommends the use of district transportation for intra-district practices, scrimmages, and games. The appropriate section of the Seasonal Transportation Release on page 16 must be completed, signed and returned to the coach in order for a student to drive to and from intra-district practices, games and scrimmages in their own vehicles. If a student plans to ride with another student, permission must be obtained from both the driver's parents/guardians and all passengers' parents/guardians in order for students to transport other students to such events. Appropriate sections of the Seasonal Transportation Release on page 16 must be completed in order to do so. The district strongly discourages students from driving other students to/from practices or contests in their personal vehicles. A student is permitted to go home with his/her parent or legal guardian from away contests as part of this release form. Also, consent can be given by parents/guardians for their son/daughter to ride with other parents/guardians by completing the appropriate section of the Seasonal Transportation Release form.

## **SPORT CERTIFICATION PROCEDURE**

It is the policy of the Lakeland Board of Education that, in order to try out or participate in sports, student-athletes must complete the authorization process:

- The parent/ guardian must complete the On-line **LAKELAND CENTRAL SCHOOL DISTRICT AUTHORIZATION FOR SPORT PARTICIPATION FORM:**
  - no more than 30 days before the start of the sport season
  - by the deadline for each sport season as posted on the District website.

Please note: Detailed instructions are available on the District Website. For any anticipated difficulty in completing the online form please contact the School Nurse at least 2 weeks before the deadline. For problems occurring during the summer, please contact the District Director of PE, Health and Athletics at least 2 weeks before the start of the season.

- Student-athletes must have a valid **STUDENT HEALTH EXAMINATION FORM** on file in the School Health Office. This must :
  - be dated within twelve months prior to the start of the season. However, if the student has had a physical in the month the season starts; it will be acceptable until the end of the season;
  - be signed and stamped by a health care provider licensed in New York State;
  - indicate the student can participate in sports without restrictions;
  - contain a blood pressure.
- All students must have the approval of the District Medical Director prior to participation each sport season.



Please note: Health appraisals will not be done by the District Medical Director in school during the summer. If a physical is needed for fall sports contact your School Nurse in May prior to the fall season to set up an appointment.

- If a student may need **MEDICATION** during a Sport event or practice, District Policy and New York State Law require that:
  - appropriate Medication Orders and Self-medication Orders must be on file in the Health Office;
  - medication order must be updated EACH SCHOOL YEAR;
  - the health care provider must sign and stamp the orders;
  - the parent must also provide written permission and the doctor's attestation for the medication and self-carry/administration status which must be verified by the School Nurse.

### **ILLNESS/INJURY**

- A student cannot be approved for sports participation if there has been an illness, accident, injury or surgery until a medical clearance report is provided by the treating physician and received by the School Nurse. The District Medical Director will then review this report and, if appropriate, give the final medical clearance for the student to participate in sports.
- If a student-athlete experiences an injury or illness at any time during the sport season, the athlete and his/her parent must communicate this **immediately** to the Coach as well as the School Nurse.
- When an athlete is ill or injured during a sports season he/she may not return to sports participation until cleared by the physician who treated the condition. The student must provide the physician's written medical clearance to the School Nurse for the student to participate in sports.
- According to New York State Guidelines, the final decision to approve the athlete's return to activity is determined by the District Medical Director. The School Nurse will confer with the District Medical Director as needed and will then communicate the final clearance (or decision not to clear) to the physical education teacher, athletic department and coach.
- In the event the **School Nurse** is unavailable, the District Director of PE, Health and Athletics or Athletic Trainer may accept an athlete's clearance note from his/her healthcare provider. However, this clearance note must be immediately sent to the **District Chief Medical Officer** who will confirm or deny the clearance.
- The clearance note must be given to the School Nurse on the first available day. It is the student athlete's responsibility to follow through and bring the medical clearance to the nurse to be re-certified.
- Students who are injured during sports participation must report the injury to the coach who will fill out a Student Incident Report and give it to the School Nurse. Medical expenses resulting from an accident or injury must be submitted to your own insurance company. Any expenses not covered by your insurance can be submitted to the school district insurance company. Contact the School Nurse if you need a form to submit for reimbursement from the district insurance company.

Please note: For all HEAD INJURIES see the **DISTRICT CONCUSSION MANAGEMENT POLICY (5141.7)** The Return to Play Protocol will be followed.

## **FORMS AVAILABLE ON THE DISTRICT WEBSITE:**

- **STUDENT HEALTH EXAMINATION FORM**
- **AUTHORIZATION FOR ADMINISTRATION OF MEDICATION FORM**
- **LAKELAND CENTRAL SCHOOL DISTRICT AUTHORIZATION FOR SPORT PARTICIPATION FORM**

### **CONCUSSION MANAGEMENT POLICY (5141.7)**

The Board of Education recognizes that concussions and head injuries are commonly reported injuries in children and adolescents who participate in sports and recreational activity and can have serious consequences if not managed carefully. A sports concussion or Mild Traumatic Brain Injury (MTBI) is any injury to the brain as a result of traumatic forces such as a direct blow to the head, face, neck or body. Signs and symptoms include but are not limited to loss of consciousness, dizziness, headache, vomiting, blurred vision, amnesia, convulsions and seizures as well as personality changes, short-term memory deficits and difficulties with problem solving and general academic functioning in certain cases. Signs and symptoms can be subtle and may not be readily apparent to the student or other individuals without training or may not be reported by students due to the desire to continue participation and lack of awareness of the effects of concussion. The effects of repeated concussions can be cumulative and, after a concussion, there is a period in which the brain is particularly vulnerable to further injury which can result in severe injury and even death. Therefore, it is the policy of this District to support the proper evaluation and management of head injuries and concussions, whether as a result of participation in sports and other school-related activities or attendance in school. It is the further policy of this District to prohibit a student who is believed to have suffered or is determined to have suffered a concussion from return to play or participation in activities until he or she has been evaluated and cleared by a licensed physician and has been symptom free for seven (7) full days (returning to practice or play, or other participation on day eight). Prior to return to practice or play, or other participation, the School Nurse must receive a written and signed physician's statement that the student has been asymptomatic for seven (7) or more days. The note will be kept in the student's medical file. The District's Chief Medical Officer has the final authority to determine whether or not a student may return to practice or play, or other activity participation.

The District will provide, at the start of each sports season, information for parents and students regarding concussions, including but not limited to: (1) the definition of the term "concussion"; (2) signs and symptoms of simple and complex concussions; (3) how these injuries occur; and (4) guidelines for return to school and athletic participation after suffering a concussion. This information will be made available on the District website as well as communicated to parents prior to a student's participation in interscholastic and other athletics.

Before participating in a District interscholastic athletic program, all student-athletes must establish a neurological baseline record through imPACT assessment, which will be administered by District personnel. The information established will be used by District staff and the Athletic Trainer to assist them in determining an athlete's ability to return to play after suffering a concussion. Students who are not assessed through the ImPACT system will not be allowed to participate in District interscholastic athletics.

A complete copy of the District's Concussion policy (5141.7) adopted in June 2012, revised March 20, 2014, and March 17, 2016, is available on the District website and from each high school and its athletic department.

## **MEDICATIONS**

The Lakeland School District policy regarding medication in school must be adhered to during all sports activities. Specifically, a written physician's order and written parental permission for medication must be on file in the School Nurse's office. If medication is required, the appropriate Medication Orders and Self-Medication Orders must be on file if indicated. If a student may require medication during a sports event or practice, the student must have access to that medication. Medication orders must be updated each school year.

Parents are responsible for providing the coach with necessary medication in the original container. The School Nurse will provide the coach with verification of permission to administer the medication. Students may only carry medication in accordance with New York State Law and Board Policy.

## **ATTENDANCE POLICY**

Participation in an activity or sport is but one part of a student's experience.

### ***School Attendance:***

1. Any athlete who is absent from school may not participate in a practice or contest on that day. The only exception to this rule will be when an absence is for reasons beyond the control of the athlete. Participation will be allowed with prior consent from the Athletic Coordinator and/or Director of Athletics.
2. An athlete must be in attendance for four periods on the day of practice or a contest in order to participate. An athlete must be in attendance for four periods on Friday to play in a Saturday contest.
3. An athlete must be in school the day before a vacation to be eligible to play in any contest during vacation.
4. If an athlete is suspended from school, he or she is also suspended from the team for the corresponding number of days, thus being ineligible to go to practice or to compete in any contest during that time until the suspension ends.
5. Any athlete suspended from school more than once will be subject to further consequences up to and including suspension and/or dismissal from the team.

### ***Practice and Contest Responsibilities:***

Players are expected to attend all practice sessions and contests or other squad functions unless excused.

1. It is the responsibility of the player to notify the coach in advance of his/her anticipated absence/tardiness from any squad activity. On non-school days it is the obligation of the player to notify the coach when he/she will be absent from practice or a contest. Coaches will discipline athletes that are excessively late.
2. An individual student who attempts to participate in too many activities may have a conflict of obligations. The Athletic Department recognizes that each student should have the opportunity for a broad range of experiences in school activities and, to this end, will attempt to schedule events in a manner so as to minimize conflict. The athletes and parents/guardians must realize that many times schedules cannot be changed because of league or section regulations or facility availability.
3. Students have a responsibility to do everything they can to avoid continuous conflicts. This would include being cautious about belonging to many activities where conflicts are bound to happen. In most cases, schedules are complete prior to the start of the season and are distributed to players and parents at the pre-season meeting. Schedule conflicts should be checked at that time and appropriate coaches/advisers notified.
4. Athletes are expected to arrange appointments with doctors, dentists, etc., interviews, test appointments, visitations, etc. so as to avoid conflict with practice and contest responsibilities. If this is not possible, the athlete must notify the coach in advance.
5. Athletes may accompany parents/guardians on vacations during non-school days. However, upon return, an athlete will be allowed to participate in a game only at such time he/she displays to the coach satisfactory physical condition and knowledge of skills and strategies missed while away.
6. Student athletes are expected to participate in their sport from the first day of scheduled practice until

the competition of state level competition if the team or athlete is qualified.

7. Any student who has three unexcused absences from practices or contests during the season may be suspended or dismissed from the team.
8. Students may “leave” the squad after consultation with the coach.

## **STUDENT ELIGIBILITY**

According to the Commissioner's Regulations, a student shall be eligible for inter-school competition in a sport during a semester, provided that he/she is a bona fide student, enrolled during the first 15 days of that semester, is registered in the equivalent of three regular courses, is meeting the physical education requirement, and has been in regular attendance. Bona fide absences caused by personal illness are accepted. Each individual team has its own additional regulations concerning daily attendance at practices and the minimum number of practices before being eligible for competition. Your coach will inform you of these rules.

Since participation in extra-curricular activities is a privilege and not a right, an extra-curricular activity participant involved in any serious infraction of rules in school or the community (including, but not limited to, use of illegal drugs and/or alcohol, theft, vandalism, or other crime) may be dropped from all activities for the remainder of the year.

### **Middle School Student Athlete Participation in Interscholastic Athletic Program (Policy #5132)**

The determination of middle school students for participation in the athletic program at the high school level shall be at the discretion of the Director of Physical Education, Health and Athletics and in accordance with the “Athletic Placement Process” (formerly known as Selection Classification) for all secondary school interscholastic athletic team membership as set forth in option #3 of the State Education Department’s Revised Regulations Establishing Eligibility Standards for Interscholastic Athletic Team Membership. Option #3 of the Revised Regulations states: “A board of education may use the “Athletic Placement Process” process for all secondary school athletic team membership.” Said process is one of screening to determine eligibility for participation based upon the student’s physical maturity, fitness and skills.

It is the policy of the Lakeland Central School District that middle school students will not participate in high school interscholastic athletic programs unless it is determined, in accordance with this Policy, that:

1. There is a combined team (grades 7-12), no modified team (e.g., track, golf, gymnastics) and middle school students will not bump high school students from the team.  
OR
2. There is an insufficient number of high school students to field a particular sport and more aggressive recruitment for high school players has occurred. The determination to recruit middle school students shall not take place until at least one week after the start of a season.  
OR
3. The student is an exceptional athlete in a particular sport. Each student will be evaluated individually on his or her merits to determine whether he or she is considered to be an exceptional athlete. In this situation prior to the student trying out:
  - A. The student and parents must agree to this participation. (Parent Permission Form)
  - B. The student must have a physical fitness test and examination by his/her family physician and pass required examination to acquire a sports card. The School Physician shall review the results of such physical fitness test and examination and the student’s participation shall be subject to the School Physician’s approval.
  - C. The student’s participation must be approved by a review board consisting of the Middle School Principal, Middle School Athletic Coordinator, High School Athletic Coordinator or

designees and the Director of Physical Education, Health and Athletics. The review board shall consider the student's ability in the particular sport and whether or not there is comparable competition for the student at their current level of play in such sport. Only students whose level of excellence is so high that he or she cannot receive adequate competition at their level of play shall be allowed to participate at the high school level, at the appropriate level of competition. The review board shall make a recommendation to the Superintendent of Schools.

- D. All high school teams will be comprised of a minimum number of high school students, the regulated team numbers, as determined by the Director of Physical Education, Health and Athletics in consultation with the high school coaches for each sport, prior to permitting the exceptional middle school student to become a member of that team.
- 4. No middle school student shall miss school or be released from school early to participate in practice or a game except for sectional competitions at the end of the season. If a middle school student is pulled out of school to practice or play during the regular season, the coach will not permit such student to play.

The Director of Physical Education, Health and Athletics, in consultation with the high school coaches, will establish regulated team numbers by sport, by June of the prior school year, for the next following school year. Regulated team numbers shall be the number required to normally and typically field the team. Regulated team numbers will be filled with high school students in order to assure that high school students are not deprived of the opportunity to participate on high school interscholastic athletic teams. Any remaining places on the team may be filled with high school or qualified middle school students.

Notwithstanding the above, in the event there is an insufficient number of high school students to field a team in a particular sport, qualified middle school students may be brought up for that season only.

### **RISK FACTOR IN SPORTS**

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

### **PARENTS' CODE OF ETHICS**

Athletic competition satisfies a diversity of vested interests. Parents seek values for their children; athletes seek fulfillment; coaches seek associations with sports they love; fans seek excitement; boosters seek involvement. We each may seek something a little different within the school's athletic program.

Moreover, occasionally the diversity of these expectations pushes us in different directions which may provoke conflict.

The Athletic Department of the Lakeland School District recognizes the role of interscholastic athletics in promoting the physical, mental, moral and social character of our students. Therefore, we ask that all parents:

1. Show team support by making only positive comments and by using appropriate language.
2. Show respect for the judgment of coaches, officials, referees, and especially the visiting team.
3. Acknowledge that fields, courts and equipment are the players' domain during contests. Parents should not engage in conversation with players, coaches and/or referees prior to or during contests.

Parental concerns should not be discussed with coaches before or after contests. Parents are encouraged to call the athlete's coach to set up a meeting to discuss concerns regarding their daughter/son.

Parents who do not follow these rules or show disrespect for players, coaches, officials or the visiting team may be prohibited from attending athletic practices and contests and, in a serious case, may be prohibited from being on School District property.

## **ATHLETIC AWARD SYSTEM**

### ***Conditions for earning an award:***

Athletes unable to complete a season due to injury, illness, or other such circumstances may earn a letter if the coach feels the letter is justified. Any student having outstanding debts for equipment (lost or stolen) will not receive any awards until all debts are paid. In such cases where a senior competing on a varsity team for the first time, and/or second/third, may be granted a varsity letter if so approved by the coach. Athletes must finish the season to be eligible for an award.

## **AWARD**

### ***Certificate—An athlete can earn***

- \* Freshman Certificate \* Junior Varsity Certificate \* Varsity (participation) Certificate
- \* Varsity Letter

## **LETTER**

### ***Criteria for earning a letter in a particular sport:***

Each individual coach will establish criteria for earning a varsity letter in his/her sport. This award is not given for participation and attendance alone. It must be earned in accordance with coaching criteria. One varsity letter only will be issued to an individual for his/her high school career in all sports.

## **INSERTS (SPORTS DESIGNATION)**

Athletes may only receive one insert with a letter earned for a particular sport. Athletes who already have earned the “letter” in another sport will receive an insert for each additional sport. A student athlete will always receive an insert with his/her first letter.

## **SERVICE BAR**

**An insert bar is given to a student/athlete for years of service to a team beyond the original first year.**

## **A GUIDE FOR COLLEGE-BOUND STUDENT ATHLETES AND THEIR PARENTS**

The SAT or the ACT is used to establish eligibility for college level athletics. They must be taken under normal testing conditions on a national test date. The test may be taken on any number of occasions, utilizing the best score (for each section). Each of the best scores then may be combined to meet the necessary test score requirement. It is suggested that the student plan early to take the test. Some students are beginning to take the SAT or ACT as early as their 10<sup>th</sup> grade year.

For a complete Guide for the College-Bound Student Athlete go to:

**[www.eligibilitycenter.org](http://www.eligibilitycenter.org)**

*Also please see updated NCAA Eligibility Requirements on the following page.*



# ELIGIBILITY

# UPDATES

## Division I

For many athletes who dream of playing Division I athletics, their high school careers can be a numbers game. Are they scoring enough points? Running fast enough times? Completing enough passes? You may even have given them another number to think about: 2.3, the minimum high school GPA needed for a Division I freshman to compete if they enroll full time on or after August 1, 2016.

But did you know all your high school athletes who aspire to play Division I also need to remember the numbers 16, 10 and 7? Starting August 1, 2016, high school graduates (current senior class) must meet the following core-course requirements to compete in their first year at a Division I school:

- 16** Students must complete 16 core courses.
- 10** Students must complete 10 of their core courses before the start of their seventh high school semester. For most students, that is the start of their senior year.
- 7** Students must complete 7 of their 10 core courses in English, math or science.

Students have until the start of their seventh semester to complete their 10 core courses. That may mean summer school for students who are finishing their sixth semester without the necessary 10 core courses. Just remember that summer school courses must be on your school's approved list, as well as completed before the first day of the student's seventh semester.

## Division II

Division II also has increased its minimum GPA from a 2.0 to a 2.2, effective for Division II freshmen to compete if they enroll full time on or after August 1, 2018. Division II has also adopted a sliding scale of GPA and SAT/ACT scores, similar to Division I. To read more about these rule changes and to see the new Division II sliding scales, go to [www.ncaa.org/playcollegesports](http://www.ncaa.org/playcollegesports).

### Check the List!

All classes must be approved by the NCAA to count toward the 16 core-course requirement. This includes traditional brick-and-mortar programs, as well as nontraditional (online, independent study, etc.) programs. To determine

if a school has a list of NCAA courses, go to [www.eligibility-center.org](http://www.eligibility-center.org) to search our school database.

## SAT Changes

The SAT is changing, and the redesigned test will be offered for the first time in March 2016. The NCAA Eligibility Center will not combine section scores from the current and redesigned SAT when determining a student-athlete's initial eligibility. The NCAA Eligibility Center will only combine section scores from the same version of the test. Additional information on changes to the SAT can be found at [www.collegeboard.org](http://www.collegeboard.org).

## Transcript Upload

Did you know that high school administrators can upload student transcripts directly to the NCAA Eligibility Center? Uploaded transcripts are available to our certifiers almost instantly; no more waiting for days to arrive in the mail.

## Primary Takeaway

If your athletes want to play NCAA Division I or II sports, they need to be certified by the NCAA Eligibility Center. That means they need to be more than a great athlete. They need to be a great student also. You are an integral part in helping spread the word about these academic standards. We need your help in emphasizing that from the beginning of the ninth grade. Courses and grades are more important than ever.

## CHECKLIST

### How you can Help

- Visit NFHSLearn.com and join the more than 6,000 other individuals who have completed the free online NCAA Initial-Eligibility course.
- Make sure your athletes who want to play sports in college register at [eligibilitycenter.org](http://eligibilitycenter.org).
- Share information: Talk to coaches, counselors, parents and athletes about the upcoming increase in academic standards.
- Spread the word to your colleagues in the scholastic and non-scholastic coaching communities.
- Use NCAA Eligibility Center resources:
  - ◆ [www.ncaa.org/playcollegesports](http://www.ncaa.org/playcollegesports)
  - ◆ [www.eligibilitycenter.org](http://www.eligibilitycenter.org)
  - ◆ [www.2point3.org](http://www.2point3.org) IAA

# INTERSCHOLASTIC ATHLETIC ACTIVITIES

Lakeland Copper Beech Middle School / Lakeland High School / Walter Panas High School

## FALL

|                              |                            |
|------------------------------|----------------------------|
| Cheerleading                 | Varsity, JV                |
| Boys and Girls Cross Country | Varsity (Merged), Modified |
| Field Hockey                 | Varsity, JV, Modified      |
| Football                     | Varsity, JV                |
| Boys Soccer                  | Varsity, JV, Modified      |
| Girls Soccer                 | Varsity, JV, Modified      |
| Volleyball                   | Varsity, JV, Modified      |
| Girls Swimming               | Varsity (Merged)           |
| Girls Tennis                 | Varsity                    |

## WINTER

|                             |                                 |
|-----------------------------|---------------------------------|
| Boys Basketball             | Varsity, JV, Freshman, Modified |
| Girls Basketball            | Varsity, JV, Freshman, Modified |
| Boys Bowling                | Varsity                         |
| Girls Bowling               | Varsity                         |
| Cheerleading                | Varsity, JV                     |
| *Girls Gymnastics           | Varsity (Merged)                |
| *Boys Swimming              | Varsity (Merged)                |
| Wrestling                   | Varsity (Merged), Modified      |
| Boys and Girls Indoor Track | Varsity (Merged)                |
| *Ice Hockey                 | Varsity (Merged), Modified      |

## SPRING

|                      |                                 |
|----------------------|---------------------------------|
| Baseball             | Varsity, JV, Freshman, Modified |
| Boys Lacrosse        | Varsity, JV, JV B (Merged)      |
| Girls Lacrosse       | Varsity, JV (Merged), Modified  |
| Softball             | Varsity, JV, Modified           |
| Boys Tennis          | Varsity                         |
| Boys and Girls Track | Varsity (Merged)                |
| Boys Golf            | Varsity (Merged)                |

***“MERGED” INDICATES THE TEAMS ARE DISTRICT TEAMS  
REPRESENTING BOTH HIGH SCHOOLS.***

***\*INDICATES THE TEAMS ARE MERGED WITH PUTNAM VALLEY.***



# Lakeland School District Athletic Department

## Training Rules and Regulations Acknowledgment Form

I have read, understand and acknowledge receiving the training rules and regulations contained in the Interscholastic Athletics Handbook for Athletes and Parents.

As an athlete of the Lakeland Central School District, I accept my personal responsibility for compliance with these guidelines.

As a parent or guardian, I accept my responsibility to help my daughter/son meet his/her obligations as outlined.

\_\_\_\_\_  
(Student's Signature)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Parent's or Guardian's Signature)

\_\_\_\_\_  
(Date)

THIS FORM MUST BE SIGNED BY BOTH THE PARTICIPANT AND PARENT OR GUARDIAN AND RETURNED TO THE COACH.

### SEASONAL TRANSPORTATION RELEASE

#### PERMISSION TO DRIVE OWN VEHICLE IN-DISTRICT

I hereby give my son/daughter \_\_\_\_\_,

a member of the \_\_\_\_\_ permission to  
(Team)

use his/her own personal vehicle as transportation to or from in-district practices and contests only.

#### PERMISSION TO BE A PASSENGER IN ANOTHER STUDENT'S VEHICLE IN-DISTRICT

I hereby give my son/daughter \_\_\_\_\_,

a member of the \_\_\_\_\_ permission to be a passenger  
(Team)

in the vehicle of \_\_\_\_\_ to or from in-district practices and contests only.

#### PERMISSION TO BE A PASSENGER IN ANOTHER STUDENT'S PARENT'S/GUARDIAN'S VEHICLE

I hereby give my son/daughter \_\_\_\_\_,

a member of the \_\_\_\_\_ permission to be a passenger  
(Team)

in the vehicle of \_\_\_\_\_ from away contests.

I understand that the ability of coaches and other school officials to properly supervise students may be impaired when students are not under their direct control. I agree that coaches should not be held accountable when students who are authorized to use alternative means of transportation do so. I understand that coaches reserve the right to refuse requests by players to travel on their own if, in the coach's opinion, it serves the best interest of the individual or the program.

---

(Parent or Guardian Signature)

---

(Date)

**Please return this form to your coach.**

# EQUIPMENT CONTRACT

Student Name \_\_\_\_\_ Locker \_\_\_\_\_

Team \_\_\_\_\_ Combination \_\_\_\_\_

I have been issued the following equipment and accept responsibility for its care and return at the completion of my participation in this interscholastic activity. Furthermore, I agree to pay for lost equipment at its replacement value and understand that I will not be eligible to participate on other interscholastic teams or participate in other extra-curricular activities if I fail to do so.

## UNIFORM

Top, Away \_\_\_\_\_

Top, Home \_\_\_\_\_

Bottom, Away \_\_\_\_\_

Bottom, Home \_\_\_\_\_

Top, Warm-up \_\_\_\_\_

Bottom, Warm-up \_\_\_\_\_

Top, Practice \_\_\_\_\_

Bottom, Practice \_\_\_\_\_

Socks, Game \_\_\_\_\_

Belt \_\_\_\_\_

## EQUIPMENT

Helmet \_\_\_\_\_

Mask \_\_\_\_\_

Neck Collar \_\_\_\_\_

Shoulder Pads \_\_\_\_\_

Chest Protector \_\_\_\_\_

Arm Pads \_\_\_\_\_

Rib Pads \_\_\_\_\_

Hip Pads \_\_\_\_\_

Thigh Pads \_\_\_\_\_

Knee Pads \_\_\_\_\_

Shin Guards \_\_\_\_\_

Ball \_\_\_\_\_

Bat \_\_\_\_\_

Student Signature \_\_\_\_\_

**Please return this form to your coach.**

## EMERGENCY MEDICAL INFORMATION

SPORT \_\_\_\_\_ YEAR \_\_\_\_\_ GRADE \_\_\_\_\_ SCHOOL \_\_\_\_\_

STUDENT'S NAME \_\_\_\_\_

Last

First

Date of Birth \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_

PARENTS/GUARDIAN NAME \_\_\_\_\_

(please print)

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

HOME PHONE(\_\_\_\_\_) \_\_\_\_\_

FATHER'S WORK PHONE (\_\_\_\_\_) \_\_\_\_\_ CELL PHONE (\_\_\_\_\_) \_\_\_\_\_

MOTHER'S WORK PHONE (\_\_\_\_\_) \_\_\_\_\_ CELL PHONE (\_\_\_\_\_) \_\_\_\_\_

DOCTOR \_\_\_\_\_ PHONE (\_\_\_\_\_) \_\_\_\_\_

FAMILY DENTIST \_\_\_\_\_ PHONE (\_\_\_\_\_) \_\_\_\_\_

EMERGENCY CONTACT: NAME \_\_\_\_\_

HOME PHONE (\_\_\_\_\_) \_\_\_\_\_ WORK PHONE (\_\_\_\_\_) \_\_\_\_\_ CELL PHONE (\_\_\_\_\_) \_\_\_\_\_

RELATIONSHIP TO STUDENT \_\_\_\_\_

MEDICATIONS \_\_\_\_\_

KNOWN DISEASES \_\_\_\_\_

KNOWN ALLERGIES \_\_\_\_\_

## MEDICAL AUTHORIZATION

I, the undersigned parent or guardian of \_\_\_\_\_, a minor, does hereby authorize \_\_\_\_\_ or any law enforcement agency to use their judgment in obtaining medical treatment for my child. I give permission to the medical, dental or emergency room staff selected to render any emergency medical, surgical or dental treatment necessary. I understand that any costs incurred for my child for such emergency treatment shall be my sole responsibility. It is also understood that effort shall be made to contact the undersigned prior to rendering treatment to the child, but that none of the above treatment will be withheld if the undersigned cannot be reached.

Signature \_\_\_\_\_

Date \_\_\_\_\_

**Please return this form to your coach.**



**Lakeland Central School District**

1086 East Main Street  
Shrub Oak, NY 10588  
914-245-1700  
Lakelandschools.org

Lakeland Copper Beech Middle School  
3401 Old Yorktown Road, Route 132  
Yorktown Heights, NY 10598  
914-245-1885

Robert Bergmann  
Donna Bolner  
Marc Casey  
Frank Ruolo



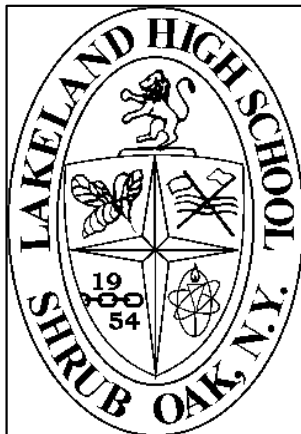
Principal  
Assistant Principal  
Assistant Principal  
Assistant Principal

LCBMS Athletics  
Sharon Sarsen  
Athletic Coordinator  
914-245-1885 Ext. 229

Lakeland High School  
1349 East Main Street  
Shrub Oak, NY 10588  
914-528-0600

Christopher Cummings  
Christian Mercurio  
Alfonse Davino

Principal  
Assistant Principal  
Assistant Principal

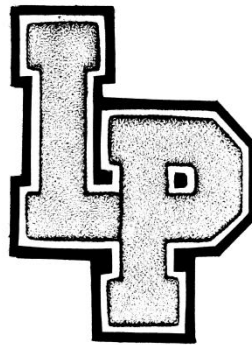


LHS Athletics  
Rebecca DiSisto  
Athletic Coordinator  
914-528-2537

Walter Panas High School  
300 Croton Avenue  
Cortlandt Manor, NY 10567  
914-739-2823

Keith Yi  
Marlene Gracia  
Roderick Gilmour

Principal  
Assistant Principal  
Assistant Principal



WPHS Athletics  
Daniel Belfi  
Director of PE, Health & Athletics  
914-739-2302