

# ADIRONDACK CENTRAL SCHOOL

## ATHLETIC CODE OF CONDUCT



WILDCAT PRIDE

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ADIRONDACK CENTRAL SCHOOL DISTRICT  
ATHLETIC CODE OF CONDUCT

Participation on an Adirondack Central School District athletic team is a privilege which should elicit great pride, in both the student athlete and his/her family. It is also an acceptance of responsibility which requires an extra commitment from those who wear our school colors and represent their teammates, coaches, school, and community. Being a member of an Adirondack team has always been an honor and our community continues to be proud of the tradition that has been developed over the years.

**Mission Statement:** The mission of the Adirondack Central School Athletic Program is to foster the pursuit of excellence by creating an educational and competitive experience within an atmosphere of sportsmanship. We strive to develop and realize individual and team potential by promoting high standards of *competence, character, civility* and *citizenship*.

**Competence** - *The necessary level of knowledge and skill to sufficiently train and compete*

- To develop the skills necessary to participate competently in the game
- To demonstrate knowledge of the rules and conventions of the game
- To demonstrate knowledge of the strategies of the game
- To demonstrate a level of physical conditioning and fitness sufficient to participate competently in the game
- To demonstrate knowledge of healthy behaviors, including nutritional issues
- To understand the necessity of abstaining from the use of alcohol, tobacco, and other drugs (body altering substances)

**Character** - *The patterns of beliefs, attitudes, and behavior that relate to moral strength, constitution, and essential qualities that embrace the positive values of the Adirondack Central School District and the greater community*

- To be dependable in fulfilling obligations and commitments
- To accept responsibility for consequences of actions and not to make excuses or blame others
- To strive to excel
- To be committed to the team
- To persevere, give maximum effort, and not give up in the face of setbacks
- To be honest
- To play by the rules of the sport and not cheat
- To control anger and frustration and refrain from displays of temper and bad language
- To accept losing and winning graciously, to congratulate opponents, not sulk or display other negative behaviors

**Civility** - *To demonstrate behavior that exemplifies appropriate respect and concern for others*

- To practice good manners on and off the field
- To refrain from trash talk and other put-downs of opponents and teammates
- To treat all persons respectfully, regardless of individual differences, and to show respect for legitimate authority (coaches, captains, and officials)
- To be fair and treat others as one wishes to be treated
- To listen to and try to understand others
- To be compassionate and sensitive to others
- To actively support teammates and others

**Citizenship** - *Social responsibility as part of a 'community'*

- To be faithful to the ideals of the game including sportsmanship
- To keep commitments to my team
- To show team spirit, encourage others, and contribute to good morale
- To put the good of the team ahead of my personal gain
- To work well with teammates to achieve team goals
- To accept responsibility to set a good example for younger students and school community

**Statement of Philosophy:** The Adirondack Central School District understands that interscholastic athletics are a significant part of the educational process. The combination of academics and athletics enhances the quality of students' lives and expands their options for learning and personal growth. Athletics provide an educational opportunity in which students can learn essential life lessons beyond those that can be learned in an academic classroom. It is understood that participation on a team demands a *commitment* that involves dedication and sacrifice. This is required not only of the student, but also of the coaches and parents.

**Parameters of the Program:** The following is a list of guidelines required of all athletes. Also listed is the course of action to be followed if a student athlete does not adhere to any guideline.

- I. **TRYOUTS:** Any Adirondack Central School student who meets the age and physical requirement for athletic participation, has passed a physical examination and has the permission of their parent or legal guardian may try out for an athletic team. A student may only try out and play for one team per sports season.
- II. **QUITTING:** The time period during a season before the first scheduled contest (scrimmage/game) is considered the "grace period" for participation on an athletic team. During this "grace period," a player may withdraw from a team or transfer to another team by conferring with the coach. After the "grace period" has ended, an athlete withdrawing from a team on his or her own has quit.

*Consequence: Any athlete who quits a team is ineligible for the remainder of that season and the next sport season in which they wish to participate.*

- *First Offense: "A" contest penalty for the following sports season.*
- *Second Offense: "B" contest penalty for the following sports season.*

- III. **PARTICIPATION:** Athletes are required to attend all practices and contests. If an athlete cannot attend either, he/she must personally contact the coach via phone call (no texts) or in person.

*Consequences: Any athlete who misses a practice or a game without contacting the coach is subject to:*

- *First Offense: Coach will contact the parent and athlete. The coach will decide the course of action.*
- *Second Offense: Coach will contact the parent and athlete. "A" Contest Penalty (See Eligibility Chart).*
- *Third Offense: Coach will contact the parent and athlete. "B" Contest Penalty (See Eligibility Chart).*

- IV. **SCHOOL ATTENDANCE:** Regular school day hours of operation are 7:49 am-2:20pm, 10<sup>th</sup> period 2:22 pm-3:00pm. If a student is absent from school for a half a day, 7:46 am – 11:05 am or 11:06 am – 2:20 pm (3 hours), he/she is ineligible to practice or compete that day.

- *Athletes are to provide coaches with prior notification of all anticipated excused absences (per participation guidelines).*
- *If an athlete does not participate in his/her regularly schedule P.E. class, he/she can not participate in athletics that day. Medical excuses from P.E. extend to athletic participation.*
- *Participation in athletics does not excuse a student from serving an assigned detention.*
- *The Interim Athletic Director reserves the right to make final determinations as to participation based upon individual circumstances.*

- V. **ACADEMICS:** Adirondack Central School realizes that athletics are an extra-curricular activity and should assist the student in his/her academic pursuit. Any student who is on the restricted list during a sports season has been identified by the school as someone at risk. A student-athlete who is on the restricted list must seek academic assistance during the tenth period. They will receive a pass from the teacher they sought academic assistance from and that pass should be given to their coach prior to any athletic participation that day.

*Consequence: A student on the restricted list who does not seek academic assistance during the 10<sup>th</sup> period (2:20 pm-3:00pm) will be ineligible to practice or compete in a contest that day. (Note: On a day that a team must be dismissed early for a contest, the student may leave with his/her team).*

- VI. **SUSPENSIONS:** Student athletes are expected to behave in a fashion consistent with the policies set in the ACS Student Code of Conduct. Any school related conduct that does not meet those requirements may result in a suspension. If the conduct is "Out of Bounds" the consequence will follow the "Out of Bounds" consequences. If the conduct is not "Out of Bounds" the following consequences will apply:
- ❖ **In-school suspension:** *The athlete must continue to practice with the team. In-house counseling may be required if this is recurring during the same sports season.*
    - **First Offense:** *The coach will decide the course of action.*
    - **Second Offense:** *"A" Contest Penalty (See Eligibility Chart).*
    - **Third Offense:** *"B" Contest Penalty (See Eligibility Chart).*
  - ❖ **Out -of-school suspension:** *The athlete cannot be on ACSD property, so no participation (practices or contests) in athletics for the duration of the suspension.*
    - **First Offense:** *"A" Contest Penalty (See Eligibility Chart). Before athletic participation resumes, the athlete must address the team about their behavior.*
    - **Second Offense:** *"B" Contest Penalty (See Eligibility Chart). Before athletic participation resumes, the student-athlete must receive in-house counseling for their behavior (until completion of the program-minimum 3 visits). If in-house counseling is not available or is refused, outside counseling must be sought and the ACSD is not responsible for this service. The student-athlete also needs to address the team about their behavior before being reinstated to the program.*
    - **Third Offense:** *Removal from the team for the remainder of the season and 50% of the next sport that he/she participates. The student-athlete must receive in-house counseling for their behavior (until completion of the program-minimum 3 visits). If in-house counseling is not available or is refused, outside counseling must be sought and ACS is not responsible for this service. The athlete must go through the Appeal Procedure before being reinstated to the program.*
- VII. **'OUT OF BOUNDS' BEHAVIORS:** In order to perform at a peak level, an athlete must avoid certain behaviors. Athletes at Adirondack Central School are required to avoid the following whether during a sport season or out of a sport season (starting on the first official day of Fall practice and ending on the last day of school for that school year):
- *The use, possession, sale, or gift of any tobacco or nicotine products.*
  - *The use, possession, sale, consumption, or gift of alcoholic beverages (an exception is made for religious contexts).*
  - *The use, possession, sale, or gift of any controlled substance, illegal drugs, performance-enhancing substances (i.e. caffeine pills, steroids) whether legal or illegal, look-alike drugs, or drug paraphernalia.*
  - *Hosting or attending parties, events, or activities where illegal distribution of alcohol, drugs, or other performance-enhancing substances are present or used.*
  - *Cyber-imaging (any identifiable image, photo, or video which implicates a student-athlete to have been in possession or presence of drugs or portrays actual use, or out of character behavior or crime). Since there is no way to establish a timeframe for when or location of where the image was taken, it shall be the responsibility that the student-athlete must assume. It must also be noted that there may be persons, who would attempt to implicate an athlete, by taking such images, to place them in a situation where they might be in violation of this code. This is our rationale for demanding that our athletes not place themselves in such environments.*
  - *Any engagement in illegal gambling activities.*
  - *Engagement in threatening, hazing activities, bullying, vandalism, harassment, or other personal misconduct, including, but not limited to, conduct that involves police or court action.*

Consequences: (Accumulate throughout an athlete's career not an individual season).

*\* If the consequence is a result of an infraction that occurred during school, the student-athlete must follow the guidelines for either ISS (athlete must continue to practice with the team) or OSS (athlete can not be on ACSD property, so no participation in athletics for the duration of the suspension) and the consequence listed below:*

- First offense: “B” Contest Penalty (See Eligibility Chart). Before athletic participation resumes, the student-athlete must receive in-house counseling for their behavior (until completion of the program-minimum 3 visits). If in-house counseling is not available or is refused, outside counseling must be sought and the ACSD is not responsible for this service. The student-athlete also needs to address the team about their behavior before being reinstated to the program.
- Second offense: Removal from the team for the remainder of the season and 50% of the next sport that he/she participates. The student-athlete must receive in-house counseling for their behavior (until completion of the program-minimum 3 visits). If in-house counseling is not available or is refused, outside counseling must be sought and ACS is not responsible for this service. The athlete must go through the Appeal Procedure before being reinstated to the program.
- Third Offense: The student-athlete is suspended from athletics at ACS for one calendar year from the date of the infraction. The student-athlete must receive in-house counseling for their behavior (until completion of the program-minimum 3 visits). If in-house counseling is not available or is refused, outside counseling must be sought and ACS is not responsible for this service. The athlete must go through the Appeal Procedure before being reinstated to the program.

VII. **TRAVEL**: Athletes are to travel to and from contests in the transportation provided by the school. If a student desires to be released from the school-sponsored transportation, a written release must be provided from his/her parent/guardian and given to the coach prior to departure for the contest. After a contest the coach may release the player to a parent or to another responsible adult with a release from a parent. The release should include a contact phone number for the parent/guardian. The coach will make the final decision.

*Consequence: See ‘Out of Bounds’ Behaviors.*

VIII. **EQUIPMENT**: All athletes accept full responsibility for the equipment loaned to them. Lost or misused equipment must be paid for. At the end of the season, all equipment must be turned in to the coach.

*Consequence: Any student who does not turn in or pay for misused/lost equipment will not receive his/her award(s) for that sport season and will not be allowed to try out for a sport in the next season.*

IX. **INJURIES**: All injuries must be reported to the coach immediately. The school has contracted a free evaluation service with Upstate Family Health. If an athlete is deemed unable to play by a doctor, they must have written permission by a doctor before returning. If an athlete sustains a concussion, they must follow our return to play Concussion Protocol. Final approval for a student-athlete to return to play is at the discretion of the school district’s medical director.

X. **INSURANCE**: The Board of Education carries insurance with Pupil Benefits Plan, Inc. This policy is non-duplicating and requires you to apply to your personal insurance carrier *first*. The school insurance has certain financial limits and you may be required to pay certain balances of medical bills.

XI. **APPEAL PROCEDURE**: In order to appeal a consequence or decision the following process must be followed:

1. The student-athlete must submit the appeal, in writing, to the Director of Health, P.E., & Athletics.
2. An appeal committee will be convened (as soon as realistically possible) to review the case presented by the student-athlete. The appeal committee will be composed of the Director of Health, P.E. and Athletics, a building Principal, one coach and two faculty members. (The student-athlete and/or parent/guardian *may* appear before the committee).
3. At the completion of the meeting, a written report will be sent to the parent/guardian.

XII. SPECIAL CIRCUMSTANCES: The Interim Athletic Director has the ability to impose consequences of greater magnitude in cases where the consequence may not be appropriate for the particular behavior.

### ELIGIBILITY CHART

# Of Regular Season Scheduled Contests	Contest Penalty "A"	Contest Penalty "B"
<b>8</b>	<b>1</b>	<b>2</b>
<b>9</b>	<b>1</b>	<b>2</b>
<b>10</b>	<b>1</b>	<b>2</b>
<b>11</b>	<b>1</b>	<b>2</b>
<b>12</b>	<b>2</b>	<b>4</b>
<b>13</b>	<b>2</b>	<b>4</b>
<b>14</b>	<b>2</b>	<b>4</b>
<b>15</b>	<b>2</b>	<b>4</b>
<b>16</b>	<b>3</b>	<b>6</b>
<b>17</b>	<b>3</b>	<b>6</b>
<b>18</b>	<b>3</b>	<b>6</b>
<b>19</b>	<b>3</b>	<b>6</b>
<b>20</b>	<b>4</b>	<b>8</b>

\* It should be noted, notwithstanding the above chart of penalties, that the facts of an incident may warrant immediate removal from the team if the Interim Athletic Director believes that the offense committed by the athlete warrants such action.



ALMA MATER

Adirondack our Alma Mater we'll cheer for thee  
We'll climb the ladder onto victory  
Let the doors open for the green and white  
For our Alma Mater we'll always fight!!



## Parent/Guardian Consent

I, \_\_\_\_\_ have read the ACS Athletic Code of Conduct and will cooperate with the school authorities in their enforcement. I give my permission for \_\_\_\_\_ to participate in \_\_\_\_\_.

**Student-Athlete**  
**Sport**

\_\_\_\_\_  
Signature - Parent/Guardian

\_\_\_\_\_  
Date



## Student/Athlete Agreement

I, \_\_\_\_\_ have read the ACS Athletic Code of Conduct and agree to follow it for the duration of the school year.

\_\_\_\_\_  
Signature – Student/Athlete

\_\_\_\_\_  
Date