



Health Sciences
Charter School
Sports Handbook

**2023 -
2024**



ATHLETIC HANDBOOK

Philosophy:

Health Sciences Charter School believes that participation in athletics provides the opportunity for developing lifetime skills that help students become well-rounded individuals capable of making decisions and handling problems. Interscholastic athletics are aimed at enhancing academic achievement, strengthening the student's self-image, mind/body relationships, personal assessment and individual and group sportsmanship through a program that provides for both success and challenge.

The administrators, teachers, coaches, and officials realize that athletics is an integral part of the total education program and only **the highest standards of conduct and academic effort will be expected from all participants.**

Policy:

HSCS is committed to promoting the proper ideals of sportsmanship, ethical conduct and fair play at all school sporting events. In the interest of individual players, all aspects of the sports program will encourage activities that promote the best values of athletic competition. Coaches will consistently model acceptable standards of good citizenship and propriety with regard to the rights of others. Coaches participating in events are held responsible for the conduct of their players, assistant coaches, team personnel and themselves. Conduct which is detrimental to the educational value of athletic activities may be deemed just cause for the coach's reprimand, probation, suspension from a particular sport, or suspension from events.

EXTRACURRICULAR ACADEMIC REQUIREMENTS

Introduction:

The academic eligibility requirements established by this document are designed to encourage students of HSCS to maintain strong grades while they participate in any specified extracurricular activity sponsored at the High School level. The term "specified extracurricular activity" shall include all clubs, athletic teams (including intramural as well as interscholastic), community service projects, student government and leadership positions, and school arts programs. The academic requirements shall apply to all Health Sciences students participating in any extracurricular activity.

Minimum Academic Requirements:

Health Sciences Charter School encourages participation in athletics. However, students are reminded that **such participation is a privilege and not a right.** A student's academic welfare takes precedent over his or her participation in any athletic activity. This policy is meant to encourage students who are active in any activity to maintain their academic standings. Students are ineligible who, at the distribution of grade reports, are failing two or more subjects. A grade below 65% constitutes failing. Students may also be declared ineligible indefinitely due to disciplinary reasons as determined by the Dean of Students. Assessment reports are distributed midway through each marking period. Students failing two or more subjects as indicated by these assessment reports may also be declared ineligible. Students with an unattended failure from a previous semester course are ineligible until the conditions to pass, as set forth by the Principal, have been met. Students will be required to have a minimal overall 70% GPA the semester prior to the sport they wish to participate in. It is at the discretion of the Principal to grant any exception to this requirement. Students with additional needs will be reviewed by CSE chair on case by case basis. Students with poor academic performance from last year's fourth quarter are exempted from this policy.

Academic Probation:

Students who are ineligible may not participate in any extracurricular activity for a minimum of ten school days beginning with the day report cards are issued. The ineligibility period does not allow for practice and/or participation with a sport on weekends or vacations. Should appropriate academic progress be shown to the Dean of Students following that 10- day period, a student will be reinstated. The student will not be declared eligible until he or she has demonstrated the appropriate academic progress. Students declared ineligible due to mid-marking period reports remain so at the discretion of the Dean of Students.

Reinstatement of Eligibility:

Evaluation forms are available from the Assistant Principals. The student is required to have each of his teachers complete the form. Once completed, he must return the form to the Athletic Director for approval. If approved, the student receives a reinstatement form to be given to his coach. Ineligibility at the time of tryouts will severely impact your ability to make a team.

Regulations for Athletes

1) Medical Exams and Reporting Injuries and Medical Conditions

- A.** Each student must have a physical examination conducted by a personal physician. This examination must be conducted prior to participation in interscholastic athletics, and the results of the examination must document the physician's conclusion that the student is medically cleared to participate in a particular sport. Without such documentation, the student will not be permitted to participate in any practice or contest.
- B.** This policy states that no student will be allowed to participate in any practice or contest if there is a question about whether the student is in adequate physical condition.

Therefore: ALL INJURIES, NO MATTER HOW MINOR THEY APPEAR, ARE TO BE REPORTED TO YOUR HEAD COACH IMMEDIATELY. SIMILARLY, ALL MEDICAL CONDITIONS THAT MIGHT AFFECT YOUR ABILITY TO SAFELY PARTICIPATE IN A PRACTICE OR CONTEST MUST BE REPORTED TO YOUR HEAD COACH IMMEDIATELY.

- C.** A student who is seriously injured or ill, or who has been absent from school for five (5) or more consecutive days, must be re-examined by a personal physician and must obtain written approval from such physician before resuming participation in any practice or contest.
- D.** A student must submit to being re-examined for medical clearance by the personal physician at the discretion of the Head Coach or the Sports Coordinator/Director. A student failing to comply with re-examination will be prohibited from participation in all practices and contests.
- E.** In the event of any conflict of opinion between physicians regarding a student's medical clearance to participate in interscholastic athletics, the student will be prohibited from participating in all practices and contests until the issue is resolved.
- F.** Transfer Policy- Health Sciences Charter School adheres to the policies dictated by the NYSPHSAA Section VI. If you have questions pertaining to the policies, please see the Director of Athletics.

2) Alcohol, Drugs, Tobacco

Students must abide by the following rules at all times and all places. The following rules pertaining to ALCOHOL, DRUGS, and TOBACCO apply on and off school property, during the school day and at all other times.

A student is:

- A. NOT** to use or be in possession of any tobacco products (cigarettes, cigars, pipes, snuff, chewing tobacco, etc.).
- B. NOT** to drink, be in possession of, or to be under the influence of an alcoholic beverage(s).
- C. NOT** to use, be in possession of, or be under the influence of illegal drugs, including steroids.

3) Exemplary Personal Conduct

A. Participation in interscholastic athletics is a privilege that entails high expectations. A team member must always remember that he/she represents the entire student body and faculty and must not, by his/her conduct, do anything that will bring dishonor to his/her school

A team member must demonstrate good sportsmanship, maintain a positive attitude both on and off the bench, and be admired as a gentleman/lady at all times. A team member must never criticize a teammate, coach, or official.

B. Student athletes are to familiarize themselves with the Code of Conduct, and are expected to comply in every respect with the requirements of the Code of Conduct. Each student understands and agrees that the Code of Conduct will apply at all times, including during the school day, during contests and practices, and after school hours. A student who violates any portion of the Code of Conduct may be subject to discipline or consequences above and beyond what non-athletes are subject to, including but not limited to suspension or expulsion from practices, contests, and/or team memberships.

C. Upon the recommendation of the Sports Athletic Director, or the recommendation of any member of the administrative team, consequences may be imposed upon a student athlete for a violation of the Code of Conduct. A student and his or her parents will be given an opportunity to informally meet with the Principal and Athletic Director prior to determination of discipline or consequences under this provision.

4) Regulations and Policies

All students are to abide by the regulations and policies established by HSCS, the Commissioner of Education, and the New York State Public High School Athletic Association.

5) Attendance

A. School Attendance:

In order to be eligible to practice or participate in an athletic contest student athletes:

Must be enrolled in and participate in physical education class. An athlete who does not participate in Physical Education class will not be able to practice or play on that day. Games or Tournaments held on weekends, students must be present on prior school day.

Whenever a practice or contest is scheduled on a school day, a student must attend classes for at least half of the school day (the equivalent of 4 hours on a regular school day). Failure to comply with this rule results in the student being disqualified to participate in the practice and/or contest scheduled on the same school day.

Students who have 2 or more unexcused absences in any given week will not be allowed to participate in any athletic activities for the remainder of that week. Tardy/Late Arrivals are equal to .5 absences. Weeks are from Sunday to Saturday. If there is a reoccurring pattern of absences or tardiness as observed by teachers, staff or administration this can also be grounds for probation.

B. Attendance at Practice and Contests:

A student must be on time for all practices and contests; chronic lateness will not be tolerated.

Students are required to attend all practices and regularly scheduled contests unless excused by the Head Coach. A student who finds it necessary to be excused from attending any practice or contest must contact the Head Coach as soon as practical to explain the situation. The Head Coach will then make a determination as to whether the absence is excused or unexcused. The Head Coach of each sport is permitted to develop his or her own attendance policies so long as they are enforced in a consistent manner and do not conflict with these regulations.

C. Effect of School Suspension:

A student placed on school suspension, whether in-school or home, may not participate in interscholastic sports, including practices and contests, during the time of his / her suspension.

6) Uniforms and Equipment

A. School issued uniforms are to be worn ONLY while representing the school. The same rule applies to school-issued practice equipment; it is to be used ONLY while representing the school.

B. Students must immediately report to the Head Coach any faulty or ill-fitting personal or team equipment.

C. Students who are issued school uniforms and/or practice equipment are financially responsible for them if they are damaged, excluding normal wear and tear, or if they are not returned by the close of the season. Students failing to comply with this rule are barred from participating in any additional interscholastic athletics until they come into compliance.

7) Violations

Students will be held personally accountable for honoring the rules and regulations cited herein. If the athlete cannot maintain the self-discipline necessary to abide by these rules and regulations, then it may be necessary to invoke disciplinary action and consequences, including consequences above and beyond those imposed on non-athletes. The disciplinary action and consequences may include, but are not limited to, any and all of the following:

- a. A conference with the Coach, Athletic Director, and/or Principal;
- b. Extra work and/or make-up time;
- c. Suspension from team practices, contests, and/or team membership;
- d. Dismissal or expulsion from the team pursuant to number 4; and
- e. Other actions the school administration deems appropriate to the infraction, including the possibility of exclusion from future participation in interscholastic athletic programs.
- f. In addition, athletes are reminded that a student placed on school suspension, whether in-school or home, may not participate in interscholastic sports, including practices and contests, during the time of his/her suspension.

Finally, each Head Coach is authorized to adopt and enforce his or her own rules and regulations so long as they are enforced in a consistent manner and do not conflict with these regulations.

8) Transportation

Transportation for practices is the responsibility of the parent/ guardian. For Games and Tournaments, busing will be provided from Health Sciences Charter School. The bus will return to Health Sciences Charter School. It is your responsibility to pick your child up on time at 1140 Ellicott St. Departure times for games and contests will be determined on the schedule. Coaches are responsible for their athletes' safety during travel, as well as enforcing appropriate student behavior while in route to and from, game or any other team event.

During a Contest:

1. Athletes may leave with their own parents or legal guardian after a game as long as they notify the coach and sign out.
2. Athletes may go home with other adults (over 18 years of age) as long as they have written permission from their parent or legal guardian. This must be given to the coach prior to the contest.
3. Athletes are expected to sit with their own team during the entire athletic event and will not leave the site of an athletic activity without permission from their coach.
4. The team and coaches should all exit a visiting facility together if there is deemed to be potential trouble. Parents and students should be sensitive to this directive at all times.

9) Student Agreement / Athletic Release Form

Each student must return the Student Agreement/Athletic Release Form with the proper signatures before he / she can participate in any practices or contest. See form attached.

DRESS CODE POLICY

We strive to be the best high school in the state and we expect our students to look and act the part. We do not intend to dictate the type of clothes to be worn to school outside of our uniform policy, but occasionally find it necessary to say what shall NOT be permitted. We expect students to wear school appropriate clothing that would be deemed appropriate for a professional setting. Simple guidelines for athletic-appropriate dress and personal appearance are:

Business Casual:

- Solid Color Button-up shirt or blouse
- Black, blue or tan dress pants or skirt(Professional Length)
- Professional Dress shoes
- No Jewelry that would not be allowed during sporting contest (earrings, nose rings, etc)
- Tie (No bowties)

*Students can choose to wear a matching blazer/suit if they want but it is not mandatory.

Health Sciences shares in the responsibilities of student dress code and appearance with the parent/legal guardians and the individual student in the area of health, safety and cleanliness of person and apparel. If there is a question as to whether or not any student's apparel or appearance is appropriate for school/athletic events, school administrators will decide. We want our students to present themselves in the most professional manner when representing Health Sciences.

Signed: _____ Date: _____
Parent / Guardian Signature

Signed: _____ Date: _____
Student Signature

PLEASE PRINT:

Student Name: _____ Sport _____

Year of Graduation: _____

**Health Sciences Charter High School
STUDENT AGREEMENT / ATHLETIC RELEASE FORM**

I have read and understand the 'REGULATIONS FOR ATHLETICS IN THE INTERSCHOLASTIC ATHLETIC PROGRAM' and agree to abide by them. I further understand that any violation of these regulations will result in one of the actions listed in the handbook, and could result in discipline and consequences.

I understand that there is naturally a risk of injury while participating in interscholastic athletic practice or competition. I further understand that in sustaining an injury there is a small risk of permanent disability, paralysis or death.

In addition, I understand that an injury to any of my body joints, bones, muscles, nerves, tendons, ligaments hands, knees, wrists, etc. may result in disfigurement, loss of movement, loss or strength and/or feeling, which may have a long lasting effect.

I understand that I must wear all safety equipment provided by, recommended by, or required by coaches, school district or athletic regulations at all times during practice and competition. I also understand that no modification of protective equipment or uniform should be made.

Finally, I understand that it is my responsibility to report immediately to the head coach any faulty or ill-fitting personal or team equipment, and that all injuries, no matter how minor they appear, are to be reported to the coach immediately.

I have read and understand the Health Sciences Charter High School's "Regulations for Athletes" and "Student Agreement / Athletic Release Form." I also understand that injury to my son / daughter is possible during participation in such athletic activities and I further understand that the cost of any emergency medical care arranged for by school personnel in the course of such athletic activity is a parental responsibility. I herewith give my son / daughter permission to participate in the following sport:

Signed: _____ Date: _____
Parent / Guardian Signature

Signed: _____ Date: _____
Student Signature

**Health Sciences Charter School
(Athletic Division of the Health Sciences Charter School)
Athletic Spectator Expectations Form**

This Athletic Spectator Expectations Form must be shared with the parents / guardians of every HSCS student-athlete who anticipates representing HSCS in athletic competition. The expectations articulated within this document will be strictly adhered to by HSCS administration, athletic coaching staff, and school based personnel attending any / all athletic sporting events.

It is the school's expectation that all students, parents / guardians, and any other athletic spectators consistently demonstrate positive sportsmanship toward players, athletic coaches, game officials, school staff, and other spectators. Students are to abide by the Athletic Code of Conduct of the Health Sciences Charter School.

Examples of unacceptable behavior include but are not limited to the following:

- A). Threatening actions or verbal abuse of players, fans, athletic coaches, school personnel, and/or game officials.
- B). Unauthorized entry onto the playing area, team bench area, or locker room area before, during or after any sanctioned or unsanctioned athletic contest or scrimmage.
- C). Verbal chants or cheers that insult, embarrass, humiliate or could potentially be negatively received by an opposing student-athlete, athletic coach, member of their staff or member of their cheering section.
- D). Throwing objects or any other materials onto the playing area, team bench area, at any student athlete, athletic coach, school personnel, official or any other spectator.

Inappropriate spectator behavior at athletic contests will result in permanent exclusion from all such contests.

All HSCS spectators at athletic contests / competitions are expected to:

- A). Treat HSCS and opposing student-athletes, athletic coaches, school personnel, and officials with the respect that is due them as guests and neighbors in the education community.
- B). Take victory and defeat without undue emotionalism that impacts the integrity of the game.
- C). Control tempers and emotional reactions at all times.
- D). Promote a culture of positivity with officials, free from criticism or unnecessary remarks.
- E). Cooperate with athletic coaches and school personnel to promote sportsmanship.
- F). Refrain from swearing or making insulting remarks to the opponents before, during or after any athletic contest / competition.
- G). Let student audiences know that inappropriate behavior reflects poorly on the school, the athletic coach, the team, and our school community.
- H). Take pride in our student-athletes, coaches, and other members of our school community. We are the constant model of sportsmanship and respect for our young adults.

Signed: _____ Date: _____
Parent / Guardian Signature

Signed: _____ Date: _____
Student Signature

**Health Sciences Charter School
(Athletic Division of the Health Sciences Charter School)
Concussion Management Form**

This Concussion Management Form must be shared with the parents / guardians of every HSCS student-athlete who anticipates representing HSCS in athletic competition. The expectations and program protocols articulated within this document will be strictly adhered to by HSCS administration, athletic coaching staff, and school based personnel attending any / all athletic sporting events.

Managing the personal health and physical wellness of our student-athletes is a major focus at the Health Sciences Charter School. Student-athletes who suffer a head injury or concussion during active participation through practices, scrimmages, or sanctioned league contests will be required to complete the following steps listed below prior to being cleared for participation.

Returning to Sports / Athletics

Please note: any student-athlete who has experienced a head injury must be symptom-free for a period of no less than 24-hours and must be medically cleared by their primary healthcare physician

Step 1

Low impact non-strenuous light aerobic activity for short intervals, such as easy walking, biking, or swimming in three ten-minute intervals with rest in between; no resistance training

Step 2

Higher impact, higher exertion activity in two fifteen-minute intervals, such as running, jumping rope, other cardio activities; followed by rest in between activities. Student-athletes may have on light equipment, but cannot participate in any team drills or contact. No resistance training

Step 3

Repeat step 2 progressing with shorter breaks and adding additional activity time. Student-athletes may participate in stationary skill work such as dribbling, serving, or tossing a ball. Low resistance training can be done with close monitoring

Step 4

Repeat of step 3 without breaks in cardio, but skill work with movement (allowing balls to be manipulated in the direction of the student) is permitted. Student may participate in non contact drills

Step 5

Repeat step 4 as a warm up activity, student-athlete is permitted to participate in weightlifting with a spotter and may also return to full contact training sessions with close monitoring

Step 6

Student-athlete may participate in fully as tolerated

For purposes of the head injury RTP (Return to Play) protocol, an appropriate physician evaluation MUST be completed by a practicing Medical Doctor or a Doctor of Osteopathy within the following specialty areas:

Family medicine

Pediatrics

Sports Medicine

Neurology

Neurosurgery

*The physician evaluation form should document name, degree, specialty, practice name, address, and phone number

**Additional information for parents and student-athletes can be found under the Athletics link on the school website.