

JERICHO HIGH SCHOOL ATHLETICS



GO JAYHAWKS!!!

INTERSCHOLASTIC
ATHLETIC HANDBOOK
FOR
STUDENT ATHLETES
AND PARENTS

REVISED 2020

Dear Students and Parents:

Research indicates that students who are involved in co-curricular experiences manage their time more effectively and have higher grades than those who are not involved. In addition, they have a more serious sense of their own growth and development. After-hours commitments also teach organizational skills, collaborative skills, decision making skills and inter- and intra- personal skills and enhance opportunities for expanding creativity. Co-curricular activities are indeed the events of which positive high school memories are made. It is for these reasons I am pleased that you have chosen to participate in the fine interscholastic athletic program at Jericho High School. This handbook is written for students and their parents. It is an outgrowth of efforts made by the High School Athletic Advisory Committee to provide you with the information you need to understand about the rules which govern athletic participation and procedures which must be followed by athletes and their parents.

All the information in this handbook has been reviewed and endorsed by the Athletic Advisory Committee, which is comprised of students, parents, coaches and administrators. It is the Committee's hope that the handbook will answer many questions and serve as a resource as you engage in interscholastic athletics.

This handbook should be read by parents and students. **The acknowledgement must be signed by both the athlete and a parent and submitted to the coach before the first contest of the season in order to participate in that contest.**

Best wishes for a successful school year. If you have any questions, please call me at 203-3600 ext.3248.

Sincerely,

John Mankowich

*John Mankowich, Curriculum Associate
Health, Physical Education and Athletics*

Jericho School's Code of Conduct

**As spectators and participants, each of us -
students, parents, teachers and administrators -
have a responsibility to the athletic program
of our school district.**

We must extend to our guests - the officials, players, coaches and spectators of neighboring schools - the courtesy and sportsmanship that we wish to have extended to us during our visits as guests in their schools.

Our conduct at all athletic contests is a reflection of the Jericho community, our educational system and ourselves. It is, therefore, most important that our attitude be friendly toward our guests during their visits to Jericho.

The officials and coaches assigned to our athletic contests are well-trained and each of them performs a necessary and difficult task. We could not run an organized interscholastic athletic program without them. Even when we may disagree with an official's or coach's decision during a contest, we should remember that these individuals are human beings and deserve our respect.

The athletes on each team practiced long and hard to prepare for their seasons. They are trained to perform to the best of their ability and to represent their school and community in a sportsmanlike manner.

Booing or abusive language directed towards players, coaches or officials is a sign of poor sportsmanship. Let us rather direct our energies towards encouragement and cheering at all athletic contests.

- adopted by the Board of Education

PHILOSOPHY

Participation in a well-organized interscholastic athletic program provides students with opportunities and experiences to learn skills for adult life. Research reveals that participation in athletics teaches young adults critical lessons in citizenship, respect, responsibility, fair play, communication, team work, decision making, problem solving, self-worth and individual potential. A student who elects to participate in the athletic program is making a commitment to personal, team and program goals.

Since interscholastic athletics are philosophical extensions of the physical education program and classified as co-curricular activities, the goals and objectives of athletics should be supportive of and consistent with the goals and objectives of the total educational program. When conducted properly, athletics can positively contribute to intellectual, physical, social and emotional development; however, the realization of these educational goals does not automatically occur. These values are attained when the athletic program is viewed as a means to an end rather than an end itself, and when it is:

- ◇ Conducted to promote the physical and emotional well-being of all participants
- ◇ Regarded as an integral part of the total educational program
- ◇ Subjected to the same administrative control as the total educational program
- ◇ Conducted by persons with training in first-aid and in physical education or coaching certification programs
- ◇ Viewed as a supplement to the physical education program and not as a substitute
- ◇ Conducted within the letter and spirit of all applicable rules and regulations

Although the explicit goal of all competitive sports is to win within the rules, that is by no means the only measure of success. The total development of the individual as a person is of considerably greater importance. Success in athletics occurs when athletes are allowed to develop their abilities to the fullest and to become all they are capable of being.

ATHLETIC CODE OF BEHAVIOR

It is our desire that all individuals (athletes, coaches, officials, spectators and supervisors) involved with interscholastic athletics will display behavior that reflects the ideals of sportsmanship, ethical conduct and a sense of fair play. The benefits derived from playing the game fairly should be stressed and any actions which tend to destroy those values should be discouraged. Courtesy should be shown toward opponents, officials, supervisors, spectators and administrators. Efforts must be made to achieve a thorough understanding and acceptance of the rules of the game and standards of eligibility, as well as to respect the integrity and the judgment of sports officials. It is important for all to recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well-being of the individual players. **Most of all, it is the duty of all concerned with high school athletics to remember that each individual athletic contest is only a game and should be kept in that perspective.**

ATHLETE/PARENT/COACH COMMUNICATION PROCESS

It is our expectation that communication will be encouraged and maintained between and among parents, athlete and coach. Parents are entitled to answers to legitimate questions regarding their child's performance and/or status. During the season, concerns may arise. The following communication process should be followed:

- ◇ Player meets with coach to discuss concerns/issues, if unresolved...
- ◇ Player, parent meet with coach for further discussion, if unresolved...
- ◇ Player, parent, coach meet with Athletic Director for further discussion, if unresolved...
- ◇ Player, parent, coach, Athletic Director meet with Building Principal

We encourage all parents to attend games and to model constructive support and guidance when students experience either success or failure in game situations. Most important, we ask parents to help us reinforce the inherent values of striving for individual and team progress, good sportsmanship and commitment to maintaining team morale. All practice sessions are closed to parents. Our athletic staff welcomes the opportunity to speak with parents about specific concerns and ideas. Discussions on the field tend to be fragmented, incomplete and are, unnecessarily, public. Consequently, the most productive conversations can and should take place at scheduled times, in more private settings. In order to discuss concerns with coaches, we encourage parents to call the Athletic Office at 203-3600 ext. 3248 to arrange a meeting with the appropriate coach.

ATHLETES ARE EXPECTED TO:

- ◇ conduct themselves in a mature fashion at all times
- ◇ not engage in the hazing, initiation or bullying of any students or staff members
- ◇ demonstrate self-control and mutual respect at all times
- ◇ avoid the use of profanity, abusive language or gestures in dealing with opponents, officials or spectators
- ◇ accept victory with grace and defeat with dignity; poor winners or losers do a disservice to themselves
- ◇ set an example in word and deed, both on and off the playing area; remember that athletes assume a leadership role and that younger students emulate their behavior
- ◇ observe training regulations and requirements of physical fitness for better personal performance and greater contribution to the team effort
- ◇ place athletic competition in its proper perspective; it represents only one part of the learning process and should not be pursued to the exclusion of everything else

SPECTATORS ARE EXPECTED TO:

- ◇ conform to accepted standards of good sportsmanship and behavior
- ◇ respect officials, coaches and players and extend all courtesies to them
- ◇ refrain from feet stomping, disrespectful remarks and the use of noisemakers
- ◇ remain silent when players require total concentration.
- ◇ obey the regulations of the school; those who do not conform will be brought to the attention of the building authorities
- ◇ understand that schools are responsible for the conduct of their respective spectators **whether home or away.**

Violators of this code are subject to disciplinary action and/or eviction from the area.

All Jericho school community members are expected to behave responsibly while in school and while participating in the interscholastic programs. During the season, student athletes must conform to Athletic Department policies as outlined in this handbook.

HAZING, INITIATION, BULLYING

The coach will review with the entire team the definitions of hazing, initiation and bullying. The student athletes will understand the seriousness of participation in any activity that is considered hazing, initiation or bullying and that Jericho has zero tolerance. There are serious consequences should this occur.

The Team Respect Pledge

We pledge to commit to respect, safety and inclusion for all members of our team and school community. We pledge to take leadership by setting an example of respectful interactions for all.

We pledge to:

- Avoid using language, name-calling or slurs that put others down because of such differences as race, sexual orientation, gender identity/expression or religion.
- Remind teammates who use “put down” language that “that’s not ok on our team.”
- Treat all teammates with respect.
- Believe that Team Respect is a winning strategy: When each team members feel safe and respected, they can play their best for the team.
- Take leadership to set an example of respect for students in our school as well as opposing teams and fans.

Violators of this code are subject to suspension/dismissal from the team.

PROCEDURE FOR AWAY EVENTS

All members of athletic teams must travel to and from athletic contests in transportation provided by Jericho Public Schools. We do understand that there are *rare* occurrences in which an emergency comes up necessitating the need to take a child home. Such occurrences would be: School functions, religious obligations and medical emergencies. Every attempt should be made to schedule any medical or dental appointments on non-game days. Parents are never permitted to take home any other child than their own even with a signed note from both parents. It is the coach’s responsibility to ensure that athletes behave responsibly and in accordance with the school district’s bus safety guidelines. Athletes should be reminded that as team members they are representing Jericho and their behavior and decorum will reflect on their team, coach and school.

Late buses leave at 5:45 PM and 6:30 PM on school days. When our athletic bus arrives at school after the 6:30 PM late buses have departed, the athletic bus will be responsible to transport the athletes to their regular bus stop.

Students are not permitted to drive their automobiles to away contests or offsite practices.

ELIGIBILITY REQUIREMENTS

In order to participate on an interscholastic athletic team, a student **must** satisfy the following minimum eligibility rules. These standards are established by the New York State Public High School Athletic Association.

Bona Fide Students: an athlete must be a bona fide middle or senior high school student and must be taking at least five subjects and physical education. Students who have completed graduation requirements are not permitted to participate in an interscholastic athletic program.

Age: a student shall be eligible for interscholastic competition in grades 9, 10, 11 and 12 until his/her 19th birthday. If the age of 19 years is reached on or after July 1, the student may continue to participate during that year in all sports.

Health Examination: a student who engages in interscholastic competition must submit a completed parent permission form with the medical history signed by the student and parent and a physical examination screening form completed by a physician on our Jericho Physical Form. The forms are available online at www.jerichoschools.org under “athletics” and then “more”. Misrepresentation or falsifying data on medical forms will result in immediate suspension from participation pending a meeting with the Athletic Director and the Principal.

Athletic physicals are valid for one calendar year from the date in which they were administered. If a physical expires during the course of a season, the athlete will be permitted to complete the season, but will not be eligible to try-out for subsequent teams until they complete a new physical with their physician.

Duration of Competition: a pupil shall be eligible for senior high athletic competition in each sport during four consecutive seasons of such sport after entry into the 9th grade and prior to graduation. An appeal for an extension of athletic eligibility can be made if the Chief School Officer can show that a student’s failure to enter competition during one or more seasons of a sport was caused by illness, accident or other circumstances beyond the control of the student.

Parents and student athletes have a responsibility to notify a coach immediately whenever a conflict arises with the practice/game schedule and should attempt to resolve the conflict. If it becomes apparent that conflict will continue on a regular basis and a student cannot fulfill his/her obligation, he/she should withdraw from the team. Student attendance: All students must be in school 5 periods in order to participate in an athletic practice or game that day.

HIGH SCHOOL ATHLETIC PROGRAM

Athletic participation at the Senior High School Interscholastic level requires a greater commitment and is more competitive than the Modified Program in the Middle School. The Junior Varsity (JV) and the Junior Varsity 9 (JV 9) programs function as a transition between the two. JV9, JV & Varsity competition is based on ability and participation in these programs require a significant commitment of time as well as adherence to stringent team and Athletic Department rules. Parents and athletes are advised to take this into consideration when deciding whether or not to participate at the JV9, JV or Varsity level. In order to understand fully a family’s commitment to JV9, JV or Varsity competition and to avoid miscommunication and unrealistic expectations, parents and students must realize that:
(please see the following page...)

- ◇ Practices/contests are scheduled on a **six day per week basis** and **during vacation periods**. Athletes are required to participate in all practices/contests. More than three unexcused absences may result in dismissal from the team.
- ◇ Squad selection is based on ability and cuts are made at the discretion of the coaching staff.
- ◇ Playing time is based on ability and substitutions are made at the discretion of the coach.
- ◇ Athletes who fail to complete a season will not be awarded a letter/certificate or receive credit for the season. This includes play-offs at the Varsity level.
- ◇ Athletes not on Varsity Release must participate in their regularly scheduled Physical Education class or they will not be permitted to participate that day.

VACATION POLICY

Vacations by athletic team members during a sport season are highly discouraged. Parents and athletes who wish to go away during a particular season may want to defer participation so as not to create conflicts. In the event that a family vacation is unavoidable, an athlete must notify the coach the first day of tryouts. It is an expectation that student-athletes will be fully committed to the team in which they play on. During the December and Spring Vacation periods, the coaching staffs and Athletic Director may allow for specific days in which practices days will be considered optional when possible. All other designated practice/game days are mandatory. In the event that an athlete misses any mandatory practice/game days over a vacation, the following consequences may be enforced:

- ◇ Sitting out entire games or specific portion of games.
- ◇ Extra practice time
- ◇ Loss of starting position
- ◇ Loss of Captaincy (if applicable)

Coaches will discuss consequences that will be applied with the Athletic Director to ensure continuity within the program.

TRYOUTS AND TEAM SELECTION

Team Selection: will be held in a closed environment with only the coaches and the athletes permitted. In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program while at Jericho, we encourage coaches to keep as many students as possible on each team. Time, space, facilities, equipment and other factors may place limitations on team size for any particular sport. Selections are made according to the skill level of the athletes. All positions are open for any athlete to fill on an annual basis. Choosing the members and captains of athletic teams is the sole responsibility of the coaches. At the pre-season orientation meeting, the coach shall provide the following information to all candidates:

- ◇ extent of try-out period (3 Day minimum)
- ◇ criteria used to select the team member
- ◇ number to be selected
- ◇ practice commitments of team members
- ◇ game commitments of team members
- ◇ requirements for participation
- ◇ once an athlete is placed on the official BOCES roster, they may not switch teams.

When a squad cut becomes necessary, the coach will discuss alternative possibilities for participation in the sport or participation in other areas of the athletic program.

PRACTICE SESSIONS FOR SCRIMMAGE & GAME ELIGIBILITY

All required practice sessions shall be organized and planned for approximately two hours and shall include activities specific to the sport. Depending on the sport and level of play, each team member is required to participate in a minimum number of practice sessions prior to the first team scrimmage and/or contest. In order to meet the "minimum practice" requirement, the athlete must be engaged in rigorous activity. A practice on the day of a game may not be counted towards the minimum number. Practice sessions are sport specific, so that practices in one sport would not apply to another sport in the event an athlete changes teams. Athletes must have an approved medical examination and health update before being cleared in writing by the nurse to practice.

SCHEDULING PRACTICES, SCRIMMAGES AND GAMES

Each coach shall be responsible for planning and conducting practices six days a week. Practices should last (2 hours at the Varsity, JV, and JV9 levels). The "only excused absences from practice is an absence from school.

As a general rule, there will be no team practices on Sundays, except for Varsity Boys and Girls Basketball. However, in instances where a practice can be justified, it can be scheduled with the Athletic Director's prior approval. When a Sunday practice is held, another team practice must be canceled so that athletes are not practicing more than six consecutive days unless it is post-season.

On days when ACT, SAT and PSAT tests are administered, practices and contests will be scheduled for that same afternoon whenever possible.

The Athletic Director will be responsible for the scheduling of all interscholastic athletic contests. All league contests will be scheduled by BOCES and all non-league contests and scrimmages must be scheduled by each individual coach. Whenever regularly scheduled contests conflict with school activities, the Athletic Director will attempt to resolve these conflicts by changing the contest date. Since changes in the schedule effect other schools, officials and transportation, requests to change a scheduled contest cannot always be fulfilled. Advanced notice for situations like this are most helpful for rescheduling purposes.

The number of required practices and contests in any given sport is established by Section VIII and NYSPHSAA. Scrimmages and non-league contests will be scheduled so that the minimum number of team and individual practice sessions can be held prior to the first contest. These standards indicate required number of practices, maximum number of contests, minimum time between contests and individual limits for athletes per day.

SUBSTANCE ABUSE

Medical research clearly substantiates the fact that use of tobacco, alcohol or any other drug or mood-modifying substance produces harmful effects on the human body.

The Jericho community is concerned with the health habits of student athletes and is convinced that athletics and the use of these substances are not compatible. Therefore, use of tobacco, alcohol or other drugs is prohibited.

Students violating this policy will be suspended immediately from participation pending a hearing with the Athletic Director and Principal. Determination for further suspension and/or dismissal will be made at this time. School District and Board policy will be enforced.

OBSERVANCE OF RELIGIOUS HOLIDAYS

The Jericho Athletic Department recognizes the right of all students to practice the teachings of their religion and observe religious holidays. All requests to be excused from practice and/or games to attend religious services will be honored without penalty. The scheduling of scrimmages or games shall be prohibited on the following religious holidays: Rosh Hashanah (beginning at sunset of the previous day), Yom Kippur (beginning at sunset of the previous day), Christmas Day, Holy Thursday (evening), Good Friday, 1st day of Passover and Easter Sunday.

CONFLICTS IN EXTRACURRICULAR ACTIVITIES

Jericho High School provides numerous opportunities for its students to participate in extracurricular activities. These activities are conducted according to an overriding philosophy that is consistent with the academic program.

Students are encouraged to take advantage of these opportunities; however, students should not be allowed to sacrifice the quality of their academic program to participate in athletics.

The Athletic Department recognizes that students should have the opportunity to engage in a broad range of learning experiences. However, a student who attempts to participate in too many extracurricular activities will, undoubtedly, be in a position of conflicting responsibilities. Students are cautioned not to overextend themselves. Participation on athletic teams requires a demanding commitment of time to a rigorous schedule of practice and competition that in addition to weekdays includes, at the JV9, JV and Varsity levels, weekends, holidays and vacation days.

Many students choose to participate in athletics and competitive clubs throughout the school year. It is very important that you review your schedules for conflicts at the beginning of the season. Some conflicts can be resolved via early communication with coaches and advisors if done early enough and both parties are able to be flexible. This is not always the case, but we will try. End of season, championship events are **mandatory** for all athletic team members, there can be no flexibility. If you are committing to being a team member, you must be available. This is part of the commitment we expect from all Jericho athletes. If you do not feel you are able to do this, you will have to choose either the sport or the club. This must be done early enough as to not affect the team. Consequences for leaving the team late in the season, can result in an inability to try out for the team the following year or removal of varsity status.

FALL SEASON

The start date of every athletic season is governed by Section VIII. The fall season always begins prior to the start of the school year. Football usually begins two weeks prior to Labor Day and all other sports on the Monday one week prior to Labor Day. The three day tryout period begins on those days. Students must attend the tryout sessions to be eligible for the team. Please schedule your vacation plans accordingly.

WEBSITE:

ALL GAME SCHEDULES & SCHOOL DIRECTIONS

Please go to: **www.jerichoschools.org** for game schedules & directions. Click on "Athletics" and there will be a menu to select schedules, directions and other pertinent information.

In order to receive e-mail notifications of changes to your child's athletic schedule, please sign up at

WWW.JERICHOJAYHAWKS.ORG

You can sign-up under: Get Alerts

RISK FACTOR IN SPORTS

In the event an athlete sustains an injury which is serious enough to require a physician's examination and treatment, the athlete must obtain written permission from the attending physician and parent before being allowed to resume practice/competition. Students must be cleared to resume their regularly scheduled Physical Education class as well as athletics in order to be cleared. All such injuries must be reported to the Athletic Trainer and the Health Office by the athlete and coach as soon after the injury as possible, but no later than the next school day.

All doctor's notes regarding an athlete's fitness to resume athletic competition must be submitted to the Health Office to be noted on the student's health record. In the event a question arises regarding an injury/illness, the Health Office should be contacted immediately.

In all cases when a question regarding the health, fitness or ability of an athlete to return to athletic participation is raised, the decision of the Chief School Physician will be final.

HEALTH INSURANCE COVERAGE

All bona fide students of the Jericho Public Schools are insured through the Pupil Benefits Protection Plan, Inc., a non-profit plan sponsored by the New York State Public High School Athletic Association. The policy is intended to provide supplemental health insurance when accidental bodily injury is sustained by a student while engaging in a school sponsored activity. Jericho Public Schools pays for the total cost of this coverage.

In order for coverage to be in effect, it shall be the responsibility of the student to report the injury to the Health Office within 30 days of the date of injury. Claims must first be filed with the family's private health insurance carrier. After settlement of that claim, the District's coverage is intended to reimburse the family for a portion of the unpaid balance. Information and forms regarding claims can be obtained from the Business Office.

MIXED COMPETITION

Students who wish to participate on a team of the opposite gender must submit a letter of interest to the Athletic Director two months prior to the first day of practice of the desired sport. According to the Commissioner of Education and the New York State Public High School Athletic Association guidelines, such a request cannot be granted if the school fields a team of the applicant's gender.

LOCKERS

Lockers are school property on loan to students. Students are assigned a locker and are responsible to see that the locker is returned in the same condition in which it was when assigned. Any malfunction of lockers must be reported to the coach immediately. Each student is encouraged to make sure that the locker is kept securely locked at all times and to share neither the combination, nor the locker with any other student. The locker should not be used to store valuable items or large sums of money, as the school and district is not responsible for lost or stolen items.

AWARDS

Seasonal Athletic Recognition will be conducted by coaches at the conclusion of each athletic season. Athletes receive their earned awards, Varsity and JV, and JV9 from their coaches at this time. Senior Athletic Awards will be distributed at our annual High School Awards night. At this event, special senior award recipients are honored. Dates for these programs are published in the school district calendar.

AWARD REQUIREMENTS

An award is given for participation, attendance and **COMPLETION OF THE ENTIRE SEASON**. The criteria for awards are made known to the student athlete at the start of the season.

NASSAU COUNTY ASSOCIATION AWARDS

The Nassau County High School Coaches Association seasonally identifies student athletes for special recognition within their sport. Each association has developed their own criteria for these awards. Questions concerning the awards should be addressed to the Varsity coach. These awards should not be confused with the Jericho High School's Athletic Program "Coach's Awards."

N.C.A.A. ELIGIBILITY REQUIREMENTS

Students enrolling in a Division I or II college or university who wish to participate in athletics must meet specific academic eligibility requirements. Initial academic eligibility is determined by the N.C.A.A. Clearinghouse at the end of the junior year of high school and final eligibility is determined after high school graduation. Registration with the N.C.A.A. Clearinghouse is available online at www.NCAAClearinghouse.org.

ATHLETIC ADVISORY COMMITTEE

The Jericho High School Athletic Advisory Committee is comprised of representatives from all constituencies of the athletic program. Student athletes representing grade levels 9, 10, 11 and 12, coaching staff members, parent representatives from the PTSA whose children participate in athletics, the Director of Athletics and the High School Principal are members of the Committee. The Committee's goals are:

- ◇ To provide a forum for discussion of the direction of the athletic program which reflects the input of parents, students and coaches.
- ◇ To identify and discuss issues which can be addressed at the building level, the Central Administration level and the Board of Education level.
- ◇ To promote trust in the athletic program as a wholesome experience for Jericho students.

PHYSICAL EDUCATION

Unless an athlete has qualified for the Varsity Release Program, they are expected to fully participate in their Physical Education class. Failure to do so will result in the athlete not being permitted to take part in practice or any scheduled contests that day.

Team uniforms may not be worn as part of a student's Physical Education attire.

HIGH SCHOOL SPORT SEASONS

FALL

Badminton - Boys	Varsity
Cross Country - Boys	Varsity
Cross Country - Girls	Varsity
Football	Varsity & JV
Soccer - Boys	Varsity, JV & JV9
Soccer - Girls	Varsity, JV & JV9*
Swimming - Girls	Varsity
Tennis - Girls	Varsity & JV
Volleyball - Boys	Varsity & JV
Volleyball - Girls	Varsity & JV

WINTER

Basketball - Boys	Varsity, JV & JV9
Basketball - Girls	Varsity, JV & JV9*
Bowling - Boys	Varsity
Bowling - Girls	Varsity
Fencing - Boys	Varsity
Fencing - Girls	Varsity
Swimming - Boys	Varsity
Winter Track - Boys	Varsity
Winter Track - Girls	Varsity
Wrestling	Varsity & JV

SPRING

Badminton - Girls	Varsity & JV
Baseball	Varsity & JV
Golf - Boys	Varsity
Golf - Girls	Varsity
Lacrosse - Boys	Varsity & JV
Lacrosse - Girls	Varsity & JV
Softball	Varsity & JV
Tennis - Boys	Varsity & JV
Track & Field - Boys	Varsity
Track & Field - Girls	Varsity

* = Due to insufficient participation, we have not been able to run these teams in the past

CONCLUSION

We realize that no handbook can anticipate and comprehensively answer every question. Our Curriculum Associate, Mr. John Mankowich, is available to discuss any concerns or questions about any of our athletic programs or about the progress of your child. Mr. Mankowich can be reached at 203-3600 ext. 3248.

Concussions

A concussion is a mild traumatic brain injury. Concussions occur when normal brain functioning is disrupted by a blow or jolt to the head. Recovery from concussion will vary. Avoiding re-injury and over-exertion until fully recovered are the cornerstones of proper concussion management.

Any student demonstrating signs, symptoms or behaviors consistent with a concussion while participating in interscholastic athletic activity will be removed from the game or activity and be evaluated immediately and will not return to play that day. Jericho School District will notify the student's parents or guardians and recommend appropriate monitoring.

ImPACT Testing

Baseline Neurocognitive Testing (ImPACT)

This testing is what allows for OBJECTIVE measurement of severity of injury and extent of return of function after a concussion is sustained. It is an approximately 30 minute computer based test that is administered to athletes who participate in contact/collision sports (Football, Soccer, Wrestling, Competitive and Lacrosse) as close to the start of their athletic season as possible in Grades 7,9 & 11. Baseline testing is performed once every two years. It measures several subtle aspects of brain function. The software utilized is ImPACT. This is the same software used by the NFL, NHL, and MLB. It allows for testing of athletes 12-65 years of age. The baseline tests is administered in the school district computer labs under the direction of our Athletic Trainer and Coaching staff. The data is then stored on an internet based server. Access to the data is only granted by the school district and the parents. It is recommended that only personnel prepared to process this data be allowed access to it. If a student isn't baseline tested all other return to play procedures will be implemented to ensure a safe return to activity.

Further information on the ImPACT program can be found at: <http://impacttest.com>

Return to Play Protocol and Clearance

Once a student-athlete is diagnosed with a concussion, they can only be cleared back to athletics by the Jericho School Districts Chief Medical Officer. Clearance by an athletes personal physician is needed to begin return to play protocols.

No student may return to full athletics before going through a return-to-play protocol. This is a 5 day supervised program that is overseen by the Jericho Athletic Trainer. Return to play following a concussion involves a stepwise progression once the individual is symptom free. There are many risks to premature return to play including: a greater risk for a second concussion because of a lower concussion threshold, second impact syndrome (abnormal brain blood flow that can result in death), exacerbation of any current symptoms, and possibly increased risk for additional injury due to alteration in balance. No student /athlete will be permitted to return to play while symptomatic. Students are prohibited from returning to play the day the concussion is suspected. If there is any doubt as to whether a student has sustained a concussion, it will be treated as a concussion! (When in doubt sit them out.)

The following criteria will be utilized before any athlete is cleared to return to play:

- Asymptomatic during rest
- Asymptomatic during exertion
- Acceptable signs on IMPACT neurological testing
- Completion of return to play protocols

The athletic trainer and nurse will oversee return to play protocol with final approval made by the chief medical officer.

Detailed information on concussions can be found on the websites of the New York State Education Department ("SED") and the New York State Department of Health ("DOH").

<http://www.p12.nysed.gov/sss/schoolhealth/schoolhealthservices/ConcussionManageGuidelines.pdf>.

All coaches, physical education teachers, and certified athletic trainers are required to be trained to recognize the symptoms of a concussion and to seek proper medical treatment for such injuries.

JERICHO ATHLETIC CONTRACT

PREREQUISITES FOR PARTICIPATION

In order to participate in interscholastic athletics, every student must pass a health examination. All students who are evaluated by their family physician must submit the appropriate, completed, school-issued Jericho Sports Physical form to the School Nurse. If you prefer to have your child examined by our school physician you may do so at our annual sports health examination on a Saturday in June. Please contact our School Nurse regarding any additional information.

A Parent Permission and a Health History Form for Interscholastic Athletics must be signed by every student athlete's parents/guardians within 30 days of the start of each season. Before any student will be permitted to participate in interscholastic sports, this information must be submitted to our Nurse's Office where it will be included in the student's health record. This parent permission and health history form must be submitted before the start of each season that he/she participates.

RESPONSIBILITIES OF STUDENT ATHLETES

In order to participate in our interscholastic sports program, each student athlete must assume responsibility for the following:

1. Appropriate, considerate and responsible behavior at all practice and game situations.
2. **Attendance at all practices 6 days a week.**
3. **Attendance at all games.**
4. Three unexcused absences may result in dismissal from the team.
5. **The athlete is responsible for reimbursing the District for missing equipment or uniforms. Until reimbursements are made or the article is returned, the athlete's eligibility for athletic participation is temporarily suspended. Also report cards/diplomas will be withheld.**
6. **Athletes must participate in their Physical Education class or they will miss that days practice or contest.**

VACATION POLICY

Vacations by athletic team members during a sport season are discouraged. Parents and athletes who wish to go away during an athletic season may want to defer participation so as not to create conflicts. In the event that a family vacation is unavoidable, an athlete must:

1. Notify the coach on the 1st day of tryouts, failure to do so could result in removal from the team.
2. Varsity team members sit out one game for every practice/game missed over the vacation.
3. JV & JV9 team members sit out one game for every 2 practices/games missed over the vacation.

SCHOOL ATTENDANCE: Students must be present in school for 5 periods in order to participate in an athletic practice or game that day.

TRANSPORTATION

All members of athletic teams must travel to and from athletic contests in transportation provided by Jericho Public Schools. We do understand that there are *rare* occurrences in which an emergency comes up necessitating the need to take a child home. Such occurrences would be: School functions, religious obligations and medical emergencies. Every attempt should be made to schedule any medical or dental appointments on non-game days. Parents are never permitted to take home any other child than their own. It is the coach's responsibility to ensure that athletes behave responsibly and in accordance with the school district's bus safety guidelines. Athletes should be reminded that as team members they are representing Jericho and their behavior and decorum will reflect on their team, coach and school.

Late buses leave at 5:45 PM and 6:30 PM on school days. When our athletic bus arrives at school after the 6:30 PM late buses have departed, the athletic bus will be responsible to transport the athletes to their regular bus stop. **Students are not permitted to drive their automobiles to away contests or offsite practices.**

ACCIDENTS, INJURIES and CONCUSSIONS

By signing below, I signify that I understand that there are risks inherent in permitting my son or daughter to participate in interscholastic athletics, including the risk of serious physical injuries, including but not limited to concussions. This consent to my child's participation is given with the knowledge that participation in interscholastic athletics can present inherent risks of injury that no amount of care, caution, instruction, expertise or supervision can eliminate. Mindful of these risks, I voluntarily give my permission for my son/daughter to participate in interscholastic athletics.

By signing below, I further acknowledge that I have read and understand the enclosed statements regarding concussions. I further agree to promptly inform the District in the event my child sustains a concussion outside of school so that appropriate safeguards can be taken with respect to his or her participation in interscholastic athletics.

Jericho High School Interscholastic Athletic Handbook Acknowledgement Must be returned to your coach prior to the first scheduled contest

Athlete's name (Print) _____ Grade _____ Sport & Level _____

Home Phone _____ Cell Phone _____

I acknowledge that I have read and understand the guidelines, procedures, training rules and commitment necessary for athletic participation. I agree to comply with the terms and conditions set forth in order that I may participate. I give my son/daughter permission to participate. I have reviewed the rules and regulations with my child.

Parent/Guardian's Signature _____

I acknowledge that I have read and understand the guidelines, procedures, training rules and commitment necessary for athletic participation. I agree to comply with the terms and conditions set forth in order that I may participate.

Athlete's Signature _____ Date _____

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