

For Student-Athletes, Parents, & Guardians

# **POUGHKEEPSIE ATHLETICS HANDBOOK**

**PLAY- GRADUATE- SUCCESS**



**A student-athlete who accepts a roster spot on a team will comply with all the contents within the handbook**

**Revised:  
7/19/2024**

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Student-Athletes, Parents/Guardians, and all stakeholders should familiarize themselves with the [NYSPHSAA handbook](#). The State handbook has comprehensive information in regards to the rules that govern interscholastic athletics.

# POUGHKEEPSIE CITY SCHOOL DISTRICT

70 Forbus Street, Poughkeepsie, New York 12601

| Telephone (845) 451-4850 ext. 8 |

July 2024

Welcome New and Returning Student Athletes, Parents and Guardians, to the Poughkeepsie City School District athletic program!.

As another athletic year is upon us here at Poughkeepsie, our goal is to strive to be not only better athletes, but better individuals each and every day! We are thrilled to have you all participate and want to see all our student athletes succeed academically, personally and athletically. As a Pioneer athlete, you will be held to a high standard of behavior and academic prowess both on and off the field. You are representing the Poughkeepsie City School District as well as, and more importantly, yourself as a student athlete. It is expected you will make proper decisions both in and out of school. Treat yourself, the school and others around you with respect.

Our hope within the athletic department is that you use this opportunity to engage in personal growth and maturity while competing on our athletic teams. Please extend yourself to all the available resources that we offer. This includes your teachers, coaches, administrators and volunteers. We are here to help, so please do not be afraid to ask! I have no doubt this will be another amazing year!

Participation in interscholastic athletics can be one of the best experiences of your high school career. The friendships you make with teammates and the thrill of competition will bring you lifetime memories. It is our desire to support you in order to make your athletic experience positive and successful.

Support your fellow teams, cheer us all on when we step foot on the playing surface and let's be a true Pioneer!

Peter Bianco, CAA  
Executive Director of P.E., Health Services,  
Athletics and Recreation



## PHILOSOPHY

The Poughkeepsie City School District recognizes a commitment to serve its student-athletes and the school district. Its primary responsibility is to provide an opportunity for student-athletes to develop their academic and athletic potential. Through practice, training and competition, the department strives to instill in each student-athlete:

- Good sportsmanship and personal integrity
- Loyalty to the group and the ability to function with others as a team
- Develop an appreciation for education, perseverance, problem-solving, and community
- Pride in accomplishments gained through fair and honest competition

One of the purposes of the athletic program is to teach students the proper winning attitude and lifestyle. The importance of an athlete's character is paramount and Poughkeepsie expects student athletes to be trustworthy, dependable and honest in and out of school.

Pioneer students should see athletic participation as an honor and a privilege because it is a means to grow both as individuals, and also as part of a greater whole. Because of the intensity of athletics, a great responsibility is given to ALL athletes to demonstrate and portray the proper forms of sportsmanship and academic awareness. Students learn best when teachers and students act respectfully and ethically towards themselves and others, whether in the classroom or the court.

Poughkeepsie believes the primary motivating force for a young person is the possibility of success however, though every team that competes, plays to win, winning is not our primary goal. The success of our program is measured by the quality of the young student athletes that we produce and not just our record of wins and losses. The support and encouragement of each parent is essential for a successful athletic program. Parents and guardians are expected to set a proper example for their children in supporting our teams and the purpose of athletics at Poughkeepsie.

Every spectator has a responsibility to demonstrate respect for coaches, participants, officials, and other spectators. Due to the competitiveness of our athletic program and the uniqueness of each player, there will be times when open and honest communication is needed to understand and support each student or coach. Frequent and clear communication among students, parents, teachers, and coaches assures that all involved are working toward the same goals.

A strong athletic program generates pride and enthusiasm in students, alumni, and the school district's community. The service provided by a robust athletic program benefits all stakeholders.

## MISSION STATEMENT

Supporting and promoting the student-athlete and their teams through trust, mutual respect, and mindfulness will result in graduating student-athletes striving for excellence and competing with integrity.

## VISION STATEMENT

To be a support to the student-athlete while excelling in academics and athletics.

## **ELIGIBILITY (NYSPHSAA HANDBOOK)**

These standards are the rules of the New York State Public High School Athletic Association, Inc. and apply to grades 9-12. Athletes must meet all standards of eligibility for practice and competition. "All schools agree to abide by the minimum eligibility rules adopted by the Central Committee in all interscholastic competitions." – NYSPHSAA, Inc., Constitution, Article II. (2).

### **AGE AND GRADE:**

Regulation of the Commissioner of Education A student shall be eligible for interschool competition in grades 9, 10, 11, and 12 until his/her nineteenth birthday. If the age of nineteen years is reached on or after July 1, the student may continue to participate during that school year in all sports. NOTE: Students may be eligible regardless of age or grade if they have been approved through the State Education Department's Athletic Placement Process. The 15-year- old below the 9th grade needs only to meet the Athletic Placement Process maturity standards to be eligible at the high school level.

### **BONA FIDE STUDENTS:**

Regulation of the Commissioner of Education

A contestant must be a bonafide student of the high school represented and must be taking at least four subjects including Physical Education. A foreign exchange student may be considered a bona fide student if all of these eligibility rules are satisfied. A student in an education program in two schools may represent only the home school.

### **NOTE:**

A student in shared services, part-time or full-time program, taking the equivalent of four subjects including Physical Education, is considered as being registered in the home school. A shared services student is only eligible at one school per school year (home district or shared service school) regardless of the interscholastic athletic programs offered. (May 2020) Exceptions for special cases must be approved by the League and Section. A student who satisfies all eligibility standards, enrolled in the equivalent of three requirements for graduation, may be enrolled in one or more college courses for advance placement. The student must be earning a minimum of three high school credits and Physical Education to be eligible.

## **HEALTH EXAMINATION (NYSPHSAA HANDBOOK)**

### **Regulation of the Commissioner of Education:**

A student who may engage in interscholastic competition shall receive an adequate health examination and health history update when required, and may not practice or participate without the approval of the school medical officer.

The results of the physical shall be valid for a period of 12 months during the last day of the month in which the physical was conducted. Unless the medical examination is conducted within 30 days of the start of a season, a health history update is required. Any pupil, whose safe participation is in question as a result of the health history interview, or injury, or prolonged absence, must be prequalified by the school physician prior to participation.

If the 12-month period for the physical expires during a sports season, participants may complete the season as long as a health history was conducted prior to the season. For example, a physical conducted on August 1 would be valid through August 31. If a student plays beyond August (ex. football), the student may complete that sports season as long as an interval health history was conducted before the start of the season. Immediately following the last sanctioned tournament competition for that season, a new physical is required if the student is going to play another sport. The sports season includes tryouts.

**NOTE:**

NYSPHSAA recommends that each incidence of prolonged absence should be reviewed individually by the coach and the athletic director, consulting with the school physician when necessary, and a reasonable amount of practice time and playing time be established based on the athlete's readiness for safe return to competition.

## **POUGHKEEPSIE CSD ATHLETIC POLICIES**

### **HEALTH & MEDICAL**

1. Sports physicals are scheduled at various times during the school year. Every student-athlete must pass a physical exam and be approved by the school district physician prior to practice or participation in any interscholastic sport. The student is responsible for reporting for the physical examination at the scheduled time. (See the athletic website for Final Forms registration for health and medical submission)
2. The athlete is to report all injuries, no matter how minor, to the coach. The coach will complete an incident report to be filed with the school nurse and athletic trainer.
3. If a student-athlete has a physician-attended injury or is absent from attendance in school or at practice sessions due to illness for five or more consecutive days, he/she must have the approval of the school physician or a medical release from the attending physician, before participating in practice, scrimmage or a game. This release must be filed with our school nurse. If a student-athlete goes to an emergency room for care, he/she must obtain a written release statement from the attending physician before leaving the hospital.
4. Medical expenses resulting from any athletic injury must first be submitted to the parents/guardians' insurance carrier. Any remaining balance may then be submitted to the school district's insurance carrier by processing a claim form that can be obtained from the school athletic medical office. The school district's insurance provides only supplemental coverage according to a schedule of benefits.
5. A health history update, done by the school nurse, is required for each sport season of participation.
6. An athletic trainer will be available for student-athletes after school. For an appointment to be seen by the athletic trainer, athletes must sign up in the athletic medical office ahead of time (am). An athletic trainer will also be at various athletic contests during each sport season. You may stop in as well when the trainer arrives.

## ACADEMIC ELIGIBILITY

**1. Any student failing more than two (2) subjects (e.g. 3, 4, 5, etc.) will be ineligible to participate in a sport for that marking period.**

2. Any student failing two (2) subjects will be placed on probation for a two (2) week period, during which time he/she will be permitted to practice and play in games, but will be monitored on a daily tracking sheet for supervision by the coach, athletic director and/or activity advisor, as applicable.

If, after two (2) weeks the student has shown no improvement, he/she will not be allowed to practice or play in games for a period of two (2) weeks, during which time he/she will continue to be monitored on a daily tracking sheet. A student who HAS shown improvement after two (2) weeks will be allowed to practice and play in games. The student will remain on probation and will continue to be monitored on a daily tracking sheet until the next report card indicates the student has made the necessary improvement to be removed from probation.

If the student has not improved after the second trial period, he/she will be ineligible to practice or play in games until the next report card or 5-week comment report is issued and the required improvement is indicated.

A student once identified as having academic difficulty will be monitored continuously throughout the school year until his/her report card shows passing grades.

**3. Any student failing more than two (2) subjects at the end of the school year will be ineligible to participate in athletics in the fall. Students may attend summer school in order to pass failed subjects and become eligible upon submission of proof of successful completion of such subjects. The student's final average at the end of the school year will be used to determine fall eligibility.**

**4. A student must attend school regularly and be in attendance for all classes scheduled. Students who have an illegal class absence(s) on record during a school week will have three (3) school days to clear the illegal class absence(s). If the illegal class absence is not cleared, the student will be ineligible to participate in the activity or game.**

5. Any student who is given an Out-of-School Suspension may not practice and/or play in games for the duration of the suspension. If an athlete is suspended from school, he/she must sit out at least one game. The one-game suspension may be served during the student's Out-of-School Suspension if the team has a scheduled contest during that time period. If the team does not play during the student's suspension, he/she must sit out the next scheduled contest.

6. If a student has received three (3) Out-of-School Suspensions in a semester prior to or during a sports season, the student will be ineligible to participate in interscholastic athletics for the remainder of the semester.

7. Any student who feels that his/her circumstances are extraordinary may submit an appeal, in writing, to the building Principal within five (5) school days of notification of ineligible status. During the appeal process, the student may not practice or play in games. (Added 11/19/2007: The Superintendent may make exceptions to these regulations on a case by case basis if, in his/her judgment, the student will benefit more by participating in the program than by being declared ineligible.)

*\*\*All students will be required to participate in a weekly tracker form, regardless of their GPA. This is to allow the coaches and teachers to properly track the records of our athletes. \*\**

## COLLEGE INFORMATION (NCAA)

### ***The coach is responsible for:***

Writing recommendations for students when requested to do so  
Assisting students in obtaining video of games (if available)  
Supplying students with stats  
Advising students on the college level of play (coach's opinion)

### ***The student and parents are responsible for:***

Looking into the NCAA – become familiar with the rules. Log onto [www.ncaa.org](http://www.ncaa.org).  
Building a Profile in regards to the NCAA Eligibility Center: [NCAA Eligibility Center](#)  
Familiarize yourself and talk to school officials/counselors with the [NCAA Eligibility Checklist](#).  
Making contact with college coaches. (Communicate with your coach or athletic office)  
Making a resume to send to college coaches (share it with your coach to assist in recommendations)  
Making a video to send to college coaches if applicable  
Asking your coach(es) to write and send recommendations to the college coach Provide the coach with your resume and the name and address of the college coach.  
Looking into financial aid and learning how it works. Do not expect your school or the college to “find money” for you. (Contact your guidance counselor)  
Fill out college applications and financial applications. College applications should be sent out by the first of the year and financial aid forms as soon as W2 forms are received and your taxes are completed.

### ***College-bound Athlete Checklist***

#### **9th and 10th Grade**

Take the correct courses – the toughest ones you can handle  
Keep written track of your athletic statistics and any awards  
Keep track of the credits and units earned for the [NCAA High School Portal](#)

#### **11th Grade**

Take the correct courses  
Keep written track of your athletic statistics and any awards  
Have someone video your play (don't rely on the school for video)  
Take the PSAT in October  
Take the SAT or ACT in May or June  
Keep track of the credits and units earned for the [NCAA High School Portal](#)  
During the spring semester, begin to visit colleges  
At the end of this year or during the summer, write to colleges you are interested in. Send your academic and athletic resume. Keep written track of your letters and of who answers you. Talk to coaches – when you are allowed to (check the NCAA website for dates).  
Let your coach and the Director of Athletics know you are interested in playing college sports.

#### **12th Grade**

Take the correct courses ([NCAA High School Portal](#))  
Keep written track of your athletic statistics and any awards  
Have someone video your play (don't rely on the school for video)  
Edit video and make copies to send to colleges  
Take the SAT or ACT in October and again later. (if necessary)  
Keep track of the credits and units earned for the [NCAA High School Portal](#)  
Complete the application online at the [NCAA Eligibility Center](#); give two copies to the guidance office.  
Apply to colleges  
Talk to coaches – when you are allowed to  
Fill out FAFSA in January and profile if necessary  
**Graduate on time!**



## **PARTICIPATION in INTERSCHOLASTIC ATHLETIC TRIPS**

1. All athletes must travel to and from all away contests and off campus practice sites on school provided transportation. This includes school minivans, or leased buses in accordance with the district transportation contract or vehicles rented by the District. Any request for variation in transportation arrangements must be made in writing to the Athletic Director for approval.

2. Parents/guardians of student-athletes who participate in interscholastic athletic contests must be given a copy of the schedule, including away games.

Parents/guardians also must be provided with general information about travel arrangements to and from athletic contests and must sign a general permission form for transportation for the season.

3. Parents/guardians may not transport children to or from interscholastic contests except with the prior written approval of the Athletic Director. Under no circumstances shall a parent/guardian transport any children other than his/her own. Parent permission forms must also identify the conditions under which a student-athlete is to be released from interscholastic athletic events following the team's return to school, e.g. walk, drive own car, be picked up by parent/guardian, etc.

4. If the trip requires an overnight stay, the trip must be approved by the Board of Education. The school district Trip Approval form must be completed and all procedures for submission followed. If the overnight travel is contingent upon the outcome of an athletic contest and the time for the trip approval is very short, the Athletic Director must submit a written request to the Superintendent for trip approval, citing exigent circumstances. The Trip Approval form must be presented to the Board for ratification following the trip.

## **PROGRAM DESCRIPTION**

### Modified Grade 7 & 8:

This program is available to all students in the 7th and 8th grades between the ages of 12 and 15. A student reaching age 15 during a sports season may complete that season and must play freshman, junior varsity, or varsity the next sport season. Sports activities offered are determined by the existence of leagues, student interest, relationship to the high school program, and board approval. This program is designed to offer students the opportunity to engage in a more highly organized competitive experience than intramural teams provide.

### Junior Varsity (JV) & Freshman:

This program is intended for those who display the potential of continued development into productive varsity level performers. Team membership varies according to the structure of each sport, but sophomores and freshmen occupy the majority of the roster positions. In certain situations, juniors who are expected to make contributions at the varsity level will be considered for JV participation. Also, 7th & 8th graders who have satisfied all selection classification requirements may be included

### Varsity:

The varsity level of interscholastic athletic competition is the culmination of the high school athletic program. Normally, seniors and juniors make up the majority of the roster. Gifted sophomores and sometimes freshmen may be included. It is also possible for a 7th or 8th grader, who has met the selection classification requirements to be included on a varsity roster. This occurs more in sports commonly classified as "individual" (track, swimming, golf, tennis, etc). The varsity coach is the leader of his/her sports program and is responsible for communication and system development at each level.

## **ATHLETIC PLACEMENT PROCESS**

The Athletic Placement Process is for screening student-athletes in grades 7 and 8 to determine their readiness to compete at a higher level of competition (Varsity, JV, Freshmen) than their current grade level. It is based on readiness rather than grade level. This program has been designed to assess a student-athlete's physical maturation, physical fitness, and skill. The information must be collected and evaluated by the Athletic Director before a student may try out for a team. Considerations that must be met include:

1. Recommendation for inclusion in this process from the Poughkeepsie varsity coach.
2. Parental permission.
3. Medical examination and approval by the school physician with the development or maturity level determined by the school physician in accordance with established guidelines for the level of a particular sport.
  - The individual's prior experience and skill level is judged on the demands of the sport at the level of play at which the student is seeking to qualify.
  - The athletic performance test must be administered by a physical education teacher selected by the Athletic Director. The athlete must meet or exceed the criteria established.
4. The Student then may try out for the team. This does not guarantee a spot on the desired sport but the ability to do so.
5. The Coach will then provide an evaluation of the student. This will then either grant or deny the student access to the team.

## **CHANGING SPORTS**

A student-athlete may not change from one sport to another once a team has been selected, without permission from the Athletic Director. If he/she has been cut from one team, it is legitimate to try out for another sport.

## **PRACTICES & GAMES**

Each athlete is required to attend all practices and/or contests unless excused by the coach. An athlete who is injured or ill but still able to attend school is also required to attend practice even though s/he will not be actively participating. Attendance on the day before the day of and the day after contests is considered to be especially important. Practices do take place up to six "6" days a week, competitions may take place multiple times a week with on occasion, back to back dates.

## **DRESS & UNIFORMS**

Poughkeepsie team members are expected to “dress to impress” at all times and especially on away trips. This will be determined by the coach for their specific team. Only uniforms issued by the athletic department should be worn for contests. If a uniform becomes damaged during the course of a contest, the player must alert the coach and the student athlete will be given another item(s) to replace the damaged uniform. Uniforms that are lost, the student-athlete will be financially responsible for the items that were misplaced. Uniforms will not be able to be purchased as these items are school property. A student-athlete will not be eligible to participate in another sport until all uniform items are returned.

## **EQUIPMENT**

All athletic equipment must be returned at the end of the season to the coach or equipment manager. A student-athlete will not be eligible to participate in another sport until all equipment is returned. In addition, the student-athlete will be financially responsible for any unreturned equipment.

## **CODE of CONDUCT**

All student-athletes are under the auspices outlined in the school and/or [District Code of Conduct](#).

**\*\*Individual coaches may establish additional rules for their respective teams. It is the responsibility of the coach to clearly inform team members and parents/guardians of these rules. The coach will administer penalties for violation of these established team rules.\*\***

## **TRAINING EXPECTATIONS**

Poughkeepsie City School District and the Athletic Department’s to prevent and prohibit the possession of any amounts of alcoholic beverage, tobacco products, vaping, or unauthorized use of drugs (controlled chemicals or substances) by all student-athletes during the school year. The training expectations will be in effect in school and out of school for the entire school year Student-athletes are athletes the whole year and are encouraged to abide by training expectations in and out of season.

## VIOLATION REPORTS

Reports of alleged student-athlete violations of the training mentioned above rule policy must be personally witnessed and submitted in writing to the school administration and Athletic Director within three school days of the breach in question. Violation reports will be accepted from any coaching staff member, faculty/staff member, or a reliable adult.

## DUE PROCESS

In the event of a reported action requiring discipline of an athlete, the following procedures must be followed:

- The Coach/Athletic Director/Principal shall conduct a reasonable investigation of the circumstances, including interviews, of the accuser, accused, eyewitnesses, and other key parties. As part of the investigation, the coach must contact the parents/guardians to determine if they have knowledge of or information concerning the reported violation.
- Upon completing the investigation and determining appropriate sanctions, the coach shall inform the student-athlete and parents/guardians of the alleged violation and the disciplinary action to be taken.
- The Athletic Director will communicate the allegation and discipline with the school Principal.
- Within two days of the communication with the Athletic Director, the student-athlete has the right to appeal the decision to the Athletic Director. All appeals must be presented in writing to the Athletic Director.
- Within five days of the submitted appeal, the Athletic Director shall conduct an appropriate review and rule on the appeal.
- The coach has the right, after notifying the Athletic Director, Principal, and parents/guardians, to immediately suspend a student-athlete who violates rules, regulations, the school's code of conduct, the athletic department's handbook, and/or any other sanctioning documents that fall within the scope of the Poughkeepsie City School District, Section I, and the NYSPHSAA.

## ATTENDANCE

**A student-athlete must be in attendance for ALL of their classes in order to practice or participate in an athletic contest unless excused for a legal reason. Habitual absences and/or tardiness will affect eligibility determined by the coach and/or athletic director. If you are healthy, get to school on time. If you are to be excused, be sure the excuse is for a valid and acceptable reason. Communication with your coach and the attendance office is imperative. Attendance on the day before, the day of, and the day after contests is essential.**

**\*\*An unexcused absence from an academic class or team practice may result in a suspension from a game or contest.\*\***

**The privilege of participating in such activities shall be conditioned upon appropriate conduct, as established by the student code of conduct and any rules promulgated specifically for participation in extra and/or co-curricular activities. A student-athlete who is suspended from school by school authorities shall incur a suspension from his/her team equal in duration to the period for which the individual is out of school. The principal or assistant principal will notify the athletic director, who will notify the coach of the suspension. Habitual teacher or administrative detentions will affect eligibility as determined by the coach and/or athletic director.**

## **SPECIALIZATION & RECRUITMENT**

The Poughkeepsie City School District encourages students to participate in a variety of sports. As such, the Athletic Department does not endorse in principle or practice the concepts of specialization or recruitment.

Specialization occurs when a student-athlete involves him/herself in one athletic activity over a period of time, forsaking other athletic endeavors of interest. Recruitment occurs when a student-athlete who is involved in more than one sport is encouraged by a coach that it is in his/her best interest to compete in only one sport.

## **PARTICIPATION in NON-SCHOOL ATHLETICS**

The NYSPHSAA allows outside participation (AAU, Travel, Club, etc.). Poughkeepsie student-athletes must understand that commitment to the school team comes first, and outside participation should not be detrimental to an individual or to a Poughkeepsie team. There will be many circumstances where a student would not participate in an outside activity due to possible effects on the team.

## **TEAM SELECTION**

Under our philosophy of athletics and our desire to see as many students participate in the athletic program, we encourage coaches to keep as many athletes as possible without unbalancing their sport's integrity. The final decision on the number of student-athletes on a team will be left up to the coach.

## **SOCIAL MEDIA**

As an organization with a commitment to quality of education and the safety of our students, the standards for appropriate online communication are equally as high. It is important that student-athletes recognize the power of public media domains and the potentially negative image that they can portray about other student-athletes, coaches, the athletic program and the school district.

While we respect the right of student-athletes to utilize the variety of social media options available (Instagram, Tic-Toc, Facebook, Twitter, blogs, etc.), we ask that the following guidelines be met by our student-athletes at all times:

- Refrain from posting material, including pictures, that is threatening, harassing, illegal, obscene, defamatory, slanderous, promoting illegal activities or hostility towards any individual or entity (including opponents, competitors, coaches, etc.).
- Be aware that college recruiters or future employers are starting to access information placed online on social networking sites. The information you post is considered public information. Protect yourself by maintaining a self-image that you can be proud of.

Any inappropriate activity that is in violation of the above guidelines, including first time offenses, is subject to investigation by the school district as well as civil authorities and can be disciplined under the Code of Conduct.

## **CHAIN of COMMUNICATION**

If a student-athlete/parent/guardian has questions or concerns about the Interscholastic Athletic program, he/she must first address the inquiry to the team coach.

If the team coach cannot satisfactorily resolve the question or concerns, the matter may be brought to the attention of the Athletic Director.

## **PARENT: COACH/ADVISOR COMMUNICATIONS**

### **Parent-Coach Relationship**

Both parenting and coaching are time consuming and extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

As your child becomes involved in the extracurricular programs, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged.

### **Communication you should expect from your child's coach**

- 1) Philosophy of the coach and district
- 2) Expectations the coach has for your individual child and the team as a group. This includes practices, games, travel, early notifications of conflicts, etc.
- 3) Locations and times of all practices, games, and/or events
- 4) Information on how to reach the athletic office for daily updates of games/events
- 5) Team requirements, i.e. off season conditioning, personal equipment, etc
- 6) Procedure should your child be injured
- 7) Discipline that results in the denial of your child's participation both long and short term

### **Communication coaches expect from parents**

- 1) Concerns expressed directly to the coach.
- 2) Notification of any occasional schedule conflicts well in advance
- 3) Specific concern concerning a coach's philosophy and/or expectations

### **Appropriate concerns to discuss with coaches**

- 1) The treatment of your child, mentally and physically
- 2) Ways to help your child improve
- 3) Concerns about your child's behavior

It is difficult to accept when your child is not participating as much as you or he/she may hope. Coaches are professionals who make judgment decisions based on what they believe to be best for all of the students involved. As you have read above there are items that you can and should address with the coach. Other things, such as the ones following must be left to the discretion of the coach.

### **Issues not appropriate to discuss with coaches/advisors**

- 1) Playing time
- 2) Team strategy and line-ups
- 3) Play calling
- 4) Other students/athletes

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

#### **If you have a concern to discuss with a coach**

- 1) Call to set up an appointment. Call the coach directly or call the Athletic/Principal Office and we will assist you in reaching the coach
- 2) The Poughkeepsie City Schools Athletic Office number is 845-451-4850 ext. 8.
- 3) Please do not attempt to confront the coach before or after a contest or practice. These are emotional times for the student, parent, and coach. Meetings of this nature usually do not promote resolution and can create conflict.

#### **The next step – What a parent can do if the meeting with the coach did not provide a satisfactory resolution**

In athletics, call and set up an appointment with the Athletic Director to discuss the situation. For all other extracurricular activities, call the Building Principal. At this meeting, the appropriate next step can be determined (if there is to be a next step).

#### **How to help your child balance family, school and extracurricular activities**

- 1) Help your child set priorities, but do not choose their priorities for them.
- 2) Help your child develop a realistic schedule to accommodate family, school, extracurricular activities and social life.
- 3) Know the coach's expectations for the team/club.
- 4) Let the coach know of family commitments well in advance of the date.
- 5) Encourage your child to do homework early in the day, especially if games/events or practices are scheduled late in the afternoon.
- 6) Set aside a time for quiet study at home.
- 7) Watch for signs of burnout:
  - Failing or lower grades
  - Diminished interest in the sport
  - Fatigue leading to illness or repeated injury
- 8) Be a positive role model as a parent.

#### **How to create a “team player”**

- 1) Praise your child when he/she acts like a “team player” in and out of sport/extracurricular activities.
- 2) After each game/event, talk about team/group performance and do not dwell on individual performance.
- 3) In watching other sports/activities, point out examples of “team play” when you see it.
- 4) Create a “team” environment at home using activities such as household chores.
- 5) Make sure you, as a parent, act as a team player in activities and in everyday life.

#### **Encouraging the student**

- 1) Teach your child that he/she does not have to be the best, but should try to do their personal best.
- 2) Praise effort and improvement not victory, defeat or outcome.
- 3) Be a cheerleader for the “team” not just for your child.
- 4) Talk with the coach/advisor when necessary.
- 5) Recognize when it is time to try another sport or activity.



**How can you keep your children cool**

- 1) Put extracurricular activities in proper perspective
- 2) Provide outlets for blowing off steam by teaching your child to relax and channel angry feelings away
- 3) Offer praise
- 4) Model composure yourself
- 5) Emphasize skill improvement, personal growth and fun.
- 6) De-emphasize wins and losses, personal statistics

## **Student-Athlete Expectations Contract**

### **Academics:**

- I understand that I am a student at Poughkeepsie and the ultimate goal is to set high expectations for myself throughout my educational career. Upon graduation, I will have created opportunities for myself that will make me an educated and productive member of society.
- My school work and academic achievement is more important than practice or a game
- I will bring any academic issues I may have to the attention of the coach
- I will respect my teachers and all other members of the Poughkeepsie community
- I understand that being responsible for my educational progress includes keeping coaches, teachers, family member's, school administrators informed of my academic strengths and areas I need to improve

### **Handling Your Teammates:**

- Encourage your teammates to play other sports or join school clubs
- Bullying and hazing is STRICTLY prohibited!
- Foster and mentor atmosphere that is inclusive of everyone
- Always look out for players safety
- Minimize conflict between your team

### **Leads By Example:**

- Responsible, accountable, committed
- Gives 100 percent effort all the time

### **Keeps The Team Moving In The Right Direction:**

- Always puts the team first
- Thinks and acts as a positive member of the team, not as an individual player

### **Motivates Team Members To Want To Get Better:**

- Inspires others to want to work hard, offers support when needed
- Passionate, determined, resilient
- Treat everyone with respect
- Everyone has a valued role

### **Loyalty:**

- Credibility, trust, and mutual respect
- Look out for your teammates

### **Able To Relate:**

- Communicate and connect on a genuine level
- Be in tune with the prevailing attitudes and what is happening within the team

### **Player-Coach-Athletic Director Relationship**

- Go to coach first with concerns and team issues
- Relay player/team issues to coaches
- Maintain unified front with coaches on decisions that impact the team

### **Always Put Team Goals First**

- Individual accomplishments are not as important as team success
- Work with the coaches closely
- Your teammates will expect you to discuss issues of concern with them and to communicate them to the coaches
- Have compassion for teammates and respect for individual differences. Represent them fairly when talking to the staff, but try not to take sides on every issue.

**\*\*By signing up for a sport on Final Forms, this will convey as a valid signature\*\***