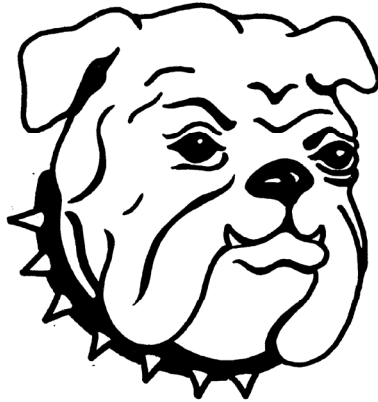




PUBLIC SCHOOLS



**INTERSCHOLASTIC
ATHLETIC GUIDE**

2009-10

CODE OF ETHICS

It is the duty of all concerned with school athletics:

TO EMPHASIZE the proper ideals of sporting behavior, ethical conduct and fair play.

TO STRESS the values derived from playing the game fairly.

TO RESPECT the integrity and judgment of sport officials.

TO ENCOURAGE teamwork, leadership, and good judgment by players on the field.

TO SHOW courtesy to visiting teams, officials, and spectators.

TO DEMONSTRATE self control and mutual respect at all times.

TO ACCEPT winning with grace, and losing with dignity.

TO RECOGNIZE that the purpose of athletics is to promote the physical, mental, social, and emotional well-being of the individual players.

TO REMEMBER that the athletic contest is only a game and should be kept in that perspective.



Dear Parents and Student-Athletes,

Welcome to the Roslyn Public Schools Interscholastic Athletics program! This handbook has been prepared to be used as a reference by our student-athletes and their parents/guardians in an effort to define responsibilities as they pertain to the rules and regulations, as well as the policies and procedures for participation in our interscholastic athletics program.

The Roslyn Public Schools Interscholastic Athletics program is governed by the regulations of the New York State Commissioner of Education's basic code for extra class athletic activities. In addition, Roslyn is a member of the New York State Public High School Athletic Association (NYSPHSAA), competing as a Class A school in Section VIII (Nassau County). Specific guidelines are established for Middle School students as a part of the NYSPHSAA Modified Interscholastic Sports Program.

Interscholastic athletics serves as a miniature model of life. It provides students with opportunities to display responsibility, fair play, academic excellence, proper health practices, cooperation, concern for others, leadership, respect for authority, loyalty and tolerance. Too often, winning games has been considered the measure of athletic success. Developing the will to win is certainly a part of the total development of an athlete. But of considerably more importance is the development of the person, and affording each student the opportunity to fulfill his or her potential.

The Roslyn Public Schools' Interscholastic Athletic Program is dedicated to athletic excellence and academic achievement, to offering diverse and compelling experiences to our student-athletes and community, and to encouraging a school environment steeped in integrity and values.

We welcome your interest, participation and support of Roslyn Athletics.

Go Bulldogs!

Joanna Commander

Interim Director of Physical Education, Interscholastic Athletics & Recreation
801-5160

ANNOUNCEMENT HOTLINE: 801-5163
jcommander@roslynschools.org

Denise Romanello

Middle School Athletic Director
801-5241

ANNOUNCEMENT HOTLINE: 801-5243
dromanello@roslynschools.org

PARENT SUPPORT

We encourage family members to share in our athletes' education by attending games and showing positive, constructive support. If a parent has a question, the athletic staff welcomes the opportunity to talk. Discussions on the field are often fragmentary, incomplete and public. If the conversation involves an individual's performance, it certainly deserves both privacy and time.

It is the responsibility of the parent/spectator to:

1. Keep cheering positive and supportive.
2. Avoid actions, language and gestures which offend visiting teams, coaches or individual players.
3. Show appreciation of good play by both teams.
4. Learn the rules of the game in order to be a better-informed spectator.
5. Treat all visiting teams in a manner in which you would expect you and your child to be treated.
6. Accept the judgment of coaches and officials.
7. Encourage other spectators to participate in the spirit of ethical and sporting behavior.
8. Support abstinence from the use, abuse and resulting negative influence of drugs, including alcohol and tobacco.
9. Understand that violations of the Code of Ethics may result in suspension from participation at Roslyn athletic contests.

STANDARDS OF ELIGIBILITY

The Roslyn Board of Education has a policy on "Academic Standards for Participation in Extracurricular Activities." The purpose of this policy is to encourage academic success. A student's first responsibility is the successful completion of his/her academic requirements. We believe that participation in extracurricular activities is an integral part of a child's educational experience and can provide additional motivation, but it is a privilege that is earned.

Students must maintain a 70 average and may not have more than one subject grade failure. We review the grades of all students interested in participating in any extracurricular activity each quarter to ensure eligibility for activities each season.

School administrators, guidance counselors, coaches and teachers work cooperatively to provide appropriate academic monitoring and to enforce attendance at after-school help and study centers. A probation period is



available to ineligible students once per school year. School guidance counselors and administrators are available to speak with you, should you have any questions or concerns. We are confident that the shared efforts of the home and school will effectively combine to promote each student's academic and extracurricular success.

PHYSICAL EXAMINATION

School sports physicals are given in September, November and June of each school year. If your child's physical exam is dated April 1, 2009 or later, it is in effect throughout the 2009-10 school year. However, if the physical was given more than thirty days prior to the season, a seasonal medical update form also needs to be completed by the parent. Vision clearance forms are required for all contact sports if an athlete screens at 20/200 or more.

PARENT CONSENT

A consent form, signed by the parent or guardian, is required before the student may participate. This card contains such vital information as the names of the parents, family doctor and dentist, and any medical concerns. It also includes parental home, work and cell phone numbers and the phone number of an adult the school district can contact in the event of an emergency. This card must be on file in the athletic office prior to the start of the season and is in effect for the entire school year.

SCHOOL ATTENDANCE POLICY

Participation in an activity or sport is but one part of a student's educational program. Students must be in school for a minimum of five periods per day before they will be permitted to participate in a practice, game or activity. In addition, on days when students are scheduled for physical education, they must be dressed appropriately and participate in this class in order to be eligible for practice or games that afternoon. Illegal absences from any class on the day of a contest will result in a student's ineligibility from games or contests on that weekday or weekend.

STUDENT ELIGIBILITY

Roslyn High School athletics is governed by regulations established by the New York State Public High School Athletic Association and Section VIII (Nassau County) Athletics.

Each individual team is governed by its established regulations concerning daily attendance at practices and the minimum number of practices necessary be-



fore being eligible for competition. The coach will inform the athlete of these regulations.

CONTESTS/PRACTICE SESSIONS

Responsibility, dedication, commitment, sacrifice, and team pride are all necessary ingredients for a successful season. All athletes are expected to attend all scheduled practice sessions and contests. This is extremely important for the development of individual and team skills. If there are extenuating circumstances regarding the need to be absent, the athlete must discuss this with his or her coach.

UNIFORMS AND EQUIPMENT

The middle school and high school provide equipment and uniforms at the start of each athletic season. The student is responsible for the care of these belongings and the return of all equipment and uniforms which have been issued. The school requires payment for missing articles, and no further equipment will be issued in future seasons.

RISK FACTOR IN SPORTS

The Roslyn Union Free School District wishes to advise students and their parents/guardians that participation in an interscholastic sport or related activity may place the student at risk for injury. Such physical injury can occur in any type of sports activity and may vary in nature.



ACCIDENT OR INJURY

All injuries must be reported to the coach and the Office of Physical Education and Athletics for processing of secondary insurance forms. Each incident of prolonged absence will be reviewed individually by the athletic director and school nurse, consulting with the school physician when necessary. A reasonable amount of practice time and playing time will be established based on the athlete's readiness for safe return to competition. ***For students to be covered under school insurance, a claim form must be submitted within 90 days from the date of the injury.***

CONCUSSION MANAGEMENT PROGRAM

Head trauma is a common problem in sports and has the potential for serious complications if not managed correctly. At the forefront of proper concussion management is implementation of baseline and post-injury neurocognitive testing. Such evaluations can help to objectively evaluate the concussed athlete's post-injury condition and track recovery for safe return to play, thus preventing the cumulative effects of concussion.

All Roslyn athletes will be baseline-tested at the start of their Middle School and High School athletic career, using the ImPACT concussion management program, a 20-minute online computer based testing program. Should a student sustain a head injury while playing, the student will be re-tested and the pre/post data will be assessed for changes. The ImPACT program is another tool that will provide data that can assist parents, coaches, the school physician and nurses, family physicians and athletic trainers in making comprehensive return-to-play decisions.

SCHEDULE INFORMATION

Schedules for all interscholastic contests are distributed by the coaches at the beginning of the season and are posted on the district's website at www.roslynschools.org/sports/athletics.htm.

ALL schedules are subject to change.

TRANSPORTATION

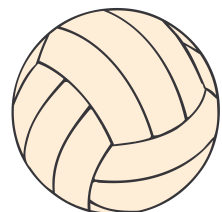
Athletes are transported to and from away games by Roslyn buses. These rides are a part of the team and learning process, allowing coaches an opportunity to plan for and evaluate athletic contests. Parents may not transport their children to or from games, nor can licensed athletes drive themselves to contests.

ATTENDANCE STANDARDS FOR ROSLYN HIGH SCHOOL ATHLETES

Parents and student-athletes must be aware that Roslyn's sports schedules follow Nassau County Section VIII and New York State scheduling. High school seasons run through all holiday recesses and contests may be scheduled during these times. High school athletes are expected to be available for practices and games during vacations. [Middle school athletes do not practice during school holidays or vacations.]

It is our expectation that Roslyn High School athletes will maintain excellent attendance at all practices and games that are scheduled during their athletic seasons. A sense of commitment and responsibility are vital ingredients for personal and team success.

- Legal absences from athletic practices or contests will be defined the same way that they are for school absences: school-sponsored trips and activities, days of religious observance, days of suspension from school and court appearance dates. Students may return to athletic practices/contests when they return to school after a legal absence.



- Absences from school will not be considered "cuts" from practices or contests. They carry no consequences in terms of playing time.
- "Special case" absences may include death or serious illness in the families of athletes. Communications received from parents/athletes and given to coaches will be shared with the Athletic Director and the consequences for these absences, if any, shall be determined by the Director.
- Students who miss practices or contests due to illegal absences will not be removed from teams. However, the following minimum consequences will apply to all illegal absences whether these practices are on school days or school vacations:
 - (1) For every single contest missed, the athlete will be "benched" for the next regularly-scheduled contest;
 - (2) For every two practices missed, the athlete will be "benched" for the next regularly-scheduled contest.
- The consequences for missed practices or contests will be the same for all high school athletes on any sport at any level.
- After the consequences are served, the return of individual athletes to regular playing time or "starting time" will be left to the discretion of the individual coach.
- Any individual exceptions to these attendance standards will be at the sole discretion of the Athletic Director after consultation with the coaching, counseling or administrative staff.

Fall Season: Student-athletes must be present at fall season try-outs, which begin *before* the school year begins. Varsity and JV football begin on Wednesday, August 19; all other sports begin on Monday, August 31.

Winter Season: There **will** be practice on Wednesday, November 25. There **will not** be practice on Thanksgiving Day. There **will** be practice on Friday and Saturday of Thanksgiving weekend, November 27 and 28.

For the 2009-10 holiday recess, all winter athletes will be off from Thursday, December 24 through Monday, December 28. Athletes are expected to be available for practices and games from Tuesday, December 29 through Saturday, January 2. There **will not** be practice on Friday, January 1. If, however, county contests that would be beneficial to teams/individuals are available to Roslyn athletes on "protected" days, coaches may schedule **optional** practices/contests. Athletes' absences on these **optional** additional days would carry no consequences.

If we qualify, winter sports' playoff games and matches will take place during the February recess, February 13-21. Varsity athletes are expected to be available for these championship contests.

Spring Season: The Easter and Passover holidays are simultaneous in 2010. There will not be practices from Saturday, March 27 to Sunday, April 4. Athletes are expected to be available when practices and games resume on Monday, April 4. Classes resume on Wednesday, April 7.

ATHLETIC ADVISORY COMMITTEE

The purpose of the Roslyn Public Schools Athletic Advisory Committee is to create a forum where the participants in the district athletic program — athletes, coaches, administrators and parents — will have the opportunity to gain a clearer understanding on issues of mutual concern. This forum will provide an avenue for communication and the collaboration of efforts for the goal of enhancing the Roslyn Public Schools' athletic program.

All community members are welcome to attend this year's meetings, which are held in the High School English Study Center on these dates:

| | |
|----------------------|---------|
| Monday, September 21 | 7:30 pm |
| Monday, December 14 | 3:30 pm |
| Monday, April 12 | 7:30 pm |

BULLDOG BOOSTERS

The Bulldog Boosters is a parent organization whose purpose is:

- to create an *esprit du corps* among parents & community members.
- to provide volunteer opportunities to accomplish specific tasks that foster school pride and spirit.
- to recognize athletic achievements and stimulate interest in all sports activities in the district.
- to raise funds to enhance and help support athletic teams and programs.

All community members are welcome to attend meetings of the Bulldog Boosters, which are held in the High School English Study Center at on these dates:

| | |
|------------------------|--------|
| Wednesday, September 9 | 7:30pm |
| Tuesday, October 13 | 7:30pm |
| Wednesday, December 2 | 7:30pm |
| Tuesday, March 23 | 7:30pm |

To volunteer, or if you have questions, please contact:

Steve Shenfeld, Co-President • 445-4290 • shenny5@aol.com
Jodi Efros, Co-President • 241-6143 • scrabblemom523@aol.com

BOARD MEMBERS: Rich Bolnick, Denyse Dreksler, Bonnie Gould, Carla Magray, Robert Romagna, Jacki Saffron, Jason Schwartz, Jody Schwartz, Wendy Shenfeld, Valerie Street

HIGH SCHOOL TEAMS

Fall 2009 Season

Football begins Wednesday, August 19, 2009
All other sports begin Monday, August 31, 2009

| | | |
|----------------------|---------|------|
| Boys' Cross-Country | Varsity | J.V. |
| Girls' Cross-Country | Varsity | J.V. |
| Football | Varsity | J.V. |
| Boys' Golf | Varsity | J.V. |
| Boys' Soccer | Varsity | J.V. |
| Girls' Soccer | Varsity | J.V. |
| Girls' Tennis | Varsity | J.V. |
| Girls' Volleyball | Varsity | J.V. |

Winter 2009-10 Season

Wrestling begins Monday, November 16, 2009
All other sports begin Wednesday, November 18, 2009

| | | |
|---------------------|---------|--------------|
| Boys' Basketball | Varsity | J.V. & J.V.2 |
| Girls' Basketball | Varsity | J.V. |
| Boys' Bowling | Varsity | J.V. |
| Girls' Bowling | Varsity | J.V. |
| Girls' Gymnastics | Varsity | |
| Boys' Winter Track | Varsity | |
| Girls' Winter Track | Varsity | |
| Boys' Wrestling | Varsity | J.V. |

Spring 2010 Season

Begins Monday, March 8, 2010
Except Badminton & Volleyball, begin Monday, March 15, 2010

| | | |
|------------------|---------|------|
| Girls' Badminton | Varsity | |
| Boys' Baseball | Varsity | J.V. |
| Girls' Golf | Varsity | J.V. |
| Boys' Lacrosse | Varsity | J.V. |
| Girls' Lacrosse | Varsity | J.V. |
| Girls' Softball | Varsity | J.V. |
| Boys' Tennis | Varsity | J.V. |
| Boys' Track | Varsity | |
| Girls' Track | Varsity | |
| Boys' Volleyball | Varsity | J.V. |



MIDDLE SCHOOL TEAMS

Fall Season • 2009

Thursday, September 10 – Saturday, November 7, 2009

| | |
|------------------------------|---------|
| Girls' Badminton | 1 team |
| Boys' & Girls' Cross-Country | 1 team |
| Boys' Football | 1 team |
| Boys' Soccer | 2 teams |
| Girls' Soccer | 1 team |
| Girls' Tennis | 2 teams |

Winter Season I • 2009-10

Monday, November 9, 2009 – Saturday, January 16, 2010

| | |
|----------------------------|---------|
| Boys' Basketball | 2 teams |
| Boys & Girls' Winter Track | 1 team |
| Girls' Volleyball | 2 teams |

Winter Season II • 2010

Tuesday, January 19 – Saturday, March 27, 2010

| | |
|------------------------|---------|
| Girls' Basketball | 3 teams |
| Boys' & Girls' Bowling | 2 teams |
| Boys' Volleyball | 1 team |
| Boys' Wrestling | 2 teams |

Spring Season • 2010

Wednesday, April 7 – Saturday, June 5, 2010

| | |
|----------------------|---------|
| Boys' Baseball | 2 teams |
| Girls' Gymnastics | 1 team |
| Boys' Lacrosse | 1 team |
| Girls' Lacrosse | 1 team |
| Girls' Softball | 2 teams |
| Boys' Tennis | 2 teams |
| Boys' & Girls' Track | 1 team |

