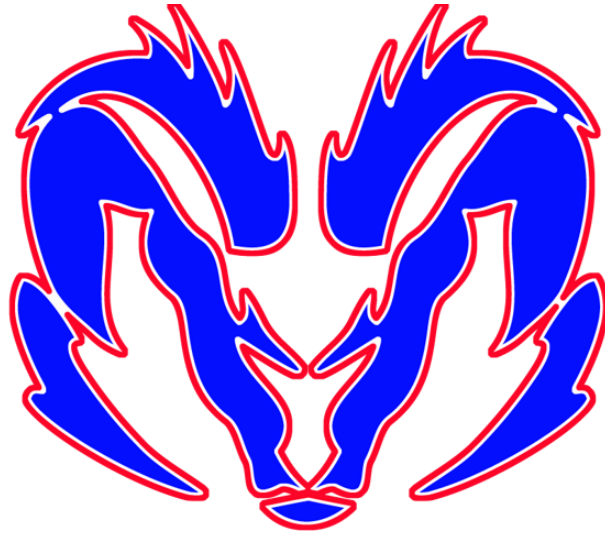


Carmel Central School District



Athletic Handbook 2023-2024

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Carmel Central School District

<i>Interim Superintendent</i>	Joseph McGrath
<i>High School Principal</i>	Brian Piazza
<i>Middle School Principal</i>	Merica Neufville
<i>Director of Health, Physical Education, and Athletics</i>	Chris Salumn
<i>State Classification</i>	Section I, Conference I Class AA and A

Dear Athletes and Parents/Guardians:

Thank you for deciding to pursue an opportunity in athletics for the Carmel Central School District. It is our hope that you will have a positive experience.

Athletics are a privilege and with dedication, many people find school athletics to be a rewarding experience. Choosing to be on a team is a commitment that should be taken seriously. Athletic involvement can help promote many personal characteristics, such as leadership, self-discipline, cooperation, sense of fair play, and self-esteem. The objective of the Carmel athletic program is to compliment the objectives and policies of the school and the overall development of our students.

This handbook contains important information about the Carmel athletic program. To promote a clear understanding of the Carmel athletic experience, all athletes and parents are expected to thoroughly read the Athletic Handbook.

Please contact me if you have any questions at 845-225-8441 ext. 462. I hope you find this handbook helpful, and I am looking forward to seeing you represent the Carmel athletic program in a positive way. Go Rams!

Sincerely,

Mr. Chris Salumn

Director of Health, Physical Education and Athletics

Carmel Central School District

Carmel Central School District Policies

The following policies are related to athletics. Please click on the links below to review our district policies related to athletics.

1. Carmel High School Extra-Curricular Code of Conduct-Section 5000, Code 5205-R
<http://go.boarddocs.com/ny/carmel/Board.nsf/goto?open&id=89S242768B9C>
2. Carmel High School Eligibility Regulation-Section 5000, Code 5205-R
<http://go.boarddocs.com/ny/carmel/Board.nsf/goto?open&id=89S244768BBD>
3. Interscholastic Athletics-Section 5000, Code 5280
<http://go.boarddocs.com/ny/carmel/Board.nsf/goto?open&id=89S24D768C33>
4. Middle School Student Athlete Participation in Interscholastic Athletic Program-Section 5000, Code 5290
<http://go.boarddocs.com/ny/carmel/Board.nsf/goto?open&id=A64KG351B0DD>
5. Middle School Student Participation in Interscholastic Athletics Regulation-Section 5000, Code 5290-R
<http://go.boarddocs.com/ny/carmel/Board.nsf/goto?open&id=ASRJG4D5680>
6. Code of Conduct-Section 5000, Code 5300
<http://go.boarddocs.com/ny/carmel/Board.nsf/goto?open&id=89S24E768C3E>

NYSPHSAA CODE OF ETHICS

IT IS THE DUTY OF ALL CONCERNED WITH HIGH SCHOOL ATHLETICS:

- 1. **To emphasize** the proper ideals of sportsmanship, ethical conduct, and fair play.*
- 2. **To eliminate** all possibilities which tend to destroy the best values of the game.*
- 3. **To stress** the values derived from playing the game fairly.*
- 4. **To show** cordial courtesy to visiting teams and officials.*
- 5. **To establish** a happy relationship between visitors and hosts.*
- 6. **To respect** the integrity and judgment of the sports officials.*
- 7. **To achieve** a thorough understanding and acceptance of the rules of the game and standards of eligibility.*
- 8. **To encourage** leadership, use of incentive, and good judgment by the players on the team.*
- 9. **To recognize** that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual players.*
- 10. **To remember** that an athletic contest is only a game. . . not a matter of life or death for player, coach, school, official, fan, community, state, or nation.*

NYSPHSAA guidelines for all athletic departments in New York State

Carmel Athletic Department Philosophy

It is the basic educational philosophy of the Carmel Central School District to prepare our students to become productive, contributing citizens of our community and society. We believe that a comprehensive program of student activities is vital to the educational development of our students. The athletic program is an extension of this philosophy.

Within this context, it is the purpose of the Carmel athletic program to foster and promote:

- Appropriate physical, social, and psychological development.
- The ideals of competition, teamwork, and sportsmanship while achieving the twin goals of success and participation.
- The development of self-confidence, self-discipline, organization, decision-making skills, and goal orientation. Desire and dedication must be developed in order to ensure the commitment and personal sacrifice required by athletes. Making such a commitment helps nurture integrity, pride, loyalty, and overall character. The final outcome is a better citizenry carrying these values throughout their life.
- The concept of an integral relationship between a sound mind and a sound body leading to a lifetime appreciation for physical fitness and good health habits.
- A positive feeling of school loyalty and pride, shared by all participants, other students, parents, coaches, and the community as a whole.
- The development of self-esteem and a healthy self-concept. Regardless of the role students play on a team, they should complete their experience in athletics feeling good about themselves.

Program Level Philosophy

Modified Program

The Modified program is the foundation for developing skills and building team concepts. Active involvement is the priority, as these student-athletes will begin to practice with a purpose and develop skills of teamwork, sportsmanship, and discipline. At the modified level, all 7th and 8th grade students are encouraged to participate. The modified level is intended to introduce student athletes to the concept of a team and teach the fundamentals of the specific sport. We will do our best to keep all students involved. In some cases, the number of interested students may exceed our coaching staff requirements. If necessary, students will be notified of a reduction in the size of the team roster. All students will have the right to try out if they have completed the appropriate paperwork and are in good standing with the school.

Junior Varsity

Junior Varsity (JV) sports consist primarily of 9th and 10th graders. As development continues, the student athlete will become familiar with the philosophy of the varsity level. They will be exposed to higher levels of skill development, competition, team concepts, and leadership roles. Learning how to compete, becoming a member of a team, and understanding how the individual fits in a team role are emphasized. Winning and success become more focused. Each individual will be given the opportunity to play during the season at the discretion of the coach. At the junior varsity level cuts may occur based on how many students come out for a specific team. All students will have the right to try out if they have completed the appropriate paperwork and are in good standing with the school.

Varsity

Varsity athletics are the culmination of continuous commitment and dedication to a particular sport. Student athletes in these sports participate in a highly competitive atmosphere. The team and its objectives must be placed higher than personal desires. Individuals will be given the opportunity to play during the season at the discretion of the coach. Varsity teams may consist of grades 9-12; however, students in grades 7 and 8 who are exceptional athletes may participate if they fulfill the requirements of the Advanced Placement Process (APP-Testing Up). At the varsity level cuts may occur based on how many students come out for a specific team. All students will have the right to try out if they have completed the appropriate paperwork and are in good standing with the school.

EDUCATIONAL GOALS-QUALITY INTERSCHOLASTIC ATHLETIC PROGRAM

THE FOUR C's

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

Skill Development

Knowledge of the game/Strategies

Fitness/Conditioning/Healthy behavior

Character – the pattern of beliefs, attitudes, and behaviors that relate to moral strength and essential qualities that embrace the positive values of the Carmel Central School and the Community

Responsibility

Accountability

Dedication

Trustworthiness/Fair play

Self-Control

Civility – to demonstrate behavior that exemplifies appropriate respect and concern for others

Respect

Fairness

Caring

Citizenship – social responsibility as part of “community”

Loyalty/Commitment

Teamwork

Role Modeling

Expectations of a Carmel Student Athlete

Code of Conduct

All Carmel student athletes are expected to follow the district's Code of Conduct, approved by the Board of Education. For a comprehensive overview of middle school and high school consequences for violating the Code of Conduct, please see the district website for a copy.

Student Athletes

- Treat opponents with respect as guests and fellow human beings.
- Respect the judgment of officials and interpretation of the rules – never argue or make gestures indicating a dislike for a decision.
- Accept both victory and defeat with pride and composure – never be boastful or bitter. Exercise self-control at all times.
- Cooperate with the coach and fellow players in trying to promote sportsmanship.
- Accept the responsibility and privilege of representing the school and the community.
- Show sportsmanship and follow the 4 C's outlined earlier in this Athletic Handbook when attending ANY extracurricular events as a spectator.

Spectators/Fans

- Learn the rules of the game so that you may understand and appreciate why certain situations occur.
- Remember that you are at a contest to support your team and to enjoy the skill and competition, not to intimidate or ridicule the other team and its fans. Respect the school property and the authority of school officials.
- Do not heckle, jeer, or distract members of the opposing team.
- Do not applaud errors by opponents or penalties inflicted upon them.
- Avoid profane language, disrespectful gestures, or obnoxious behavior.
- Show respect for an injured player when he/she is removed from a contest.
- Do not intentionally distract a player during play, i.e. yelling at a volleyball player while serving or a basketball player while shooting a foul shot.

Athletic Courtesy

It is our desire to have our programs known as class acts and to exhibit character in victory or defeat.

Questions & Communication with Coaches

From time to time, parents and students/athletes alike may have questions or concerns that need to be addressed. Individuals are encouraged to begin the communication process with the coach at **appropriate** times. Appropriate times may be the next day or after a practice. Parents should not approach coaches to discuss issues during a game, during a practice, or immediately after a game. If the coach and parent/student fail to come to an agreement during such discussion, please contact the athletic director for assistance.

Athletic Commitment

- The Carmel Central School District requires an equal opportunity for every student in the district. Each student has equal access to every program within the school and will have a fair tryout period.
- It is understood that elections, tryouts, and auditions are necessary for any organization whose number of participants must be limited.
- If a student athlete participates in a tryout and makes a team roster, it is expected that they are dedicated to that sport for the season. All practices and games/matches must be attended unless the student athlete has a valid excuse. (Please see athletic attendance policy located later on in this handbook) Communication with the coach of the team is crucial. If a student athlete cannot commit to the schedule of events, he or she should consider this before joining a team.

Athletic Attendance Policy

You must be in school to Participate!

According to district policy, a student must attend school and all scheduled classes in order to participate in an extracurricular event, be it a game, performance, practice, rehearsal, etc. Limited exceptions to this rule may be made by the administration on a case-by-case basis for compelling extenuating circumstances.

Being a member of a Carmel interscholastic team is a privilege, therefore, attendance is mandatory. Commitment to a team takes priority over all other activities. If there is a conflict, the athlete must inform their coach. The following are guidelines related to an athlete's absence from team activities:

- All absences need to be communicated to the coach as soon as the athlete is aware he/she is going to be absent.
- First **unexcused** absence: Warning and notification to parents by the coach or athletic director.
- Additional **unexcused** absences: Discretion of the coach in collaboration with the athletic director. Consequences may include suspension of play or removal from the team.

Excused absences include but are not limited to:

- Death in family, illness, emergency situations, recruiting trip
- Extra help/support with Carmel's staff, or small mandated educational programming
- Religious observation
- Legal absences from the school day as outlined by the districts attendance policy.

Unexcused absences include but are not limited to:

- Intentional enrollment in an activity or program that conflicts with team schedule and operation. Examples include but are not limited to the school musical, Driver's Ed, private tutor, music/dance lessons, employment, family vacation, non-Carmel sporting events (club, travel, AAU, etc.)

Athletic Offerings 2023-2024

Fall Sports

<u>Sport</u>	<u>Modified (Grades 7 and 8)</u>	<u>Freshman</u>	<u>Junior Varsity</u>	<u>Varsity</u>
Cheer	Yes	N/A	Yes	Yes
Boys Cross Country	Yes	N/A	N/A	Yes
Girls Cross Country	Yes	N/A	N/A	Yes
Girls Tennis	Yes	N/A	N/A	Yes
Girls Swimming (Merged team with Mahopac)	N/A	N/A	N/A	Yes
Football	Yes	N/A	Yes	Yes
Girls Soccer	Yes	N/A	Yes	Yes
Boys Soccer	Yes	N/A	Yes	Yes
Girls Volleyball	Yes	N/A	Yes	Yes
Boys Volleyball	N/A	N/A	Yes	Yes
Field Hockey	Yes	N/A	Yes	Yes

Winter Sports

<u>Sport</u>	<u>Modified (Grades 7 and 8)</u>	<u>Freshman</u>	<u>Junior Varsity</u>	<u>Varsity</u>
Wrestling	Yes	N/A	N/A	Yes
Girls Basketball	Yes	N/A	Yes	Yes
Boys Basketball	Yes	Yes	Yes	Yes
Boys Ice Hockey	N/A	N/A	N/A	Yes
Girls Ice Hockey (Merged Team)	N/A	N/A	N/A	Yes
Girls Ski	N/A	N/A	N/A	Yes
Boys Ski	N/A	N/A	N/A	Yes
Girls Bowling	N/A	N/A	N/A	Yes
Boys Bowling	N/A	N/A	N/A	Yes
Cheer	Yes	N/A	Yes	Yes
Boys Swimming (Merged Team)	N/A	N/A	N/A	Yes
Girls Indoor Track	N/A	N/A	N/A	Yes
Boys Indoor Track	N/A	N/A	N/A	Yes

Spring Sports

<u>Sport</u>	<u>Modified (Grades 7 and 8)</u>	<u>Freshman</u>	<u>Junior Varsity</u>	<u>Varsity</u>
Baseball	Yes	Yes	Yes	Yes
Softball	Yes	N/A	Yes	Yes
Girls Lacrosse	Yes	N/A	Yes	Yes
Boys Lacrosse	Yes	N/A	Yes	Yes
Girls Flag Football	N/A	N/A	N/A	Yes
Girls Golf	N/A	N/A	N/A	Yes
Boys Golf	N/A	N/A	N/A	Yes
Girls Track and Field	Yes	N/A	N/A	Yes
Boys Track and Field	Yes	N/A	N/A	Yes
Boys Tennis	Yes	N/A	N/A	Yes

- Please note, all teams being offered are subject to change based on participation numbers.

Sports Sign Up and Clearance

All families will be asked to sign up for FamilyId in order to register their child.

Policy for Medical Clearance for Interscholastic Sports

Grades 7 - 12

Before a student can try out or participate in an interscholastic sport, he/she must be medically cleared through the Health Office (in accordance with New York State Education Department Commissioner's regulation 135.4(7)(i)) **for each season (fall, winter, spring).**

FOR MEDICAL CLEARANCE, the student needs the following:

1. A **current** physical exam on file in the Health Office, completed and signed by the student's private practitioner or school physician.
2. All students must be registered and cleared on FamilyID.
3. If required, a Clearance Letter from the attending physician (or school physician) in cases of injury, surgery, or acute or chronic medical conditions.

Physical Exams

1. If the student has had a physical exam within the past 12 months, they do not need to have another one. A copy must be on file in the Health Office.
2. Physical exams are valid for one year only. Should the physical exam date expire during the current sports season, the student may complete the season; however, this exam will not cover the student through sectionals.
3. Physical exams can be performed in one of two ways:
 - a. A private physician can perform a physical exam and complete the necessary paperwork.
 - b. The school physician may perform a physical exam on the student.
4. Once a student is medically cleared, the school nurse will contact the Athletic Director who will then communicate with the respective coach.
5. A new set of forms must be filled out prior to each season.

Equipment/Uniforms

Athletic equipment/uniforms are very expensive. It is the responsibility of the athlete to return all uniforms and equipment issued during the season. It is also the student athlete's responsibility to have uniforms cleaned and repaired (if necessary). **Failure to do so will result in the student athlete's parent paying for missing or ruined equipment. The student athlete will not be allowed to participate in the next season's sport until ALL equipment requirements are met.**

Transportation

Student athletes are transported to and from contests by school authorized transportation. In some cases, a parent may request to transport their child. This request must be made in writing to the Athletic Director via the transportation release form. The form may be accessed on the Carmel website under Athletics. Under no circumstance are student athletes allowed to drive themselves or another student to an athletic contest.

Injuries

It is the student athlete's responsibility to immediately report to their coach any injury during practices or games. It is also the student athlete's responsibility to see the nurse, Mrs. Oster, to fill out an accident report. If a student athlete has been removed from participation because of an injury, they cannot return to practice or competition without a physician's release.

Valuables

DO NOT BRING VALUABLES TO THE ATHLETIC LOCKER ROOM!

It is very important that student athletes do not bring jewelry, large amounts of money, or any other valuable items to the athletic or Physical Education locker room area at any time. Students are reminded to leave such items at home or in their school locker. **The school is not responsible for any lost or stolen items.**

Awards

League & Sectional Awards

All-League awards are given to Section One athletes in each of the three conferences. Coaches nominate select players from their respective teams; these nominations are then voted on by the coaching membership. These awards are provided by Section One.

All-Section awards are currently awarded through each sport's Coaches Association. They are not awarded by the school or Section One.

It is important to understand that while each coach does have input in the awards selection process, he or she does not have the final decision about who receives recognition.

Varsity Letter Awards

Any varsity player who satisfactorily completes the season shall be granted a varsity "C" letter, provided by the school district. A student may receive only one varsity letter, no matter how many varsity teams he or she participates in during their athletic career. An athlete must be in good standing at the season's end (equipment, uniforms, etc.) and must be a member of the varsity team for 50% of the season to earn a varsity letter. Athletes will receive a sports pin for each successive varsity season completed.

Athletic Placement Process

In New York State, middle school students in grades 7 or 8 are eligible to try out for and participate in high school athletics if they complete the Athletic Placement Process (APP-Testing Up). **The APP is intended for exceptional athletes who are physically and mentally mature enough to compete against high school athletes. The APP should not be used to fill teams or for sports that are not offered at the modified level.** In order to participate in the advanced placement process the following steps must be taken and completed:

- A completed permission slip, signed by the parents/guardians must be submitted to the athletic director.
- The district medical physician or a private physician must evaluate the student's physical development, complete the paperwork relating to the Tanner Scale scores, and clear the student to participate.
- The student must participate in the physical fitness test administered by a physical education teacher.
- If the student passes the requirements of the physical fitness test, he/she is eligible to try out for a freshman, junior varsity or varsity team.
- If the student makes the team, he/she will be eligible to play for the junior varsity or varsity program.
- Once a student athlete plays for the junior varsity or varsity team, he/she is not allowed to move down to the modified team.

In addition to what is stated above, please see our district policies related to the APP listed earlier in this handbook under Carmel Central School District Policies Related to Athletics.

Eligible students may take the physical fitness test a maximum of 2 times. The advanced placement process is meant for exceptional athletes. If a student is unable to meet the standard scores after two attempts, the freshman, junior varsity or varsity level of competition is not appropriate for that student. If a student fails the test, they are still eligible to participate at the modified level.

Carmel Athletics-ImPACT Testing Information for Parents and Athletes

What is ImPACT?

ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) is the most scientifically validated computerized neurocognitive test used by more than **7,400 high schools and 1,000 colleges and universities** to help evaluate and manage suspected concussions. Since 2006, over 7.5 million individuals have taken the ImPACT test.

ImPACT comes in two forms:

- 1. Baseline Test** – Administered by a physician, nurse, athletic trainer, athletic director, or coach before the start of a sport season, school year, or other activity. Baseline scores are collected and stored on our HIPAA compliant server. ImPACT recommends re-administering the baseline test every two years.
- 2. Post-Injury Test** – Administered by a licensed healthcare provider when a concussion is suspected. Test results are compared to baseline scores and/or normative data scores as part of a healthcare provider's assessment of the injury. Multiple post-injury tests may be given to an individual during the course of treatment and rehabilitation.

Key Facts:

- ImPACT is supported by a database of clinical research, including more than 250 peer-reviewed and 145 independent studies.
- ImPACT's industry-leading normative database increases reliability and validity of testing results.
- ImPACT assists qualified healthcare providers in the evaluation and management of concussions.
- ImPACT and its products continue to evolve by incorporating the latest advancements in neurocognitive science and in technology for portability and ease of use.
- ImPACT offers industry-leading educational resources and tools to raise awareness regarding the importance of proper concussion management. Proof of ImPACT's clinical value can be found in many hundreds of clinics and hospitals throughout the United States and around the world.

As part of the Carmel Central School District's concussion policy, ImPACT testing will be administered for all Carmel athletes. All secondary-school athletes are required to take the Baseline ImPACT concussion test every 2 years, in 7th/9th/11th grade, or 8th/10th/12th grade.

Concussion Procedures

All secondary-school athletes are required to take the Baseline ImPACT concussion test every 2 years, in 7th/9th/11th grade or 8th/10th/12th grade.

If a student athlete suffers a head injury and has signs/symptoms of a concussion the following will occur:

1. The Athletic Trainer/Nurse gives the parent(s) a concussion packet including a Take Home Information Sheet and Physician Evaluation Form.
2. The student will be evaluated by a physician for formal concussion diagnosis and return the completed Physician Evaluation Form to the Nurse or Athletic Trainer.
3. The student will rest from gym and athletics until otherwise directed. Classroom accommodations may be recommended by the physician.
4. Post-injury ImPACT testing should be administered within 48-72 hours of the injury under the direction of the Athletic Trainer, unless otherwise instructed by treating physician.
5. The student will return to the physician for follow-up evaluation and return the second portion of the Physician Evaluation Form to the Nurse or Athletic Trainer. If cleared by treating physician to begin the Return to Play and no symptoms are present for 24 hours, the student will complete the Return to Play Protocol. High school and middle school athletes will be supervised by the Athletic Trainer.

Any questions regarding concussion management may be addressed to the Athletic Trainer, Pat McGinn pmcginn@carmelschools.org

