Marcellus Central Schools

Athletic Plan

Updated 6/16/15
Acknowledgement

The Marcellus Central School District Interscholastic Athletic Team met throughout the 2003/2004 school year to develop a plan for the Marcellus Central School District athletic programs. The committee reviewed current research, New York State Education Department guidelines publications, and athletic handbooks from other school districts, current Marcellus Central School District policies and procedures relative to athletics. The plan that was developed was a reflection of the committee’s belief that athletics are an integral part of our instructional program. In 2009-10 and 2010-11, the District Planning Team met to review the current Athletic Plan and made recommendations to align the student athlete code of conduct with the District Code of Conduct

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Marcellus Central School District
Interscholastic Athletic Program

Vision
Maximize potential, Create opportunity and Support the enjoyment and benefit of participation of athletic competition

Mission
The mission of the MCS interscholastic athletic program is to provide a comprehensive program which educates and develops the character of the whole child.

Fulfillment of this mission lies with the entire community.

Definition of Student Athlete
A student athlete is an individual who is committed to expend the time and effort necessary to develop intellectually, emotionally, socially and physically in order to strive for excellence in the classroom or on the field of play.
MARCELLUS CENTRAL SCHOOL DISTRICT
STUDENT ATHLETE EXPECTATIONS

A Marcellus Student Athlete will be committed to continuous improvement in the following areas:

- Skill development at different levels
- Knowledge of games/strategies
- Fitness/conditioning/healthy behavior
- Lifelong sport participation

A Marcellus Student Athlete will demonstrate:

- Sportmanship
- Responsibility
- Accountability
- Dedication
- Trustworthiness/fair play
- Self-control
- Coach-ability
- Enthusiasm
- Grace under pressure
- Class
- Respect
- Fairness
- Caring
- Persistence
- Perseverance
- Loyalty/commitment
- Teamwork
- Role modeling
- School spirit
- Pride
A Marcellus Student Athlete will not demonstrate the following out of bounds behaviors:

- Taunting or Trash talk to teammates or opposing teams
- Abusive or disrespectful behavior toward officials, opponents, coaches or spectators
- Substance abuse use during and outside of the season
- Failure to respect individual differences and diversity in ability levels
- Excessive celebration
- Intimidation, hazing, or humiliating teammates. These behaviors will result in immediate disciplinary action as per the Code of Conduct.
- Poor sportsmanship
- Academic failure
- Pressuring peers to break code of conduct
A. Sport Physical

1. Every student athlete must have an approved sport physical prior to participating in a sport.
2. Sports physicals are good for one calendar year.
3. Physical records are maintained in the health office.
4. Private physicians can be utilized for a sport physical but the school physician must grant final approval, before the physical is accepted for student participation.

B. Eligibility Process – the process for establishing eligibility for participation in a sport is as follows:

1. Obtain a copy of the Student Athlete Handbook. Handbooks are available from coaches at the pre-season meeting, from the Athletic Director’s office or on-line.

2. Schedule a physical.
   a) Physicals may be scheduled with the school physician (free of charge) or with the student’s private physician.
   b) Physicals with the school physician are scheduled through the school nurse on a pre-determined schedule.
   c) Physicals with a private physician must use the school physical form be returned to the school nurse for approved by the school physician.

3. Completed Athletic Health Eligibility form turned into School nurse.

4. The school nurse forwards the Athletic Health Eligibility form to the Athletic Director for approval. Once the school nurse approves the form, the Athletic Director gives final approval and distributes the Athletic Health Eligibility form to the coach.
II. Athletic Placement Process

A. Athletic Placement Process Policy

The Athletic Placement Process was designed for mature and exceptionally skilled student athletes to advance to an upper level and less developed student athletes to participate at an appropriate lower level that is suited to their development and ability. The program is not to be used to fill positions on teams, provide an additional experience, or to reward a student. It is aimed at a few select student athletes who can benefit from such placement because of their level of readiness. The selection/classification program is designed to create a more equitable and fair competitive and learning environment for modified level student athletes.

The Marcellus Central School District does not allow seventh grade students to be selectively classified if there is a modified program. Eighth grade students who demonstrate the maturity and exceptional skill may be advanced to the junior varsity or varsity level. If a student is placed using Athletic Placement Process to junior varsity or varsity level, every effort will be made to keep experienced upper class student athletes on the respective team (i.e., an experienced upper class student athlete should not be “cut” to make room for a athletically placed 8th grade student).

B. Athletic Placement Process Procedures

If a student athlete is identified to qualify to play at a higher level, the following procedure will be followed:

1. The Varsity Head coach will inform the Athletic Director of his/her interest in advancing a student-athlete by completing the player information form and submitting to AD 6 weeks before the start of the season.
2. Varsity Head Coach will contact parents to let them know of their interest in asking their athlete to try to play up and let them know AD will be calling.
3. **Step 1 Parent/Guardian Permission:** All students who are to be evaluated must first obtain written parent/guardian permission before any evaluation may begin. The parent is contacted by AD to explain the process and ask for parental approval. All elements of the process are explained to the parent at this time.
4. **Step 2 Administrative Approval:** The athletic administrator should confirm that the student is suitable for consideration, which includes the likelihood that the student would play in at least 50% of the games. Additionally, because of the increased time demands of participation at the high school level, the student’s academic performance should be at or above grade level. Furthermore, administration should assess the student’s emotional readiness to socialize with high school-aged students. If the student is not academically or socially ready, the student should not proceed through the APP.

**Academic Performance Standards**

i. Athlete must have a grade of at least 85 in each of the following: ELA, Math, SS, Science and PE.
ii. Eligibility is determined by the 4th quarter grades in grade 7 for fall sports, first quarter grades of 8th grade for winter sports *(parents must sign an agreement that the testing will be completed prior to determining eligibility using first quarter grades due to the timing of the beginning for winter sports) and 2nd quarter grades for spring sports

**Social/Emotional Readiness Standards**

i. Students must meet the academic requirements listed above.

ii. Students must not have received more than three disciplinary referrals within the last calendar year from the date of the application.

iii. Students must have higher than a 92% attendance rate (except in the case of a medical concern).

5. **Step 3 Medical Clearance:** (Must be completed BEFORE the physical fitness portion of the process) The district medical director will determine a student’s physical maturity level, and compare the physical size of the student in relation to that of the students against whom the student wishes to compete. If the student is determined to have attained the appropriate physical maturity level and comparable physical size for the desired sport and level, the student may proceed with step 5. If the student is determined to **not** have attained an appropriate physical maturity level for the desired sport and level, **the process stops.** The Medical Director will conduct the physical maturity assessment for all student athletes who want to advance up.

6. **Step 4 Sport Skill Evaluation:** The sport coach will rely on past personal observations and may consider input from the student’s former coaches to complete the evaluation. If the coach is unfamiliar with the student, the sport coach may wish to observe the student in a physical education class.

7. **Step 5 Physical Fitness Testing:** This must be done by a certified physical education teacher who is **not** a coach of the sport for which the student will be trying out. The President’s Physical Fitness Test has been selected as the test for this process, and the student must meet the 85th percentile level for their age in all required test components. Student athletes will be offered a maximum of two opportunities to successfully pass all elements of the test with a minimum of 48 hour rest between test sessions.

For students trying out for swimming, see Appendix J for an alternate fitness test to the 1 mile walk/run- students trying out for swimming may choose to either do the 1 mile walk/ run or the 500 yard swim.

*Exception to the physical fitness test requirement: Students who desire to try out for bowling or golf teams are not required to complete the physical fitness testing.*

8. **Step 6 Qualification Determination:** The results of the three evaluations will be sent to the director of physical education/athletics. **Only students who pass all parts of the APP are permitted to try out.**

9. **Step 7 Try Outs:** The student is allowed to try out (maximum five day try-out period) for the sport and level requested or the student must return to the modified level of competition. For students trying out for bowling or golf, see instructions for try outs for these sport.

**GOLF:** Any 7th or 8th grade student may be given the opportunity to try out for a junior varsity or varsity golf team. At the completion of the tryout sessions, which must include 18 holes golfed over a three-day period (the first three days of the
individual’s tryout when the course is accessible), if the individual’s golf average
puts him/her in the top 8 of your golfers, he/she is eligible for the team.

i. At the end of a maximum five day try-out period, if a student athlete is
placed at a higher level, that student may not return to a modified level in
that particular sport at any time in the future.

10. It should be noted that this procedure is required for each sport a student athlete
chooses to play at an advanced level.

III. Academic Eligibility

Students participating in extra-curricular activities and athletics are expected to maintain passing
grades in all academic classes.

Students who are failing two or more classes at the five and ten week making periods are
expected to meet the following criteria to maintain eligibility to participate:

- Attend class
- Be on time for class
- Turn in all homework
- Stay after school with the teachers for extra help

Students who are failing and are not meeting the above expectations will be ineligible to
participate in athletics or extra-curricular activities until they are able to demonstrate that they
are passing or meeting the above criteria. Once a student is declared ineligible, the building
administrator or athletic director must certify they are meeting academic expectation.

Academic eligibility will be determined by the student’s grades entered into the Student
Information System (SIS) at 5 & 10 week points. Guidance will generate a list of students
failing two or more classes. Athletic Director will be responsible for the review of grades for all
athletes. Building administration will review grades for all students participating in extra-
curricular activities. A list of all at risk students will be provided to coaches and advisors.

Athletic Director, Building Administrator or counselor will meet with each academically at risk
student to discuss the academic probation sheet. The student is responsible to meet the criteria
and have the eligibility form signed weekly and turned into the coach or advisor. If a student
does not turn in the signed form for each class they are failing, the coach or advisor will notify
administration, and the student will be ineligible to participate in the activity or play a game for
two weeks or until they meet with the administration and receive written approval. The
administration will inform parents if a student is ineligible to participate in an activity or game.

During a student athlete’s ineligibility period he/she must attend all practices and contests and
conduct him or herself in a manner befitting and supporting of the athletic program.

Student athletes will not be allowed to quit a sports team to avoid consequences associated with
violations of the District Code of Conduct. Student athletes who do choose to quit a sport to
avoid compliance with the athletes’ Code of Conduct will be deemed ineligible for 50% of the
regular season contests in the next sports season in which he/she participates. For example, if the
next sports season is basketball and there are 20 games, the student athlete would be ineligible for the first 10 games.

IV Rules Relating to Drugs, Alcohol, and Tobacco and Other Substances

The use of tobacco products, alcohol, and/or other substances has been proven to be detrimental to health and athletic performance. A student is expected to maintain the prescribed training rules for his/her own health and the betterment of the team or activity. No student may use, or have possession of, tobacco products, alcohol, and/or other substances. The term “alcohol and/or other substances” shall be construed throughout this code to refer to the use of all substances including, but not limited to, alcohol, inhalants, marijuana, cocaine, LSD, PCP, amphetamines, heroin, steroids, look-alike drugs, and any of those substances commonly referred to as “designer drugs”. The inappropriate use of prescription and over-the-counter drugs shall also be prohibited.

Penalties for violating thus policy will be addresses as per district Code of Conduct. A Superintendent Hearing may result in additional penalties related to athletics or extra-curricular activities. Alleged violations of this code must be reported to the Building Administration immediately in writing. Upon notification of an alleged violation, the Building Administrator will begin an investigation of the incident. If the student athlete or extra-curricular activity participant has been found to have violated the code the consequences as identified in the District Code of Conduct will apply.

Due Process

Due Process procedures as identified in the District Code of Conduct will apply.

V Social Behavior/Misconduct Reports

All office referred misconduct reports will be addressed by the building administration. The Athletic Director, coaches and advisors will monitor after-school detention attendance and misconduct reports. If appropriate, an intervention plan will be developed.

VI Practice and Game Attendance

Student athletes in the Marcellus Interscholastic Athletic Program will understand the significant commitment that athletic participation requires. This commitment is not only to their physical and academic pursuits but also to the responsibility student athletes have to their teammates both in games and at practice.
In addition, because athletic performance is enhanced and the risk of injury is minimized when physical conditioning and participation is uninterrupted, attendance at all practices and games during the season is required. Practice times and dates are left up to the discretion of the Athletic Director and coach and will take into consideration:

1. physical demands of the sport
2. level of competition
3. practice time available between contests
4. Impact on game readiness for athletes who miss practices or games

Exceptions to attendance requirements will be made for legal absences such as college visits, school sponsored out-of-town trips, family tragedies and family vacations. Legal absence is defined in accordance with the District’s Attendance Policy. In these situations, the student athlete must inform the coach well in advance in order to be considered legal to participate once he/she returns to the team. Coaches will assess game readiness for athletes who miss practice or games and may decide to hold an athlete out from a game or more following their return to the team.

The above guidelines will be administered consistently across all the sports within the Marcellus Interscholastic Athletic Program.

VII. **Physical Education Participation**

Student athletes must be prepared for and actively participate in Physical Education class to be eligible to practice or play in a contest that day.

VIII. **School Attendance**

All students must arrive at school by 7:50 a.m. and remain in school the entire day in order to participate in activities, practices or contests on that day. Students on late arrival schedules must arrive at the scheduled time.

Students who arrive after 7:50 a.m. for legal reasons, other than sickness, may participate in activities, practices or contests. If students arrive to school late and do not have a legal excuse, they cannot participate in extra-curricular activities. Because of health and safety reasons, absences and tardiness due to illness will exclude students from activities, practices or games on that day.

Students are to communicate with their coach or advisor if they are to be absent for any reason.

IX. **Transportation**

Marcellus Central Schools provide transportation to and from athletic contests. Because of the liability factor, student athletes must travel to and from all contests on the bus.

A parent may drive his/her own student athlete home from a contest with prior written approval tendered to the school prior to the bus leaving campus for the athletic event. Under extenuating circumstances a parent may take their own student athlete to a game with prior approval of the Athletic Director or a District Administrator. Prior consent to transport from a game will be gained at the pre-season coaches meeting as per the NYSED SAVE legislation requirement.
No student athlete will be allowed to drive himself/herself to or from a game or to ride with another individual other than their own parent or guardian.

X. **Concern Resolution**

If a concern or question arises with our athletic program, it is recommended that student athletes and/or parents use the following steps to help resolve the issue:

- Contact the coach directly to discuss the situation.
- If after discussion with the Coach, the parents feel that further action is needed, the next step is to contact the Athletic Director. The school principal represents the next step in the process.
- The final step, if resolution of the issue has not occurred, is to contact with the Superintendent of Schools.

XI. **Injury Reporting**

If a student receives an injury while participating in the interscholastic athletic programs, the student athlete must report the injury immediately to the coach or athletic trainer. Injury reports will be completed by the coach or athletic trainer on all injuries and submitted to the school nurse.

If the student athlete has seen a doctor, a signed medical release from the doctor is required before participation will be allowed. The release must be given to the school nurse who will notify the coach of the release.

XII. **Insurance**

If an injury requires medical treatment, the district provides secondary insurance. Primary coverage is provided through the parents’/legal guardians’ insurance and claims must be submitted to their company first.

XIII. **Hazing**

The practice of “hazing” or Bullying as defined in the district code of conduct is prohibited in school buildings and on school premises as well as at any activities which are sponsored by the School District and occur off school grounds.

XIV. **Risk of Injury**

Athletic participation comes with a certain risk of injury. Although we strive to minimize athletic injuries, it should be duly noted that participation in interscholastic athletics could cause serious physical injury or death. Student athletes that voluntarily participate in interscholastic athletic events assume the risk of injury. The district will exercise ordinary reasonable care to
protect student athletes voluntarily involved in extracurricular sports from unassumed, concealed or unreasonably increased risks.
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A coach in the Marcellus Central School District demonstrates the leadership necessary to help his/her student athletes grow as both individuals and team members. A coach is a role model for excellence on the field of play, and in the classroom, and throughout the community. A coach facilitates a balance between competition and enjoyment. He/she is a motivator and a mentor, a teacher of skills, and a developer of character. Most importantly, a coach in the Marcellus Central School District promotes pride in the program and team, enhances the sense of community, and demonstrates a positive belief in the potential of each student athlete.
A Coach of a Marcellus student athlete will demonstrate the following behaviors:

- The coach is the key to making the student-athlete experience appropriate, positive and educational.
- The coach promotes the connection between sports and academic learning, sports and character development, and sports and life-long learning.
- The coach offers motivation and positive communication and assists student-athletes to make good decisions.
- The coach is a role model at all times, recognizing his/her profound influence on student athletes.
- A coach maintains the flexibility required to work successfully with a diverse group of students. Each coach supports the complex needs of maturing adolescents, assisting student-athletes to develop physically, mentally, socially and emotionally.
- A coach is sensitive to the fact that different approaches will be needed for different individuals according to their needs and backgrounds, including their age, gender, size and culture.
- A coach must master the fundamentals of the game and continue to learn, using professional development and mentor relationships. The learning goes beyond techniques and strategies to include the teaching of ethics and sportsmanship; effective demonstration of cooperative interpersonal relationships; and effective communication with parents and the public.
- Coaches recognize the need for balance in the lives of student-athletes, a balance that respects the needs of the family.
A Coach of a Marcellus student athlete will not demonstrate these Out of Bound behaviors:

- Running up the score when winning a game
- Coaching unethical practices – cheating
- Use of Inappropriate language
- Intimidation, swearing, excessive yelling, screaming, speaking in anger
- Disrespectful actions or comments toward officials, opponents, spectators
- Blaming others for losing a game
- Focus on winning rather than team development
- Expecting student athletes to focus on one sport
- Focus on athletics rather than encouraging the academics for a student
- Poor control of team or showing poor sportsmanship
- Inconsistent reinforcement of team rules
- Unrealistic expectations that put undue pressure on student athletes.
A parent/guardian of a Marcellus student athlete will demonstrate the following behaviors:

- Support of the athletes, the coach, the officials, the athletic director, and other parents
- Support of the mission of the Marcellus Interscholastic Athletic Program
- Understanding and support of student athletes’ commitment to a sport
- Dedication and commitment to the training code and academic eligibility requirements
- Knowledge of the handbook and athletic code
- Understanding of team rules and regulations
- A willingness to communicate concerns with the coach and athletic director
- Treat student athlete, coaches and others with respect
- Be an adult role model for:
  - Sportsmanship
  - Respect for student athletes, coaches and officials
  - Civility
  - Responsibility
  - Communication
  - Teamwork
  - Knowledge and understanding of sport and game etiquette
  - Enthusiasm
  - Positive spectator behavior

A parent/guardian of a Marcellus student athlete will demonstrate:

- Respect officials
- Respect players on all teams
- Refrain from yelling at referees/officials, coaches, and students
- Supervision of their own children who are at the game
- Ability to keep sports in a positive perspective
- A willingness to volunteer at athletic events and/or activities
- Support discipline decisions
- Support academic policies
- Ability to abide by specific policies of individual coaches
- A willingness to have fun
A parent guardian of a Marcellus student athlete will not demonstrate these Out of Bound behaviors:

- Approaching or talking to a player with negative comments
- Yelling, taunting, berating officials, coaches or players for either team
- Coaching from sidelines
- Telling the coach how to coach
- Slanderous comments toward coaches or players or teams via social networking or other communications
- Excessive Celebration
Spectators at a Marcellus athletic event will demonstrate the following:

- Good sportsmanship and show respect for:
  - Players
  - Cheerleaders
  - Coaches
  - Referees, officials and umpires
  - Other spectators

- Maintain self-control and help quiet or control inappropriate spectators whose behavior is unbecoming by reporting unruly behavior to the appropriate authorities.

- Supervise any children you have brought to the event.

- Stay at the athletic event. Do not wander school buildings or school grounds.

- Spectators are not allowed to be in the possession of or under the influence of drugs, alcohol or tobacco

- Maintain self control and do not berate or taunt officials, coaches or players from either side through actions, words or signs
Organization Structure

Outlined below is the organizational structure for the Marcellus Central School District Interscholastic Athletic program.

Board of Education

Superintendent of Schools

Building Administrators

Director of Physical Education, Health and Athletics

Facilities Department
(Fields, Equipment, etc.)

Transportation
(Athletic Trips)

Coaches

All decision making, both programmatic and day-to-day, moves through this organizational structure. Although the Building Administrators do not have direct supervisory responsibilities relative to our athletic program, they do have direct responsibilities relative to students and student athletes. It is expected that both the Director of Physical Education, Health and Athletics and coaches communicate on a regular basis with building administration.

Mandated Program Components

A. Pre Season Meetings – the Director of Physical Education, Health and Athletics, along with individual coaches, will conduct a program parent/student meeting prior to the initiation of each sport season. Components of the meeting will include a general information session conducted by the Director of Physical Education, Health and Athletics and breakout sessions with the individual coaches.
B. Process for adding a team, modified level – Given the nature of modified sports it may become necessary to consider the addition of a second team to accommodate both program need and student interest. If this is needed the Director of Physical Education, Health and Athletics will notify the Superintendent of Schools of the potential need. Criteria considered when adding a second team include, but are not limited to the following:
   1. Safety of the athletes
   2. Facilities
   3. Qualified available coaches
   4. Budget
   5. Schedule
   6. Gender Equity
   7. Transportation

The Board of Education will make the final decision on team additions based on information provided by the Superintendent, the Director of Physical Education, Health and Athletics, and the coaches involved.

C. Transportation/Facilities – The best of interscholastic athletic programs will experience difficulty unless the day-to-day logistics of athletic practice and competition are attended to with thoughtful planning. Therefore, the Director of Physical Education, Health and Athletics will meet on a weekly basis with the Director of Transportation and the Assistant Superintendent of Buildings and Grounds to insure that both transportation and facility needs are addressed.

Program Structure

A. Modified Level – the program emphasis, at modified level, is placed on fundamental skill development, participation, sportsmanship, enjoyment of the sport, and a balanced approach to athletic competition. For student athletes, modified sports are a time to discover and develop their own individual talents and potentials while at the same time learning to be a team member. For the District’s athletic program, modified sports are a time to introduce team skills/concepts that will be enhanced at JV/Varisty level and to facilitate the character traits that the District expects in its student athletes. Every effort will be made to provide the opportunity to participate for all students. However, in the event that the number of interested students cannot be accommodated by District resources, then cuts may be made at Modified level.

   Skill development is essential at the modified level and emphasis on winning and losing should be of lower significance than participation and sportsmanship.

B. Junior Varsity Level – the program emphasis at Junior Varsity level is on continued skill development, team preparation and competitive success. Team selection becomes more competitive and cuts may be made. Participation and competition begin to share equal value.

C. Varsity Level – the Varsity level is the highest level of athletic participation a student athlete can obtain, representing a superior skill development. Emphasis, at varsity level, is placed on teamwork, sportsmanship, and successful competition.
* At all three levels, coaches will make every effort to make cuts of three (3) students or more. In cases where 1 or 2 students are in question every effort should be made to keep the students in question on the team.
The Marcellus Central School District considers Interscholastic Athletics a component of the instructional program. The District requires all areas of its instructional program to develop instructional “targets” relative to the District’s three district-wide goals:

1.0 To use the model of continuous improvement, using data analysis, to improve the achievement of all students.

2.0 To maintain a climate where all members of the school community are able to work in a setting that values an orderly learning environment, civility, and mutual respect.

3.0 To use our resources effectively and efficiently.

The Director of Physical Education, Health and Athletics will meet with the varsity coach for each sport to establish program targets related to the above goals. Very simply, the targets should relate to team achievement, team climate/atmosphere, and resource utilization. The Director of Physical Education, Health and Athletics will meet with the varsity coach for each sport at the close of each season to review status of each target.

This process is consistent with the planning process being implemented in all program areas across the Marcellus Central School District.