

# Stay Connected!



Follow us on Twitter:

@HWPSBulldogs



VISIT OUR WEBSITE:  
**WWW.HWBULLDOGS.COM**

Create an Account at:  
Fan Account Login



\_\_\_\_\_  
Student Name

**HEWLETT-WOODMERE PUBLIC SCHOOLS  
DEPARTMENT OF  
HEALTH, PHYSICAL EDUCATION, & ATHLETICS  
HEWLETT-WOODMERE PUBLIC SCHOOLS**

60 Everit Avenue  
Hewlett, NY 11557-2136  
Tel: (516) 792-4021/22  
Fax: (516) 374-8173

Dear Hewlett High School Parents/Guardian and Athletes:

The Hewlett-Woodmere Athletic Department wishes to thank you for permitting your son/daughter to participate in our athletic program.

A set of **Athletic Guidelines** has been developed to let candidates and parents understand what is expected of our athletes. With your help and cooperation, the athletic program in the Hewlett-Woodmere School District will continue its excellence.

Sincerely,

*David Viegas*

District Director of Health, Phys. Ed. & Athletics

\_\_\_\_\_  
Activity Advisor/Coach

\_\_\_\_\_  
Name of Activity Support

**Hewlett High School  
Eligibility Requirements for Participants in  
Athletics and Co-Curricular Activities**

The Hewlett-Woodmere Board of Education is committed to offering programs of excellence that span the Four Pillars – Student Centered Curriculum, Culture For Success, Collaboration and Partnership, Stewardship and Efficiency. The skills and competencies acquired through athletics and activities are valuable in the development of 21<sup>st</sup> Century citizenship.

Participation in athletics and co-curricular activities in the Hewlett-Woodmere Public Schools is a privilege. While participation in these activities is desirable, it is important that as a representative of the school, the student maintain an acceptable level of attendance, academic performance and positive behavior. As such, students are expected to adhere to all District policies/regulations ([www.hewlett-woodmere.net](http://www.hewlett-woodmere.net)) and Hewlett High School codes, practices, and procedures as written in our Student-Parent Handbook

(<https://www.hewlett-woodmere.net/cms/lib/NY01000519/Centricity/Domain/1609/2018-2019%20ParentStudent%20Handbook.doc.pdf>)

Most other high schools conduct practices and games during vacation periods. We cannot emphasize enough the importance for all team players to be present and participate during scheduled vacation practices and games. Without continuous participation and practice we find our players come back and our teams are at a distinct disadvantage when school begins again after a vacation. Period.

We ask for your cooperation and support when planning for holiday periods. We expect all players to attend the scheduled practices and games if they wish to participate on our athletic teams. Please communicate with the coach if there are extenuating circumstances causing your son/daughter to have to miss practices and/or games. We ask that you plan accordingly and we appreciate your continued involvement and understanding. If you have any questions, we suggest you speak with the coaching staff or you may reach me at (516) 792-4022 in the Athletic Office.

Sincerely,

*David Viegas*

District Director of Health, Physical Education & Athletics

**GO BULLDOGS!!**



## **CONCUSSION AWARENESS:**

I have reviewed the parent information sheet on concussions included with this permission slip.

If my child sustains a concussion at a time other than when engaged in a school sponsored activity, I will notify the school nurse/teacher/coach per district policy.

Name of Student \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_

\*Pursuant to New York State Law, a Concussion Management and Awareness Act went into effect July 2012; the information sheet is for **you to keep** as it contains important material about concussions as well as school districts' responsibilities under this new legislation.

*This information is on the district & athletic websites.*

**RETURN THIS PACKET TO THE HEAD COACH**



Department of Health, Physical Education & Athletics  
Student/Athlete Contract

As a student athlete, I understand my responsibilities for participating in \_\_\_\_\_ at the Hewlett-Woodmere Public Schools Athletic Program. I also understand the consequences for violating any of the expectations outlined in this contract.

As a Student Athlete, I \_\_\_\_\_ pledge to:

- Communicate my sports schedule well in advance to my parents and teachers.
- Schedule my personal life so that it does not conflict with team expectations.
- Schedule other duties and responsibilities around the team's schedule.
- Give my coach notice well in advance of any commitments I have that conflict with the team schedule.
- Discuss issues of concern with my coach, team captains and parents before they become problems.
- Maintain academic eligibility.
- Abide by all the training rules set forth by my coach, the athletic department, and the Hewlett-Woodmere School district.
- Make a commitment to my teammates and coaches to continually strive to contribute to the program and exercise responsible sportsmanship.
- Attend all practices and/or contests. Return all equipment and uniforms, etc. at the end of each season.

\_\_\_\_\_  
Signature of Athlete

\_\_\_\_\_  
Date

As a Parent/Guardian, I \_\_\_\_\_ pledge to:

- Grant permission for my son/daughter to participate in the program.
- Stay informed about my son's/daughter's decision to commit to the team by attending as many team meetings, contests and special events as my schedule will permit.
- Work closely with all school personnel to assure an appropriate academic and athletic experience for son/daughter throughout his/her school career.
- Discuss issues of concern with my son/daughter and the coach before they become problems.
- Assure that my son/daughter attends all practices, contest, special events and follows all training rules.
- Affirm that it is the responsibility of the coach to determine strategy and player selection.
- Work cooperatively with coaches, other parents, and school personnel to assure a wholesome and successful athletic program for the school.
- Report all injuries to the coach, athletic trainer, and school nurse in a timely manner.
- Encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other sports event.
- Be as committed to the athletics program as my child.

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date

HEWLETT HIGH SCHOOL  
Eligibility for Extra Curricular Activities

**TO: Parent/Guardian and Student Participating in Co-Curricular Activities**

Hewlett High School students who participate in athletic and co-curricular activities, are expected to conform to standards which meet or exceed the requirements of the District Code of Conduct and all Hewlett High School codes, practices, and procedures.

**Academic Standards**

The student agrees that in order to be eligible for participation in co-curricular activities, he/she must be passing the majority of his/her courses on a quarterly basis. Failing two courses in a marking period will result in academic probation. Academic probation will last for five weeks. During this time, the student's overall average must improve to a passing level or he/she will not be allowed to participate in activities. The failure of three or more courses in a marking period will result in ineligibility to participate. To be reinstated, the student must follow the probationary contract procedure initiated with the student's Assistant Principal and petition the Eligibility Committee. The Principal may, at his/her discretion, restrict participation in co-curricular activities for reasons that include and/or transcend the above stated eligibility policy.

A student may not practice or participate in a co-curricular activity, if he/she is not in attendance during a school day before 10:15am. Also, if a student is signed out of school early he/she is **ineligible to participate in any co-curricular/athletic activities that day unless the student returns with a document from the appointment stating the reason for leaving school early (e.g. note from a doctor, proof of court appearance, road test, etc.).** In order to ensure the safety of all students, when a student is signed out due to illness, he/she cannot return to participate in co-curricular/athletic activities **unless they return with a note from a doctor stating they are cleared for participation in the activity.**

**Behavior Standards/Code of Conduct**

The student agrees to abide by the District Code of Conduct policies and the High school codes, practices, and procedures as written in the Student-Parent Handbook. Any violation of these codes, practices and procedures may result in suspension from the above named activity/sport in addition to any penalty appropriate to the violation.

The student agrees to refrain from use, possession, or sale of electronic cigarette devices, vape pens (or the similar devices), alcohol and drugs, **on or off** campus.

The student agrees to abide by any further conditions imposed by activity advisor/coach at all times.

**Participation/Training Standards**

All activities require a certain level of participation/training, as established by the activity advisor/coach. Failure to maintain this level of participation may result in disciplinary action, including suspension from the activity.

**I HAVE READ AND AGREE TO ABIDE BY THE STANDARDS OUTLINED ABOVE**

***Please sign below and return this form to your advisor/coach.***

**STUDENT SIGN & DATE** \_\_\_\_\_

**PARENT/GUARDIAN & DATE** \_\_\_\_\_

**PARENT/GUARDIAN & DATE** \_\_\_\_\_

**PARENTAL PERMISSION FOR STUDENT PARTICIPATION IN  
INTERSCHOLASTIC ATHLETICS**

I, \_\_\_\_\_, give permission for my son/  
daughter \_\_\_\_\_, to participate in  
\_\_\_\_\_. In so doing, I acknowledge that partici-  
pation in this sport involves the risk of injury and that I assume this risk. In  
consideration of this possibility, I hereby consent to emergency transpor-  
tation and/or treatment necessary in the event of illness or injury. Such  
treatment may include first aid by either an athletic trainer or a coach. I  
hereby accept responsibility for the payment of emergency transporta-  
tion or treatment. I understand this sport and athletics involve physical  
activity and, therefore, consent to injury prevention procedures for my  
son/daughter (e.g. taping) by either athletic trainers or coaches. I further  
acknowledge that my son/daughter is fully capable of performing the  
skills and activities required of this sport. I understand this activity takes  
place using facilities of the Hewlett Woodmere School District and other  
facilities scheduled for use by the school district. I understand that all  
athletes are required to travel to and from contests using the transporta-  
tion provided by the school district.

**Vacation Participation**

Athletes must be in attendance at a minimum of 50% of all practices  
and/or games scheduled during any given vacation/holiday period  
(including non-league games and scrimmages). If not, the player shall be  
ineligible to play in the **first** game following the vacation. This team  
member will then be able to participate in a game **only** when they have  
attended the appropriate number of practices and when the coach feels  
they are ready to compete.

To be eligible to play in a game (league or non-league) during a vacation/  
holiday period, the player must attend a minimum of 50% of those prac-  
tices during the vacation, which immediately precedes that game.

**PRINT STUDENT/ATHLETE'S & PARENT'S NAMES & SIGNATURE**

Athlete Name \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

Athlete signature \_\_\_\_\_

**Department of Health, Physical Education & Athletics**

Our athletic department is committed to the principles of positive decorum  
and sportsmanship. Therefore, we ask that you read, sign & return this form  
to your child's coach.

In keeping with the philosophy of the Positive Coaches Alliance - who has a  
goal of winning and an even more important goal of teaching life lessons  
through sports. Hewlett-Woodmere Athletics is focused on the goal of using  
sports to teach life lessons, while leaving the goal of winning to players and  
coaches.

- I will use positive encouragement to fill the Emotional Tanks of my chil-  
dren, their teammates, and coaches. I understand that, like the gas tank  
of a car, a full Emotional Tank can take people most anywhere.
- I will reinforce the "ELM Tree of Mastery" with my child (E for Effort, L  
for Learning, M for bouncing back from Mistakes). Because I understand  
that a mastery approach will help my child succeed in sports and in life. I  
will:
  - encourage my child to exert maximum Effort
  - help my child Learn through sports
  - urge my child to get past Mistakes and to trigger a reminder to flush the  
mistakes and move onto the next play

**If I disagree with an official's call, I will Honor the Game and be silent.**

I will use a Self-Control Routine to avoid losing my composure if I grow frus-  
trated. I will take a deep breath, turn away from the game to refocus, count  
backwards from 100 or use self-talk ("I need to be a role model. I can rise  
above this.")

I will refrain from negative comments about my child's coach in my child's  
presence so that I do not negatively influence my child's motivation and  
overall experience.

I will be prompt as possible dropping my child off and picking my child up  
from practices and games.

I will engage in No-Directions Cheering, limiting my comments during the  
game to encouraging my child and other players (from both teams).

**PRINT STUDENT/ATHLETE'S & PARENT'S NAMES & SIGNATURE**

Athlete Name \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

Athlete signature \_\_\_\_\_