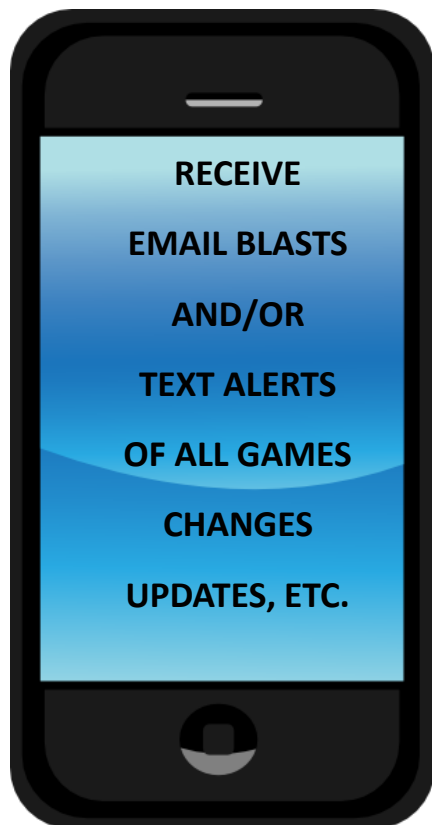


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STUDENT NAME

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

Dear Woodmere Middle 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

VISIT OUR WEBSITE:

WWW.HWBULLDOGS.COM

Create an Account at'

Fan Account Login

Enter your Email

and a Password



Activity Advisor/Coach

Name of Activity Support

**Woodmere Middle 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 A's – Academics, Arts, Athletics, and Activities. The skills and competencies acquired through athletics and activities are valuable in the development of 21st 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) and Hewlett High School codes, practices, and procedures as written in our Student-Parent Handbook.

Most other high schools conduct practices and hold games during vacation periods. We cannot emphasize enough the importance for all team players to 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 vacation.

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

WOODMERE MIDDLE SCHOOL
Eligibility for Extra Curricular Activities

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

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

Woodmere Middle 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 Woodmere Middle 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. 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.

A student may not practice or participate in a co-curricular activity, if he/she is not in attendance during a school day before 12:15pm. 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). 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 Middle 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, of electronic cigarettes, vape pens or similar devices, or sale of 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 & DATE _____

PARENT/GUARDIAN & DATE _____

HEWLETT-WOODMERE PUBLIC SCHOOLS

Department of Health, Physical Education & Athletics

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

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. Finally, I understand that
all athletes are required to travel to and from contests using the transpor-
tation provided by the school district.

Signed: _____

Date: _____



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 children, 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 frustrated. 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 _____