

Hewlett Woodmere Public Schools

INTERSCHOLASTIC ATHLETICS HANDBOOK
FOR STUDENT ATHLETES AND PARENTS



Home of the Bulldogs

Winning is for a day:
Sportsmanship & Ethics
are for a lifetime!

Table of Contents

INTRODUCTION	2
PROGRAM OBJECTIVES	3
PHILOSOPHY BY SPORT LEVEL	3
SPORTSMANSHIP MISSION STATEMENT	4
PARENT/COACH COMMUNICATION	5
10 THINGS KIDS SAY THAT THEY DON'T WANT THEIR PARENTS TO DO	7
FALL SEASON START DATE	7
TRYOUTS AND TEAM SELECTION	8
PRACTICE SESSIONS FOR SCRIMMAGE AND GAME ELIGIBILITY	9
SELECTION CLASSIFICATION PROCEDURES	9
CONFLICTS IN EXTRA-CURRICULAR ACTIVITIES	9
THEFT	9
TEAM LOCKERS	10
UNIFORMS/EQUIPMENT	10
TEAM CAPTAINS	10
CAPTAIN'S PRACTICE	10
RISKS ASSOCIATED WITH ATHLETIC PARTICIPATION	10
STEROIDS	11
ATHLETIC TRAINER	11
INJURIES	11
HEALTH INSURANCE COVERAGE	11
RETURN TO ACTION AFTER INJURY OR VACATION	12
TEAM TRANSPORTATION POLICY	12
TRANSPORTATION FROM DAILY PRACTICE SESSIONS	12
EARLY DISMISSAL	12
NEW YORK STATE ELIGIBILITY REQUIREMENTS	12
ACADEMIC ELIGIBILITY REQUIREMENTS	13
ACADEMIC RESPONSIBILITIES	14
HAZING	14
PROSPECTIVE COLLEGE ATHLETES	14
N.C.A.A. ELIGIBILITY REQUIREMENTS	15
SCHOOL ATTENDANCE	15
PHYSICAL EDUCATION	15
ATHLETIC ATTENDANCE	15
SCHOOL VACATION PERIODS	16
OBSERVANCE OF RELIGIOUS HOLIDAYS	16
HEWLETT-WOODMERE PUBLIC SCHOOLS ATHLETIC OFFERINGS	16
SPORT STANDARDS.....	20-21
ATHLETIC HEALTH HISTORY FORM	<i>See Appendix</i>
EMERGENCY FORM	<i>See Appendix</i>

Dear Athletes and Parents,

Welcome to the Hewlett-Woodmere Public Schools interscholastic athletic program. The information contained within this booklet is provided to help communicate our policies, procedures, and expectations.

The main goal of our program is to provide competitive experiences that are enjoyable and successful, and help each individual reach their full potential within a safe and healthy environment.

When your daughter/son chooses to participate in one of our athletic programs, he/she will have to commit themselves to certain responsibilities and obligations. This handbook will acquaint you with specific policies and rules necessary for a well organized program of interscholastic athletics. Our athletic program is governed by the Commissioner of Education's basic code for extra-class activities, the New York State Public High School Athletic Association, as well as the Hewlett-Woodmere Public Schools Board of Education.

The Woodmere Middle School and G.W. Hewlett High School are members of the New York State Public High School Athletic Association and Section Eight.

If you have any questions regarding the Hewlett-Woodmere Public Schools athletic program or this handbook, please contact the athletic office at (516) 792-4021.

PROGRAM OBJECTIVES

- a. To foster physical, social and emotional growth and development
- b. To provide fulfilling and positive experiences for students.
- c. To foster academic and athletic achievement through the development of attitudes and values that motivates students to pursue excellence.
- d. To develop increased knowledge of skills needed to achieve individual and team success through consistency and hard work.
- e. To develop respect for teammates, opponents, coaches and officials by developing emotional control and cooperation.
- f. To stress the importance of physical fitness, proper conditioning, good health habits and safety.
- g. To create an atmosphere of teamwork and to generate school spirit by displaying a positive attitude and good sportsmanship.
- h. To provide opportunities to develop lasting friendships with teammates and opponents.
- i. To provide leadership and supervision that focuses on skill development, motivation, discipline, sportsmanship and a good work ethic.

Participation in the athletic program is a privilege granted to students in return for compliance with certain rules and regulations. This handbook provides the student-athlete and parents/guardians with the necessary information to make the athletic experience a rewarding one. Please take the time to familiarize yourself with the rules and regulations which govern the Hewlett-Woodmere Public Schools Athletic Program. Students and parents must sign the district athletic and extracurricular activities code of conduct before participation in interscholastic athletic contests is permitted.

PHILOSOPHY BY SPORT LEVEL

GRADE 7/8 (Modified Sports)

This program of competitive sports focuses on the fundamentals of the game and team play; rules, training and basic skills. We will make a concerted effort to make as few cuts as possible. If the number of students trying out for a team creates a situation that is difficult to manage, poses a safety problem or is problematic because of facility considerations, reducing team size may become necessary. At this introductory level, emphasis is placed on sportsmanship, socio-emotional growth along with commitment and dedication. A smaller emphasis is placed on winning and maximum participation is desired. Although this may not mean equal playing time, Hewlett is dedicated to providing middle school athletes with opportunities to further their development in practice so they can improve their performance during competitive situations.

JUNIOR VARSITY

The junior varsity level of competition is the program where there is an increased emphasis placed upon team play, physical conditioning and refinement of basic skills. Participants at this level are preparing themselves for the six-day-a week commitment that is expected at the varsity level. Practice sessions are often scheduled during school vacation periods. With the goal of becoming a varsity athlete clearly in sight, a high level of dedication and commitment is expected at the junior varsity level. It is

recommended that each student athlete take a close look at the time commitment required prior to trying out for a particular sport. Winning at the junior varsity level is considered important and participants should be taught how to cope with game situations and how to manage winning and losing properly. An attempt, but not a guarantee, will be made to play all participants.

VARSIITY

The varsity level of athletic competition is the culmination of the high school athletic program. Team play, sportsmanship, individual physical ability, motivation and mental attitude are very important aspects of competition at the varsity level. The team plays to win the contest, but varsity contestants should acknowledge that important lessons can be learned even from losing. It is vital that each team member have a role and be informed of their individual roles in pursuit of the team's goals. There continues to be a very strong emphasis on academics and sportsmanship. While contest participation over the course of the season is desirable, a specified amount of playing time at the varsity level is never guaranteed.

The varsity coach is the leader of the team and determines the system of instruction and strategies for that program. The communication among the modified, junior varsity and varsity programs is the responsibility of the varsity coach. Preparing to win, striving for victory in each contest and working to reach the group's and the individual's maximum potential are the goals of a varsity level team.

SPORTSMANSHIP MISSION STATEMENT

Good sportsmanship is the attitude and behavior that exemplifies the Hewlett-Woodmere Public Schools Interscholastic Athletic Program. It is the expected behavior for those individuals who participate in district athletic programs. Every participant involved in any facet of Hewlett's interscholastic athletic program must demonstrate respect for others and consistently display good sportsmanship. Improving the capacity for displaying sportsmanship by our students, athletes, parents and staff is one of our highest priorities. Each coach, student and parent has a responsibility to model and teach good sportsmanship.

Behavior Expectations of Athletes

- Accept and understand the seriousness of your responsibility and the privilege of representing the school and the community.
- Treat opponents the way you would like to be treated, as a guest or friend. Never direct remarks at opponents in a taunting, demeaning, or unsportsmanlike manner.
- Respect the integrity and judgment of game officials. Respect the job and position of the officials and respect them as people. Treating them with dignity and respect, even if you disagree with their judgment, is a fundamental behavioral expectation.

Behavior Expectations for Spectators

These guidelines are published in the hope that athletics will be kept in the proper spirit and perspective of a high school athletic competition. It is expected that all fans will abide by these guidelines. Your support and cooperation in achieving these expectations is appreciated.

1. Remember that the game is for the players. They are here because they want to play and enjoy the experience. Your sportsmanship will enhance their educational experience.
2. Refrain from distracting the players during play.
3. Recognize and appreciate skill in performance regardless of affiliation. Applause for an opponent's good performance is a demonstration of generosity and good will, and the positive reflection on our school, student athletes, and community.
4. Treat the officials with respect before, during and after the contest. We cannot play the game without officials, as they are an integral part of the game and they should be recognized as impartial arbitrators.
5. Display good conduct. The school district has the authority to remove any spectator who does not conduct himself/herself respectfully. Under no circumstances will abusive or inappropriate language or behavior be tolerated.
6. Remember that your view of the game could be quite different from that of the official.
7. Recognize that as a spectator, you represent the school, as do the athletes.
8. Respect, cooperate and respond enthusiastically to cheerleaders, or other student groups who are supporting our team or the opposing team.
9. Spectators are to remain off the playing surface **AT ALL TIMES**.

Parent/Coach Communication

Parent/Coach Relationship

Both parenting and coaching are extremely challenging roles. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's team.

Communications You Should Expect from Your Child's Coach

- Philosophy of the coach
- Expectations the coach has for your child as well as all the players on the team.
- Locations and times of all practices and contests.
- Team requirements i.e. special equipment, off-season conditioning.
- An outline of procedures to be followed should your child be injured during participation
- Student actions that may result in the denial of your child's participation.

Communication Coaches Expect From Parents

- To have your concerns expressed directly to the coach.
- To have parents notify the coach of any schedule conflicts well in advance.
- To seek clarification in regard to any concern in regard to a coach's philosophy and/or expectations

When your children become involved in the interscholastic sports programs of the Hewlett-Woodmere Public Schools, they will experience some of the most challenging and rewarding moments of their lives. It is also important to realize that there will be times when things may not work out in the way your child had hoped. At these times, the expectation is that the student athlete, not the parents, will initiate a discussion with the coach about the concerns. We believe this approach is the most likely way to build a positive relationship with the coach, foster a mutual understanding between coach and athlete, and provide a valuable learning experience for the student. The coaches have been instructed to encourage this type of dialogue and to promptly set aside time for individual appointments when requested.

Appropriate Concerns to Discuss With Coaches

- The treatment of your child, mentally and physically.
- Ways to help your child improve.
- Concerns about your child's behavior.

The amount of playing time given to individuals is one of the most challenging aspects of interscholastic sports for the coach, student-athlete, and parent. Coaches are trained to make the best decisions for the team and for individual players. They make judgment decisions based on what they believe to be best for all students involved, even though you may not always agree with their decision. As you have seen from the list above, certain things can be and should be discussed with your child's coach. All of our coaches have the best interest of the student athlete as their primary concern.

Issues Not Appropriate to Discuss With Coaches

- Playing time.
- Team strategy
- Play calling
- Other students/athletes

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's role in decision-making. When these conferences are necessary, the following procedure should be adhered to promote a resolution of the issue of concern.

The Procedure to Follow If You Have a Concern to Discuss With a Coach

Call to set up an appointment with the coach. The HWPS Athletic Office telephone number is 516-792-4021 or 516-792-4022

Please do not attempt to confront a coach before/after a practice or contest. These can be emotional times for the parent, athlete, and the coach. Please remember that a coach's primary concern before

during and after practice in game situations is the safety and well-being of the entire team. Meetings of this nature do not promote resolution and can create an unsafe situation for students by distracting the coach from his primary responsibilities.

The Next Step

What can a parent do if the meeting with the coach did not provide a satisfactory resolution? Write or call the Director of Athletics outlining the facts and concerns of the situation. As appropriate, an additional conference will be set up and the situation will be further reviewed.

SIDELINE SUGGESTIONS

10 THINGS KIDS SAY THEY DON'T WANT THEIR PARENT TO DO

By Darrell J. Burnett: Ph.D.

1. **Don't yell out instructions.** During the game I'm trying to concentrate on what the coach says and working on what I've been practicing. It's easier for me to do my best if you save instructions and reminders for practice or just before the game.
2. **Don't put down the officials.** This embarrasses me and I sometimes wonder whether the official is going to be tougher on me because my parents yell.
3. **Don't yell at me in public.** It will just make things worse because I'll be upset, embarrassed or worried that you're going to yell at me the next time I do something wrong.
4. **Don't yell at the coach.** When you yell about who gets to play what position, it just stirs things up and takes away from the fun.
5. **Don't put down my teammates.** Don't make put-down remarks about any of my teammates who make mistakes. It takes away from our team spirit.
6. **Don't put down the other team.** When you do this you're not giving us a very good example of sportsmanship so we get mixed messages about being good sports.
7. **Don't lose your cool.** I love to see you excited about the game, but there's no reason to get so upset that you lose your temper! It's our game and all the attention is supposed to be on us.
8. **Don't lecture me about mistakes after the game.** Those rides home in the car after the game are not a good time for lectures about how I messed up-I already feel bad. We can talk later, but please stay calm, and don't forget to mention things I did well during the game!
9. **Don't forget how to laugh and have fun.** Sometimes it's hard for me to relax and have fun during the game when I look over and see you so tense and worried.
10. **Don't forget that it's just a game!** Odds are I'm not going to make a career out of sports. I know I may get upset if we lose, but I also know that I'm usually feeling better after we go get a pizza. I need to be reminded sometimes that it's just a game.

(From Playbook for Kids: A Parent's Guide to Help Kids Get the Most out of Sports)

FALL SEASON START DATE

The beginning date of any athletic season is governed by Section 8. The high school fall season always begins prior to the start of the school year. All high school sports begin approximately two weeks prior to Labor Day. The tryout period begins on those days. Middle school interscholastic athletics starts after returning back to school after the Labor Day holiday. Please call the athletic office for the exact starting dates as they change each year.

Tryouts and Team Selection

Team selection will be held in a closed environment with only the coaches and the athletes in attendance. In accordance with our philosophy and our desire to see as many students as possible participate in the athletic program, we encourage coaches to keep as many students as possible on each team. Time, space, facilities, and safety may place limitations on team size for any particular sport. Choosing the members and captains of athletic teams is the sole responsibility of the coaches. Selections are made according to the skill level and leadership abilities of the athletes. At the orientation meeting, in the event that tryouts are necessary the coach shall provide the following information to all candidates:

- Extent of try-out period
- Criteria used to select the team members
- Number to be selected
- Practice commitments of team members
- Game commitments of team members
- Requirements for participation

When a squad cut becomes necessary, the coach will discuss alternative possibilities for participation in other areas of the athletic program.

Playing Time

School district coaches have the sole responsibility for the selection of all team members. The team selection is based solely on the evaluation of the coach who will consider the students' athletic ability, sportsmanship, academic performance, and citizenship when making choices. The amount of playing time, the position the athlete plays and the level at which they play (Varsity or JV) is the sole decision of the coach. At the varsity level in particular the emphasis will be on developing the most competitive team possible given the talent of the athletes. Younger students (freshman and sophomores) may play over older students (juniors and seniors). There is no guarantee of playing time particularly at the varsity level. It is possible that students at the varsity level may not play during contests.

Changing Teams

In fairness to coaches and team members, an athlete can leave one team and join another only under the following conditions:

1. Any player cut from a team during tryouts may immediately tryout for another team if that team has not already completed its scheduled tryouts.
2. Any player, during the first five days of tryouts may leave one team and tryout for another team with the Athletic Director's approval.

Students who leave a team after tryouts are over cannot switch to another team unless there are extenuating circumstances which must be approved by the Athletic Director. Lack of playing time is not considered an extenuating circumstance.

Practice Sessions for Scrimmage and Game Eligibility

All required practice sessions shall be organized and planned for a reasonable length of time and shall include activities specific to the sport. NYSPHSAA has developed minimum standards for participation and depending on the sport and level of play, each team member is required to participate in a minimum number of practice sessions prior to the first team scrimmage and/or contest. In order to meet the minimum practice requirement, the athlete must be engaged in rigorous activity. Practice sessions are sport specific, so that practices in one sport would not apply to another sport in the event an athlete changes teams. Athletes must have an approved medical examination and health update before being cleared in writing by the nurse to practice.

ADVANCED ATHLETIC PLACEMENT PROCESS

The New York State Education Department and the New York State Public High School Athletic Association endorsed an advanced athletic placement process whereby middle school students can qualify for high school athletic programs after a screening process to determine their readiness (physical maturity, fitness and skill) to compete in interscholastic athletic competition. The intent of the Hewlett-Woodmere Public Schools athletic program is to provide students in grades 7-12 an opportunity to participate at an appropriate level of competition based on readiness rather than age and grade.

Normally, a student is eligible for high school athletic competition during each of four consecutive seasons commencing with the students entry into ninth grade. An eight grader who, after appropriate screening and classification, is placed on a high school team shall be eligible for five consecutive seasons of eligibility. A seventh grader, processed in the same manner, shall have six consecutive seasons of eligibility.

CONFLICTS IN EXTRA-CURRICULAR ACTIVITIES

The Hewlett-Woodmere Public Schools provides numerous opportunities for its students to participate in extracurricular activities. These activities are conducted according to an overriding philosophy that is consistent with the academic program.

Students are encouraged to take advantage of these opportunities; however, students should not be allowed to sacrifice the quality of their academic program to participate in athletics.

The Athletic Department recognizes that students should have the opportunity to engage in a broad range of learning experiences. However, a student who attempts to participate in too many extracurricular activities, will, undoubtedly, be in a position of conflicting responsibilities. Students are cautioned not to overextend themselves. **Participation on athletic teams requires a demanding commitment of time to a rigorous schedule of practice and competition that in addition to weekdays includes weekends, holidays and vacation days.**

Theft

Stealing will not be tolerated under any circumstances, whether it is from teammates, opponents or others. Any athlete involved in a theft faces immediate dismissal from his/her team and normal school district disciplinary procedures will be imposed. This is a zero tolerance policy.

Team Lockers

All athletes are entitled to a team locker. Lockers are school property on loan to students. The locker should be returned in the same condition in which it was when assigned. Any malfunction of lockers must be reported to the coach immediately. Each student is encouraged to make sure that the locker is kept securely locked at all times and to share neither the combination nor the locker with any other student. The locker should not be used to store valuable items or large sums of money, as the school and district is not responsible for lost or stolen items.

Uniforms/Equipment

An athlete is responsible for each item of equipment issued to him/her. Lost or stolen equipment must be paid for at the replacement cost. An athlete will not be allowed to receive awards, participate in a subsequent sport or receive his/her diploma until the equipment record has been cleared. All uniforms and/or equipment is due immediately at the conclusion of the athlete's season.

Please do not abuse the equipment. Considerable financial resources are expended to supply the best equipment for player use and safety. Please treat uniforms and equipment with respect.

Team Captains

Selection as a captain of an athletic team is an honor. The captain's responsibilities begin when he/she is selected. Captains are expected to provide leadership and to set a positive example for other athletes and members of the school community.

Captain's Practice

The Hewlett-Woodmere Public Schools does not, in any way, sanction, encourage or condone "Captain's Practices". Students should not feel pressured or compelled to participate in off season workouts. Off season workouts are not sanctioned or supervised by Hewlett-Woodmere Public Schools coaches or the athletic department. Students do not have permission to practice or play on school grounds on their own. Athletic insurance will not cover students that are injured during unauthorized practice.

Risks Associated with Athletic Participation

The very nature of athletic competition provides for potential risk and injury to occur. Even with protective equipment, proper supervision, and sound instruction, injuries still do happen. In extremely rare cases, even death could result. All athletes and parents need to be aware of the potential hazards that exist within the athletic arena. We in the Hewlett-Woodmere Public Schools Athletic Department will always do whatever we can to ensure that our athletes have a safe and healthy athletic experience.

Steroids

The Hewlett-Woodmere Public Schools does not condone the use of prohibited substances such as steroids, nor support the use of other over the counter supplements which contain artificial or naturally occurring substances that increase heart rate, blood pressure, or promote unhealthy muscle tissue growth. Use of any of these products, which may be detrimental to your health, is a violation of the Athlete's Code of Conduct. This is a zero tolerance policy.

Athletic Trainer

Hewlett High School has an athletic trainer. The role of the trainer is to:

- to enhance the medical staff
- to recognize and treat the athlete's injuries
- to provide rehabilitation services and/or recommend further medical treatment
- to provide prophylactic taping to athletes to prevent injury
- to provide coaches with up to date information on conditioning and the prevention of injuries.

Injuries

Any student sustaining an injury while participating in an interscholastic sports program should report the injury to his/her coach, athletic trainer immediately. If this injury requires medical evaluation or follow-up, the coach along with the athletic trainer will complete an accident/insurance claim form that provides information related to the injury and submit an incident report to the school nurse within 24 hours. Parents/guardians are responsible for submitting all insurance claims. These are not submitted by the school.

Any injury requiring medical follow-up and/or continued medical or chiropractic treatment will need to have a written medical clearance from the physician/chiropractor before the student will be allowed to return to physical education or interscholastic athletics. Injured athletes cannot return to interscholastic athletics until participation in physical education commences. In all cases when a question regarding the health, fitness or ability of an athlete to return to athletic participation is raised, the decision of the Chief School Physician will be final.

Health Insurance Coverage

The district provides an insurance program to pay for valid claims on an "excess basis" for injuries received while participating in the Hewlett-Woodmere Public Schools Athletic Program. All claims must first be submitted to the student's personal insurance carrier.

Return to Action after Injury or Vacation

The New York State Public High School Athletic Association handbook clearly states how many days of practice are needed before a scrimmage or game. Those students returning from a prolonged injury or vacation generally need approximately half the number of practices listed in the handbook before having their eligibility restored. All students coming back from injury, who have seen a physician, must have a doctor's note stating that they have been cleared before being declared eligible for practice and interscholastic competition.

Team Transportation Policy

The Hewlett-Woodmere Public Schools provides transportation to and from all athletic contests. All athletes are required to use school district transportation. Athletes may not participate in a practice or contest if they drive themselves to the event or if they use alternate transportation without permission from the coach and/or the Athletic Director. In **extenuating circumstances**, parents may need to drive **their own children** to or from a contest. If this is desired, parents/guardians must make the request in writing one day prior to the contest. In all cases, parents/guardians will have to be the party with whom the athlete is riding home. The person giving the ride will present themselves to the coach after the contest before the athlete is excused. Again, no athlete can travel home with another parent/guardian unless their own parent/guardian is present.

Transportation from Daily Practice Sessions

It is important that all parents picking up their children be prompt. Coaches should not have to wait with children in the parking lot after practices or games are long over.

Early Dismissal

For some athletic events students must be dismissed from school before normal dismissal times. Early dismissal from classes for athletic reasons does not release student athletes from class work responsibilities. Each athlete must make arrangements for getting assignments, taking missed quizzes or tests, or handing in homework.

New York State Eligibility Requirements

In order to participate on an interscholastic athletic team, a student **must** satisfy the following minimum eligibility rules. These standards are established by the New York State Public High School Athletic Association.

Bona Fide Students: A student must be a bona fide middle or senior high school student and must be taking at least four subjects and physical education. A student attending an alternative education program may represent only the home school. Students who have completed graduation requirements are not permitted to participate in an interscholastic athletic program.

Age: A student shall be eligible for interscholastic competition in grades 9, 10, 11 and 12 until his/her 19th birthday. If the age of 19 years is reached on or after July 1, the student may continue to participate during that year in all sports.

Health Examination: A student who engages in interscholastic competition must submit a current completed parental permission forms with their medical history signed by the student and parent and a physical examination screening form completed by a physician. The forms are available in the Health Office.

Duration of Competition: A pupil shall be eligible for senior high school athletic competition in each sport during four consecutive seasons of such sport after entry into the 9th grade and prior to graduation. An appeal for an extension of athletic eligibility can be made if the Chief School Officer can show that a student's failure to enter competition during one of more seasons of a sport was caused by illness, accident or other circumstances beyond the control of the student.

ACADEMIC ELIGIBILITY REQUIREMENTS

Academic Eligibility: If a student fails any two courses in a marking period, he/she will be placed on academic probation. The failure of three or more courses in a marking period will result in the student's being declared ineligible to participate.

All subjects will be weighed equally in determining eligibility status. An "incomplete" in any subject will count as a failure until such time as a quarterly passing grade is given. Students who fail two or more subjects in the fourth quarter but pass the courses will be on probation. Students who have two or more failing final grades in June must attend summer school and receive passing grades to be considered probationary. Probationary and ineligibility status will commence upon completion and submission of the contract.

Academic Probation: Academic Probation will last for a period of five weeks. While on probation, the student can continue to participate in co-curricular activities provided that he/she has agreed to the conditions outlined in the "Probationary Contract." The student's Assistant Principal will oversee the probationary contract and will work with the Coach and Director of Athletics. The contract must be signed by the student, a parent and returned to the student's Assistant Principal.

At the end of the five week probationary period, the student must demonstrate to the Principal that he/she has met the conditions established in the contract to become eligible for continued participation. After meeting with his/her Assistant Principal, it is the responsibility of the student to petition the Principal and to request to be taken off probation. If the student does not petition the Principal and/or unsatisfactory progress is demonstrated, the student will be declared ineligible for the remainder of the marking period.

Ineligibility: If a student fails three or more courses in a marking period, he/she will be declared ineligible until he/she demonstrates significant improvement in overall academic performance. If the student is declared ineligible he/she will not be permitted to participate in any co-curricular activities. 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.

ACADEMIC RESPONSIBILITIES

The Hewlett-Woodmere Public Schools recognizes that a student's first priority must be to the academic program. Since participation in the athletic program requires a significant commitment of time, the parents, students and coaches all share a responsibility in monitoring academic progress.

Hazing

Hazing is a very serious act and will not be permitted or tolerated by any member of a HWPS athletic team. Hazing is a complex social problem that is shaped by power dynamics operating in a group and/or organization. Hazing refers to any activity expected of someone joining a group that humiliates, degrades or risks emotional and/or physical harm, regardless of the victim's willingness to participate.

The following are some examples of hazing:

Deception, silence periods with implied threats for violation, deprivation of privileges granted to other members, requiring new members to perform duties not assigned to other members, socially isolating new members, expecting certain items to always be in one's possession, verbal abuse, threats, asking new members to wear embarrassing or humiliating attire, expecting new members to perform personal service to others, sexual simulations, beating, expecting illegal activity, etc.

Hazing perpetrators are subject to appropriate disciplinary action, including but not limited to, suspension or expulsion from the team. The Hewlett-Woodmere Public Schools takes its responsibility of providing a safe and supportive environment seriously. Hazing is one of those activities that can reach the level of discipline requiring a Superintendent's Hearing. Athletes are cautioned that anyone engaging in this activity is likely to be suspended for the season and will likely incur other consequences as permitted under education law. This is a zero tolerance policy.

PROSPECTIVE COLLEGE ATHLETES

Some student-athletes have a goal to participate in athletics at the collegiate level. The Hewlett Athletic Department and counselors are very willing to help student athletes pursue this goal. To this end, we offer several important tips.

1. Communication with the coach is imperative. Student athletes who have a strong desire to compete at the collegiate level should schedule an appointment with their coach to discuss this important decision in their junior year.
2. Read the "Guide for the College Bound Athlete" available online.
3. The driving force behind college selection should ultimately be the academic fit. Athletic opportunities are important, yet secondary to the academic fit and opportunities.

4. Coaches and student athletes should work in conjunction with the high school counselors to develop a “reality” based list of potential college choices.
5. Take the SAT and ACT tests.
6. The student athlete should create a resume that represents their overall high school experience and highlights academic and athletic accomplishments.
7. The student athlete should create a letter of interest to be sent or emailed, along with the resume, to the coaches at the respective schools.
8. The student-athlete should register with the NCAA Clearinghouse at www.NCAA.org

We advise parents not to have unrealistic expectations for students or to put undo pressure on them to perform. The NCAA reports that only 10% of high school athletes participate in their sport in college. In addition, for every 1000 high school athletes there are only 3 full athletic scholarships available. Students should not put all of their hopes into receiving an athletic scholarship nor should they be so intent on playing a sport in college that they neglect other areas of academic life.

N.C.A.A. ELIGIBILITY REQUIREMENTS

Students enrolling in a Division I or II college or university who wish to participate in athletics must meet specific academic eligibility requirements. Initial academic eligibility is determined by the N.C.A.A. Clearinghouse at the end of the junior year of high school and final eligibility is determined after high school graduation. Forms for registering with the N.C.A.A. Clearinghouse are available online at www.NCAAClearinghouse.com in the Guidance Office, as is specific information about academic requirements. Please consult your guidance counselor or the N.C.A.A. Hotline at 1-800-638-3731 for further information.

School Attendance

Attending all classes is a high priority for student-athletes. Students must attend 50% of the school day in order to participate in practice or competition that day. A note stating the reason for coming to school late must be brought to the attendance office prior to being admitted to classes that day. All notes must be approved by the school administration in order for athletic participation to take place. Abuse of this policy will result in athletic ineligibility.

Physical Education

All athletes are expected to fully participate in physical education class. No athlete is excused from physical education for athletic reasons.

Athletic Attendance

Athletes are required to be at all practices and contests, on time, during the course of the season. Exceptions may include essential school obligations. Daily attendance will be taken by coaches. Every athlete is required to practice for a specific minimum number of days in each sport before participating in an athletic contest. The number of days varies with each particular sport. Coaches are responsible for sharing this information with athletes.

School Vacation Periods

Athletes who miss practice and/or contests during the vacation periods will be subject to each coach's rules regarding this issue. Vacations by athletic team members during a sport season are discouraged. Parents and athletes wishing to go away during a particular season may want to defer participation so as not to create conflicts. No student athlete may be guaranteed the same place on the roster upon returning from an extended leave from the team. Athletes who do not go on vacation might assume new roles in the makeup of the team. HWPS has adopted the following vacation procedures:

1. 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 league 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.

2. 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 practices during the vacation, which immediately precede that game. Athletes must be recertified (additional practice sessions) for game participation after an extended absence from the team.

Observance of Religious Holidays

The Hewlett-Woodmere Public Schools Athletic Department recognizes the right of all students to practice the teachings of their religion and observe religious holidays. All requests to be excused from practice and/or games to attend religious services or religious education programs will be honored without penalty. The scheduling of scrimmages or games shall be prohibited on the following religious holidays. Rosh Hashanah (2 days, beginning at sunset of the previous day), Yom Kippur (beginning at sunset of the previous day), Christmas Day, Passover (1st and 2nd day, beginning at sunset of the previous day, Holy Thursday (evening), Good Friday and Easter Sunday.

HEWLETT-WOODMERE PUBLIC SCHOOLS ATHLETIC OFFERINGS

FALL	VARSITY	JV	MODIFIED
Cheerleading	X	X	X
Boy's Cross Country	X		X
Girl's Cross Country	X		X
Football	X	X	X
Boy's Soccer	X	X	X
Girl's Soccer	X	X	X
Girl's Swimming	X		
Boy's Tennis			X
Girl's Tennis	X	X	
Volleyball	X	X	X

WINTER			
Boy's Basketball	X	X	X
Girl's Basketball	X	X	X
Boy's Bowling	X		

Girl's Bowling	X		
Competitive Cheerleading	X	X	X
Fencing	X		X
Boy's Swimming	X		X
Boy's Track & Field	X		
Girl's Track & Field	X		
Volleyball			X
Wrestling	X		X

SPRING			
Baseball	X	X	X
Golf	X		
Boy's Lacrosse	X	X	X
Girl's Lacrosse	X	X	X
Softball	X	X	X
Boy's Tennis	X	X	
Girl's Tennis			X
Boy's Track & Field	X		X
Girl's Track & Field	X		X
Unified Basketball	X		

Interest and participation will result in additions and deletions to our programs.

*These teams are subject to year-to-year decisions based on participation numbers

Sport Standards For High School Sports

Sport	# of practices for Student- Athletes to Represent their school (Feb. 2019)	Team and Individual Maximum Number of Contests *	Min. Time Between Contests or Scrimmages	Individual Contest Limitations Per Day	RULES	Scrimmage Limitations Per Day
Badminton	6		1 night	3 matches 1 contest	USBA	1
Baseball Battery	10 10	20	1 night	2 contests	NFHS	2
Basketball GIRLS/ BOYS	6	20	1 night	1 contest	NF-Boys NCAA-Girls	1
Bowling	Training	20+	1 night	6 games	USBC	1
Competitive Cheerleadin	6	12	1 night	1 competition	NFHS	1
Cross-country	6	16	2 nights	5000meters or 3.1miles	NFHS	1
Fencing	6	20	1 night	3 contests	USFA	1
Field Hockey	6	16	1 night	1 contest	NFHS	1
Football	10	10	4 nights(1)	1 contest	NFHS	1
Golf	Training	16	1 night	1 match 2 - 9-holeM non-school days.	USGA& Local course rules	1
Gymnastics	10	16	1 night	6 events (boys) 4 events (girls) 1 contest	Boys- NFHS Girls- USAGJO/ Tech HB	1
Ice hockey	6	20	1 night	1 contest	NFHS	1
Lacrosse	6	16	1 night	1 contest	NFHS-Boys US Lacrosse -Girls	1
Rifle	6	16	1 night	1 contest	NRA	1
Skating	6	16	1 night	2 events	FIS & USSA	1
Soccer	6	16	1 night	1 contest	NFHS	1
Softball	6	20	1 night	2 contests	ASA	2
Swimming/ Diving	6	16+	1 night	4 events 1 contest	NFHS	1
Tennis	6	16	1 night	2 matches ++	USTA	1
Outdoor Track	6	16+	1 night	4 events 1 contest	NFHS	1
Winter Track	6	16+	1 night	3 events 1 contest	NFHS	1
Volleyball	6	20	1 night	2 matches/day	NCAA	1
Wrestling	10	20 points+	1 night	4 bouts 5 bouts tournament only	NFHS	1

(1) 2 nights for scrimmage

* indicates maximum plus section, state championships and games necessary to break divisional or league ties

Sport Standards For Modified Sports

MODIFIED SPORTS STANDARDS

MODIFIED SPORTS STANDARDS CHART FOR INTERSCHOOL COMPETITION

SPORT	Number of Practices Prior to First Scrimmage Team & Individual	Number of Practices Prior to First Contest Team & Individual	Team and Individual Maximum No. Contests	Minimum Time Between Contests*	Individual Limitations per Day	Rules	TIME AND DISTANCE LIMITS
Badminton	6	8	14	1 night	2 matches * 1 contest	USBA	
Baseball	10	15	14	1 night	2 games *	NFHS	7 innings
Pitcher	10	15		2 nights *	1 game		Pitchers *
Basketball	9	11	14	2 nights	1 game	NFHS-Boys NCAA-Girls	7 minute quarters
Bowling	3	3	14	1 night	3 games	USBC	
Cross Country	10	13	10	3 nights	1 run	NFHS	
Field Hockey	9	11	12	2 nights	1 game	NFHS	25 min. halves
Football	13	17	7	4 nights **	1 game	NFHS	10 min. quarters
Golf	3	3	14	1 night	1 match	USGA & Local Course Rules	
Gymnastics	10	15	10	2 nights	3 events * 1 contest	NFHS-Boys USAJO-Girls	
Ice Hockey	10	15	14	2 nights ***	1 game	NFHS	13 min. periods
Lacrosse - Boys	10	15	12	2 nights	1 game	NFHS	9 min. quarters
Lacrosse - Girls	10	13	12	2 nights	1 game	US Lacrosse	25 min. halves
Skiing	8	10	12	2 nights	2 events	FIS & ESA	
Soccer	9	11	12	2 nights	1 game	NFHS	15 min. quarters
Softball	8	10	14	1 night	2 games *	ASA	7 innings
Pitcher				2 nights *	1 game		Pitchers (1)
Swimming/ Diving	12	15	14	2 nights	3 events * 1 contest	NFHS	
Tennis	6	8	14	1 night	2 matches *	USTA	
Outdoor Track	10	15	10	2 nights	3 events * 1 contest	NFHS	
Winter Track	10	15	10	2 nights	3 events * 1 contest	NFHS	
Volleyball	8	10	14	2 nights	2 matches *	USAVB-Boys NCAA-Girls	
Wrestling	13	15	12 pts.	2 nights	2 bouts *	NFHS	Max of 8 pts. Thru 2 pt. contests

(*) See details in Game Rules Section

*Except in football and cross country, contests may be played with only one night's rest three nights/scrimmage

(**) Three nights/scrimmage

(***) In Ice Hockey, contests may be played with only one nights rest three times per season scheduling or rescheduling. See details in Game Rules section.



