

AKRON CENTRAL SCHOOL DISTRICT
HOME OF THE TIGERS



PARENT, STUDENT & COACH
ATHLETIC HANDBOOK

Akron Central School Athletics
Please Sign and Return to Your Coach

I have read, clearly understand, and pledge to abide by all of the contents in the Athletic Handbook.

(Print) Athlete's Name

Sport

Level

Grade

Coach

Parent/Guardian Signature

____/____/____
Date

Athlete's Signature

____/____/____
Date

COACHES ARE TO VERIFY PADA attendance, current physical on file & ImPACT testing.
Collect all team member affidavits and submit together to the Athletic Office.

PADA ATTENDANCE CURRENT SPORTS PHYSICAL ImPACT TESTING

Date Received: ____/____/____

Coach's Initials: _____



Dear Parent, Student & Coach:

The purpose of this handbook is to explain the expectations of the Akron interscholastic program to student athletes and parents. With the increasing complexities in carrying out an ever-growing athletic program, it is essential for the involved parties to be aware of all policies, procedures and responsibilities.

Participating in Akron athletics is a privilege, not a right. When a student chooses to participate in an athletic program at Akron, it is assumed that a commitment has been made to represent the school and the community in a positive manner. All student athletes are expected to follow all rules and regulations set forth by the Akron School District and the Commissioner of Education.

The main goal of the Akron athletic program is to provide a competitive atmosphere where student athletes are encouraged to develop and demonstrate competence, character, civility and citizenship. Success of a program may not necessarily be measured in wins and losses. It is our hope that your son/daughter enjoys his/her athletic experience at ACS and positive memories be created that will last a lifetime.

If you should have any questions regarding the athletic program, please feel free to contact me at 542-5088. Go Tigers!!

Regards,

Mr. John Jablonski
Athletics Coordinator
Akron Central Schools
47 Bloomingdale Ave.
Akron, NY 14001

PHILOSOPHY OF ATHLETICS

The Akron Central School District Athletic Program is a part of the school district's total educational program. Athletics is a valuable educational experience that helps to develop character, citizenship, civility and competence in all participants. The athletic program demands highly qualified coaches, dedicated athletes, and family support. The tremendous athletic experience is to be offered to as many student athletes as practically possible.

It is the nature of athletic competition to strive for victory. However, the number of victories is only one criterion to judge the success of a season. Guiding a team to attain maximum potential is the ultimate goal. Therefore, the coaching staff must teach student athletes to prepare their minds and bodies in order to reach maximum potential, and then to be gracious in victory and steadfast in defeat.

The athletic program is valuable to spectators as well as participants. A well-coordinated program is vitally important to the morale of the school and our community. Everyone involved in athletics possesses a unique opportunity to teach positive ideals. Desire, dedication, and self-discipline need to be developed in order to ensure the commitment and personal sacrifice required by athletes. Making a commitment, as such, helps to nurture integrity, pride, loyalty, and overall character. The final outcome of a good athletic program goes much further than well-trained athletes. A well-run athletic program results in increased school pride, increased community pride, improved citizens, and a better total school experience for everyone involved.

MISSION OF ATHLETICS

Akron Central School District fosters the belief that the athletic program is integral to the educational and social life of our middle and high school students, having benefits for participants and non-participants. The mission of athletics is to provide ample opportunities for students to apply and improve their athletic skill through competition. The welfare and development of the student athlete is foremost in ensuring the educational value of the program.

At the middle school level, modified athletics emphasizes broad participation, individual skill development, team play, and sportsmanship.

At the high school level, athletics encourages students to strive for excellence. Athletes will develop high levels of skill in their sport(s), as well as the qualities of leadership, cooperation, fair play, self-motivation, sportsmanship and teamwork.

To accomplish this mission, the Akron Central School District will:

- Establish an environment in which numerous experiences are provided for students to practice and develop sound moral and ethical values.
- Provide a comprehensive range of activities that will challenge students while allowing them to experience success.
- Provide experiences that will develop each student's cognitive, affective and psychomotor capabilities.

AKRON ATHLETICS VISION STATEMENT

The Vision of ACS Athletics is to pursue excellence in all aspects of life through participation in a high quality athletic program. We are committed to the fundamental ideals of respect, responsibility and integrity. It is a program in which the development of the whole person is realized through athletic participation and competition, where life-long learning occurs as a result. The ACS Athletic program is a vehicle by which our students can achieve academic excellence and become positive contributors to society.

NYSPHSAA RULES

- An athlete must be a student of the Akron School District 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 eligible.
- A student must have enrolled during the first fifteen school days of a semester and must have been in regular attendance 90% of the school time. See the Athletic Director for transfer rules.
- The student shall be eligible for interscholastic competition until his/her 19th birthday. If a student reaches age 19 on or after July 1, the student may continue to participate in all sports for that year as long as they have not exceeded their four years (eight semesters) of eligibility.
- A pupil shall be eligible for senior high competition in each sport during four consecutive seasons of each sport after entry into ninth grade. The Superintendent can make an appeal for an extension of athletic eligibility if it can be shown that a student's failure to enter one or more seasons of a sport was caused by illness, accident or other circumstances beyond the control of the student.

STUDENT OUTCOMES

The outcomes below are those expected of all participants in the Akron Athletic Program.

The student athlete will:

- Develop personal goals necessary to excel and succeed as a member of a team.
- Support efforts of the team and philosophy of the program of which he or she is a participant.
- Strive to achieve a level of excellent performance.
- Abide by an approved set of district and or team rules and expectations.
- Maintain fitness through physical and mental conditioning, proper diet, and adequate rest.
- Judge his or her success in a sport on the basis of physical skills, development and knowledge of the game.
- Display a desire to succeed and excel.
- Apply ideals of fairness and cooperation in all facets of athletic competition and human interaction.
- Demonstrate at all times a satisfactory level of self-discipline and emotional maturity.

COMMITMENT

Participating in an interscholastic sports program is a commitment that should not be taken lightly. During the season, an athlete's focus should be on academics first and then helping the school team to reach its goals. With this in mind, it is important to understand that participating on club teams, travel teams, or any other non-sanctioned school team during a sports season may result in reduced playing time, suspension from the team, or removal from the roster.

Additionally, many coaches run out-of-season programs for their sports. These programs will not conflict with sports that are currently in-season. If such a conflict exists, the in-season program takes priority. No out-of-season program should put an athlete in a position where an injury is a strong probability.

An athlete's commitment to play affects an entire team. If a player cannot live up to **all** of the obligations of being a member of a school team, then this player should think seriously about whether to participate during a given season.

BEING A MEMBER OF AN AKRON SPORTS TEAM MEANS THAT THE ATHLETE IS MAKING A COMMITMENT TO THE CURRENT, IN-SEASON, SCHOOL TEAM FROM THE FIRST PRACTICE UP THROUGH AND INCLUDING THE LAST SECTIONAL/STATE CONTEST. COACHES WILL NOT BE EXPECTED TO MAKE EXCEPTIONS TO THIS EXPECTATION OF COMMITMENT.

PROGRAM STRUCTURE

I. Modified Program

This program is available to all students at the seventh and eighth grade levels. Sport activities offered are determined by existence of leagues, student interest, financial resources, qualified coaches, and relationship to the high school program. The focus at this level is on learning athletic skills, game rules, and fundamentals of team play, socio-emotional growth, and low stress competition. When possible, a fifth-quarter may be played.

At the modified level, cutting of students is not our policy and we will do our best to accommodate everyone. Sometimes, however, the numbers are such that we cannot supervise nor allot sufficient practice and playing time and cuts do have to be made.

Practices are important at this level, and the schedule will generally involve either a game or a practice on every weekday. There will be some occasions throughout the season where games are scheduled on Saturdays.

At the modified level, coaches will strive to ensure that all players receive meaningful playing time throughout each contest. However, this does not mean that each player will receive equal playing time.

II. Junior Varsity Program

This predominantly ninth and tenth grade program provides competition for students at this skill level and prepares athletes for varsity competition. In very select situations, eleventh

grade students who can benefit from this competitive level may be included. Exceptional seventh and eighth graders may compete at this level, if the selective classification requirements are met.

The outcome of each contest is more important than at the modified level. **It is important to note that playing time in each game is not guaranteed.** Coaches will make playing time decisions based upon ability, practice performances, attitude, and game situations. Although reducing the squad size may be necessary, keeping athletes with potential is expected.

More emphasis on physical conditioning, refinement of basic skills, and development of team play requires an increased time commitment at this level. Commitment includes attending all practices, games, meetings and other group activities. It is vital for each team member to have a role and be informed of his/her importance to the team.

At this level, athletes are committing to a six-day-a-week commitment that is expected at the varsity level as well. With the goal of becoming a varsity athlete clearly in sight, a high level of dedication is expected. Practice sessions and games are sometimes scheduled during school vacation periods.

III. Varsity Program

This level is the culmination of all others and generally is comprised of eleventh and twelfth grade students as well as any tenth grade student and infrequently, ninth grade students. In rare cases, an extremely exceptional middle school student may be on a varsity team if they have met the selective classification requirements.

Squad size at this level is limited. Sound attitudes coupled with an advanced level of skill are prerequisites for a position on a varsity team. The number of participants on any given team is a function of those needed to conduct an effective and meaningful practice sessions.

At the varsity level, preparing to win, striving for victory in each contest, and working to reach the group's and individual's maximum potential are worthy goals. Playing time is never guaranteed at the varsity level – it is always earned. Coaches will make these decisions based upon many factors, including ability, practice performance, attitude, and game situations.

A varsity athlete is making a six-day-a-week commitment. This commitment goes into vacation periods for all sport seasons. The dedication and commitment needed to conduct a successful varsity program should be taken seriously. Coaches are not required to work around student job schedules or outside of school activities. Schedules will be given in advance, but changes do occur and athletes may have to choose one program over another.

The varsity coach is the leader of that sport's program and determines the system of instruction and strategy for that program. The communication between the modified, junior varsity, and varsity programs is the responsibility of the varsity coach.

Physical Education Requirements for Athletes

All athletes are required to participate in the full physical education program throughout the year. Student athletes must participate in physical education in order to practice or play in their game that afternoon. Music lessons, field trips or excused absences of a doctor's appointment, college visitation, or a funeral are acceptable reasons for missing class. Such excuses must be approved in writing by the Principal or designee.

CODE OF ETHICS

Ethics have been defined as a system of basic principles of proper action. Applied to athletics, ethics imply a standard of character in which the public has trust and confidence. The essential elements of any ethical code are honesty and integrity.

Conduct unbecoming of a student athlete

- An athlete may be removed from a team for conduct unbecoming of a student athlete as determined by the administration and or coach.

Code of Ethics for Athletic Director

The Athletic Director:

- Strives to develop and maintain a comprehensive athletic program which seeks the highest development of all participants and which respects the individual dignity of every athlete and coach.
- Considers the well-being of the entire student body as fundamental in all decisions and actions.
- Supports the principle of due process and protects the civil and human rights of all individuals.
- Organizes, directs and promotes an interscholastic athletic program that is in harmony with and contributes to the total school program.
- Cooperates with the staff and school administration in establishing, implementing and supporting school policies.
- Acts impartially in the execution of basic policies, and the enforcement of the league, and state high school association rules and regulations.
- Fulfills professional responsibilities with honesty and integrity and upholds the honor of the profession in all relations with students, colleagues, coaches, administrators and the general public.
- Avoids using the position for personal gain or influence.
- Seeks to improve the professional status and effectiveness of the interscholastic athletic administrator through participation in local, state and national in-service programs.
- Commits to high standards of ethics, sportsmanship, and personal conduct on the part of the administrator, members of the coaching staff, and the athletes representing their school.

Code of Ethics for Coaches

As a professional educator and leader, the school coach will:

- Exemplify the highest moral character as a role model for young people.
- Recognize and reinforce each team member's individual worth and self image.
- Promote rules for athletes, which reflect the positive values of abstaining from the use of alcohol, tobacco, steroids, and other drugs.
- Strive to develop the qualities of leadership, initiative, sportsmanship, teamwork, and good judgment in each team member.
- Communicate and interpret program goals and objectives to parents and community.
- Provide a safe environment for practice and competition.
- Gain an awareness of the importance of prevention, care and treatment of athletic injuries.
- Exhibit a rational perspective on winning or losing with athletes and spectators.

- Respect the integrity and judgment of the game officials.
- Teach and abide by the rules of the game in letter and in spirit.
- Build and maintain ethical relationships with coaches and administrators in our school and within the league and section.
- Strive for excellence in coaching skills and techniques through professional improvement.
- Promote personal fitness and good nutrition.
- Encourage a healthy respect for the overall athletic program and its vital role in education.

Communication with the Coach

- Coaches will welcome discussions including, but not limited to the following:
 - ✓ The mental and/or physical treatment of your child
 - ✓ Ways to help your child improve
 - ✓ Concerns about your child's behavior
 - ✓ When issues arise it is expected that you be polite and respectful when discussing your concerns. Communication needs to be centered on your child and the conversation needs to be a private matter between the parent and coach.
- Procedure to Discuss a Concern with a Coach
 - ✓ The athlete should first speak with the coach to resolve the situation.
 - ✓ If a resolution is not reached or if the conversation is better suited to be between the parent and the coach, a parent/guardian should contact the coach to set up an appointment with him/her.
 - ✓ If you need assistance in contacting the coach, call the Athletic Director at 542-5088 to help arrange a meeting.
 - ✓ Please, do not attempt to meet with a coach before or after a practice or a contest. Meetings at those times seldom result in a resolution.
 - ✓ At this point, if there are still concerns after the student-athlete and/or parents have met with the coach, contact the Athletic Director.

Code of Ethics for Spectators

Proper spectator conduct is an important aspect of the school athletic program. It is desired that the Akron Central School District spectators will:

- Maintain and exhibit poise, self-discipline, and restraint during and after the contest.
- Treat the visiting team and spectators as guests, being courteous and fair.
- Be a courteous visitor at other schools.
- Avoid actions which will offend the individual athlete.
- Accept the judgment of the coach.
- Respect the property of the school.
- Display good sportsmanship by being modest in victory and gracious in defeat.
- Pay respect to both teams as they enter for competition.
- Appreciate the good plays by both teams.
- Show sympathy for an injured player.
- Regard the officials as guests and treat them as such. Accept their decisions as final.
- Understand the rules of the sport in order to fully enjoy the contest.
- Consider it a privilege to encourage everyone to live up to the spirit of the rules of fair play and sportsmanship.

Code of Ethics for Parents

It is understood that parents play a vital role in the development of student athletes and the success of the Akron Athletic Program. To that end, parents are encouraged to:

- Be a positive role model through their own actions to make sure that their child has the best possible athletic experience.
- Be a “team” fan, not a “my kid” fan.
- Weigh what their children say; they tend to slant the truth to their advantage.
- Show respect for opposing players, coaches, spectators and support groups.
- Be respectful of all officials’ decisions.
- Parents should not instruct their children before, during or after a game. It may conflict with the coach’s plans and strategies.
- Praise student athletes in their attempt to improve themselves as students, athletes and people.
- Gain an understanding and appreciation for the rules of the contest.
- Recognize and show appreciation for an outstanding play by either team.
- Help their children learn that success is experienced in the development in their skills, and they can feel good about themselves regardless of the outcome of one particular contest.
- Talk with coaches in an appropriate manner, at the proper time and place. Realize that immediately before and after a contest (when emotions are running high) is not the appropriate time to discuss concerns with a coach. Follow the chain of command – speak with a coach before speaking to the athletic director or any other administrator.
- Please reinforce our alcohol, tobacco, and drug-free policy by refraining from the use of any such substance before and during athletic contests. Use of tobacco products is forbidden on school grounds.
- Remember that a ticket to a school athletic event is a privilege to observe the contest.

Social Media Abuse

The Akron Central School District recognizes a student-athlete’s rights to freedom of speech, expression, and association, including the use of technology-based social media. In the area of social media however, each student-athlete must acknowledge that participating in an athletic program is a privilege. As a student-athlete, you represent the Akron Central School District and are expected to portray yourself, your team, the school district, and community in a positive manner at all times. Consequently, conduct deemed as inappropriate over any means of social media throughout the year will be subject to disciplinary action. Such conduct may include, but is not limited to, inappropriate language, inappropriate photos or video, inappropriate action, bullying, and/or evidence of possession or use of controlled substances.

ACADEMIC ELIGIBILITY

Philosophy

The main objective of the Akron Middle and High School is to provide the best possible education for each student commensurate with the student’s abilities. In addition, we recognize that a varied and comprehensive extracurricular program plays a vital role in the total development of the student. Through these activities, the student learns self-discipline, leadership, and a spirit of cooperation; at the same time, such activities allow the student to participate in and develop activities of interest. We cannot forget, however, that the attainment of academic skills is of primary importance. It is our belief that a student must maintain a satisfactory academic performance in order to be eligible for participation in extracurricular activities.

High School Procedure

Academics

After the first five (5) weeks of each marking period and at the end of each marking period (i.e., progress report/marketing period), each teacher will submit a list of all failing students to the Secondary Office. A list of students failing two (2) or more subjects will be compiled and distributed to all teachers, advisors and coaches. The High School office will notify these students that they are ineligible to play in any extracurricular activities or games. Students are, however, required to attend all practices during this time of ineligibility. Furthermore, ineligible students are required to attend all 9th period remediation opportunities for the classes they are failing during this time of ineligibility. After two (2) weeks, ineligible students may attempt to become eligible. No earlier than the first day after two (2) weeks, the student is responsible for getting an eligibility form from the office to have all of his/her teachers sign. Teachers will indicate whether the student's status in the course is satisfactory or not. The student must turn in the completed form to the High School office at the end of the first day after the two (2) weeks to become eligible. Two (2) or more unsatisfactory responses will result in the student remaining ineligible for three (3) more weeks.

Upon recommendation of the teachers, the principal will decide whether or not a student should remain in a school activity. Each case will be considered individually.

Students who failed 2 or more subjects in the 4th marking period of 2016 must file a petition sheet on September 19, 2016 in order to continue eligible participation. Such students may fully participate in all activities and athletics up to September 16. Such students are permitted to participate fully from the beginning of tryouts until the date of petition.

Attendance

In order to be eligible for an extracurricular activity (e.g., see below), a student must have attended school for the entire day. A student who signs in or signs out and misses more than 50% of a class period is ineligible for participation, unless administrative approval is granted. This includes absence from class, when in the nurse's office, even if it is for one class.

If a student is absent because of an appointment which must be scheduled during the school day, (e.g., dental or medical appointment) the student may participate if they receive permission from the Principal or Assistant Principal. In such cases, the student must provide documentation from the medical office detailing the date, time and duration of the appointment.

Middle School Procedure

This policy includes all students in grades 6-8.

Any Middle School student who is a member of a varsity or junior varsity team is governed by the High School Eligibility Policy and Procedure.

Any person failing two (2) or more subjects is declared ineligible to participate in extracurricular activities. A grade of incomplete (INC) is to be counted as a failing grade for the purpose of determining eligibility. Ineligible students may obtain a form, in the Main Office, on **Monday mornings**. This will enable them to participate with weekly teacher approval in athletic and/or extracurricular activities. This "Temporary Return to Eligibility" form must be returned each week to the Middle School Office by the **end of the 9th period on Monday**.

Ineligible students will not be permitted to participate in the activity (contest or competitions, clubs, performance and meetings) without faculty approval. They are limited to practice and/or rehearsal participation. Also, students who are ineligible are placed on ineligibility probation for a five week period. The eligibility policy will apply to sixth grade students at the close of the second marking period. In September, the faculty is reminded of those students who were ineligible in June. The ineligible students may participate in extracurricular activities for the first full week of school (this enables the ineligible students to participate in fall sports practice, etc. until his/her new teachers have a basis from which to determine whether he/she should be returned to eligibility status). Students that successfully complete summer school will be removed from the list. If the student passes the course for the year, he/she will not be placed on the ineligible list in June.

TRAINING RULES

To be able to participate in athletics, a student must have an annual sports physical. Each season the parent must fill out an interval health history form.

I.) Training Rules

If a student who is a current member of any athletic team (from the first day of practice to the last day of the season) is found to have been using or in possession of any quantity of tobacco, alcoholic beverages and/or any illegal substances such as drugs, the following sanctions will be enforced (it should be noted that if the student attends an event where underage drinking or drug use is occurring, the student must leave the event immediately or will be considered in violation of the training rules):

II.) Reporting Violations

- Violations of training rules must be reported by a school official or law enforcement official. A School official includes a member of the district teaching and administrative staff or in season district coaching staff.
- Suspensions commence immediately upon the Athletic Director's notification to parents and athletes.

Appeal:

Parents may request an appeal of the suspension to the Athletic Director within five days of the suspension.

III.) Consequences

First Offense

- Suspension equivalent to 25% of games to exclude scrimmages (25% equivalency may equate to a carryover suspension to the athlete's next season of participation).
- May practice – no uniform.
- Erie County Council of Alcohol & Substance Abuse to be reinstated. Verification of attendance needs to be submitted to the Athletic Director prior to reinstatement.

Second Offense

- Suspension to include the current season and full calendar year to include the next 3 sport seasons.

- In order to play a sport again, the Athletic Director, substance abuse counselor and coach will review compliance.
- Suspended athletes will be excluded from all team activities including practice.
- The student enrolls in a counseling program to be eligible for reinstatement at the conclusion of suspension.
- A substance abuse counselor signs a letter certifying that the student has made a good-faith effort to make better lifestyle decisions, and is tested negatively for drug/alcohol consumption. **The substance abuse counselor is the only one who is qualified to sign this release.**

Third Offense

- The student athlete will be declared permanently ineligible to participate in interscholastic athletics in the Akron Central School District.

Investigative Process

Violations of training rules must be reported by a school official or law enforcement official. A School official includes a member of the district teaching and administrative staff or in season district coaching staff. An investigation shall begin immediately to determine the accuracy of such allegation.

The following procedures will occur:

- The Athletic Director/Asst. Principal/Principal will interview the athlete as to the reason for suspected violations.
- There will be parental notification if the interview does not succeed in obtaining the confirmation or exoneration of the suspected violation.
- The Athletic Director/Asst. Principal/Principal will investigate through interviews with those who may be aware of violations first-hand, those who may have limited knowledge of the violations, or those who may be involved with such violations.
- If the evidence of a suspected violation is strong enough, the athlete may be asked to submit to an evaluation by a counseling unit such as GCASA.
- The training rules will be strictly enforced.

Cooperation During Investigation

It is important for students to understand that participation in athletics is a privilege. With the responsibility of being an athlete comes a commitment. If a student comes under investigation for possible violations of the training rules, it is expected that:

- The student shall be truthful.
- The student is forthcoming with information.
- The student will not be deceptive or untruthful.
- The student will be cooperative.

During the investigation, the Athletic Director/Asst. Principal/Principal has it in his/her power to impose a greater level of consequence if it is determined that the student lied, had been deceptive or untruthful prior to the determination of guilt and/or consequences.

Primary Prevention

Preventing or delaying alcohol and other substance use/abuse by students shall be the major focus of a comprehensive K-12 program in which proactive measures of prevention and early intervention are emphasized. This program shall include:

- A. A sequential K-12 curriculum that will be developed and incorporated into the total educational process. This curriculum shall be concerned with education and prevention in all areas of alcohol and other substances uses/abuse.
- B. Training school personnel and parents/legal guardians to reinforce the components of the policy through in-service and community education programs with up-to-date factual information and materials.
- C. An effort to provide positive alternatives to alcohol and other substances us/abuse through the promotion of drug/alcohol-free special events, service projects and extracurricular activities that will develop a positive peer influence.

Intervention

School-based intervention services shall be made available to all students, grades K-12, and be provided by prevention professionals who are appropriately trained in this area. The purpose of intervention is to eliminate any existing use/abuse of alcohol and other substances and to identify students considered to be at risk for use/abuse. Intervention programming shall include:

- a. Counseling of students in groups and as individuals on alcohol and other substance us/abuse. Counselors shall be appropriately trained and skilled school staff assigned for this purpose.
- b. Referring students to community or other outside agencies when their use/abuse of alcohol and other substances requires additional counseling or treatment. Referral is a key link in school and community efforts and the process is basic to the dissemination of information regarding available counseling and health services.
- c. Providing a supportive school environment designed to continue the recovery process for a student returning from treatment. A re-entry program may include continuing student and/or family counseling and emphasizing positive alternatives to alcohol and other substance use/abuse.
- d. Developing a parent network to serve as a support group and provide a vehicle of communication for parent education.
- e. Ensuring confidentiality as required by state and federal law.

Disciplinary Measures

Disciplinary measures for students consuming, sharing, selling and/or buying, using and/or possessing alcoholic beverages, illegal drugs, counterfeit and designer drugs, or paraphernalia for the use of such drugs, or attempting to do so, shall be outlined in the District's policy on Student Rights and Responsibilities.

Self-Referral for Addiction

If a student-athlete has a chemical abuse problem, and genuinely wants help in overcoming this problem, she/he may at any time make a self-referral for violating the chemical health standards. This self-referral must be made prior to any investigation, and must be made to the Athletic Director. If, at the discretion of the Principal, the student genuinely wants help, and is not merely trying to avoid punishment for being in a situation that will likely be reported to the school, the student will be enrolled in a counseling program, and will be monitored by school officials and not necessarily punished as a first offense. If at any time during or after this process, it becomes known to school officials that the athlete continued to violate chemical health standards, it will then be considered a second offense by the athlete for consequences.

Notes

- A coach may impose a greater team consequence than those listed in the training rules.
- No program may decrease the penalties as imposed by this policy.

BUS TRANSPORTATION

All school rules will be enforced on buses. Team members are expected to travel with their team to games. Athletes are allowed to travel home with parents, if written approval is given to the coach at the game site, and the parent is present. The coach cannot grant permission for a student to ride with anyone other than the parent. Any other arrangements must be made with the Athletic Director/Principal prior to the event.

PRIVATE PHYSICIAN CARE

Any athlete under treatment by a private physician must have written permission from his/her physician before the athlete can return to active participation.

RISKS

The athletic program is conducted, first and foremost, with the safety of its participants in mind. Student-athletes and parents must be aware that certain risks of injury are inherent in athletic participation. Although not probable, accidents such as brain injuries, paralysis or even death may occur.

HEALTH EXAMINATION

Student athletes must receive medical clearance from the school nurse before they may practice or try-out for a team.

- Physical exams must be on file and are considered current for 12 continuous months. Student athletes are required to obtain a completely new physical if the previous physical date expires before or during the upcoming sport season.
- All student athletes and their parents must complete the Health History Form and sign the parent permission form. This is utilized for emergency information prior to each sport season. The school nurse will review the information to ensure safe participation.
- Students must get a sports physical from their private medical professional. Sports physicals are good for one calendar year.

INSURANCE

Unfortunately, injuries sometime occur. Any time a student is injured in school or at school activities, an accident form must be filled out and filed with the school Nurse and school Trainer. Medical bills are then handled as a parent would with any injury outside of school: through your own private health insurance carrier.

The school does carry supplemental student insurance. Please contact the Akron Central Schools Business Office for more information.

FAMILY VACATION

When parents and students choose to take their family vacations during any sport season, it must be understood that the time missed by the athlete can affect team chemistry and personal conditioning. Athletes who miss practices or competition for any reason may have their position or playing time adjusted.

CONCERNS/PROBLEMS

Any student-athlete or parent who has a concern or problem with any aspect of their athletic experience is encouraged to communicate with the individual coach. However, please do not approach a coach when everybody's emotions are "running High" – i.e. right before or right after a contest. Do not call the coach at home, but contact him/her at school and leave a message with the best time to reach you. Please do not let a problem that is of concern go on for a long period of time before addressing it. Most times a conversation with the coach will help to clear up the problem quickly. If after your conversation with the coach you wish to discuss it further, please call the Athletic Director to make an appointment to discuss the matter with the coach and Athletic Director.

AWARDS/LETTERS

Athletic Award System

Athletes will receive awards following their sport season. All athletes will receive a recognition certificate. Other awards are listed the following cycle;

- 1) Tiger "A" – upon completion of a modified sport.
- 2) 5" "A" – upon completion of a junior varsity sport.
- 3) Numerals – upon completion of a junior varsity sport.
- 4) 8" "A" – upon completion of a varsity sport.
- 5) Inserts – after completing two varsity seasons in the same sport.
- 6) Gold bars – after completing four JV and/or Varsity seasons in the same sport.
- 7) Honor Award (Plaque) – after playing a minimum of 4 years of the same sport or sport season at the JV/Varsity level. This is awarded at the end of the senior year during the awards assembly.
- 8) Stars – team captains.
- 9) MVP patch and plaque– for team MVP of Varsity sports only.

Award Regulations

- 1) Members of teams winning a championship shall receive a chenille patch stating the sport and year.
- 2) Any student-athlete that is removed from the squad due to unsportsmanlike conduct or misconduct, or quits the team will lose credit for participation.
- 3) The Block A is to be used by the athletic department only.
- 4) Players transferring from another school will receive retroactive credit upon receipt of proof from their former school.
- 5) An athlete may earn credit in only three sports in a single school year.
- 6) Awards
 - a. MVP – Most Valuable Player – will be voted on by teammates and coaches in each sport.

- b. Sportsmanship – Given annually to a senior girl and boy who best display the ideals of sportsmanship. (Two sport minimum) The plaque is presented at the sports assembly.
- c. Outstanding senior athlete – Given annually to a senior boy and girl who across four years have demonstrated excellence in their respective sports. (Two-sport minimum). This plaque is given at the athletic assembly.
- d. Jim Downey Award – Given annually to a senior boy and girl who have played two or more sports for four years and who displays the characteristics of Jim Downey. The students will have their names placed on the Jim Downey Plaque by the gymnasium.
- e. Scholar-Athlete award – Given annually to the senior boy and girl for having demonstrated excellence in the classroom as well as on the playing field.
- f. Senior Athlete Honor Award – This award is given to any senior who has played a minimum of 4 years of the same sport or sport season at the JV/Varsity level.
- g. Miscellaneous awards-Coaches may give other awards at their end of season banquet, i.e. hustle award, most improved, captain award.

The award system may be altered within the athletic department and with administrative approval.

Senior Athletic Awards are voted on by Varsity Coaches and the Athletic Director.

Varsity Credit Requirements

Players participating on a varsity team throughout the season (when there is also a JV team) will receive a varsity award. If the sport does not have a JV team, then freshmen and sophomores who do not participate in the majority of games, meets or matches will receive JV credit. Being called up for playoffs does not constitute eligibility for varsity credit.

School/Athletic Records

- 1) New records must be achieved in a scheduled event or contest.
- 2) Generally, records are set with a winning effort.
- 3) Non-winning performances may be accepted in sectional competition.
- 4) In events where time is involved, there must be two or more coaches or adults with timers clocking the individual or a timing system being used.
- 5) All records should be submitted to the Athletic Director on the post-season information form.

SCHOOL INFORMATION

Nickname:	Tigers	Enrollment:	Grades 9-12
Colors:	Orange & Black	League:	Niagara-Orleans

PHONE NUMBERS

High School Main Office: 542-5030	Middle School Main Office: 542-5040
High/Middle School Nurse: 542-5036	Transportation: 542-5026
Athletic Director: 542-5088	

High School Grade Related Dates 2016/2017

	MP 1 (43)	MP 2 (44)	MP 3 (42)	MP 4 (44)
Progress reports on line, failure lists due	10/11	12/12	3/6	5/8
Ineligibility list	10/13	12/14	3/8	5/10
Petition sheets due on or after	10/26	1/4	3/21	5/23
Marking period ends	11/4	1/20	3/31	6/9
Grades due	11/9	2/2	4/5	X
Report cards on line	11/14	2/6	4/7	X
Ineligibility list	11/14	2/6	4/7	X
Petition sheets due on or after	11/30	2/16	4/28	X

AKRON TIGER JV/VAR SPORTS					
FALL Start 8/15/2016		WINTER Start 11/7/2016		SPRING Start 3/6/2017	
<i>BOYS</i>	<i>GIRLS</i>	<i>BOYS</i>	<i>GIRLS</i>	<i>BOYS</i>	<i>GIRLS</i>
Cross Country	Cross Country	Basketball	Basketball	Baseball	Softball
Football	Field Hockey	Swimming	Swimming	Tennis	Tennis
Soccer	Soccer	Wrestling		Track	Track
Golf	Volleyball			Lacrosse	

Modified Sports

FALL	WINTER	SPRING
<p><u>BOYS</u> Cross Country Soccer</p> <p><u>GIRLS</u> Soccer Volleyball Field Hockey</p> <p><u>BOYS/GIRLS</u> Cross Country</p>	<p><u>BOYS</u> Basketball Wrestling</p> <p><u>GIRLS</u> Basketball</p> <p><u>BOYS/GIRLS</u> Swimming</p>	<p><u>BOYS</u> Lacrosse</p> <p><u>BOYS/GIRLS</u> Track and Field</p>
<p style="text-align: center;">TRY-OUTS</p> <p style="text-align: center;">APPROXIMATE START DATE: 9/6/16</p>	<p style="text-align: center;">TRY-OUTS</p> <p style="text-align: center;">APPROXIMATE START DATE: Girls BB and Wrestling 11/1/16 Boys BB and B/G Swim 1/3/17</p>	<p style="text-align: center;">TRY-OUTS</p> <p style="text-align: center;">APPROXIMATE START DATE: 3/14/17</p>
<p style="text-align: center;">DATE OF PHYSICAL ON FILE CANNOT BE OLDER THAN 9/1/16</p>	<p style="text-align: center;">DATE OF PHYSICAL ON FILE CANNOT BE OLDER THAN 11/1/16</p>	<p style="text-align: center;">DATE OF PHYSICAL ON FILE CANNOT BE OLDER THAN 3/1/17</p>

ACKNOWLEDGEMENT

An acknowledgement, signed by the athlete, parent(s)/guardian(s) & coach, where the athlete, parent(s)/guardian(s) & coach agree to uphold the principles of this athletic code must be returned to the coach in order to participate in the Akron Athletic Program.