

# **Trumansburg Central School Parent Athlete Handbook**



**Home of the “Blue Raiders”**

*2010-11*

*Matt Taves, Athletic Director*

*387-7551 ext. 3426*

Superintendent of Schools:  
High School Principal:  
Middle School Principal:

Mrs. Paula Hurley  
Mr. Jon Koeng  
Mr. Mike Hayden

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# Trumansburg Central School District Interscholastic Athletic Program

## Trumansburg Interscholastic Athletic Program



### Fall Sports

<b>Boys</b>	<b>Girls</b>
Varsity, JV & Modified Football	Varsity & JV Volleyball
Varsity, JV & Modified Soccer	Varsity, JV & Modified Soccer
Varsity & Modified Cross Country	Varsity & Modified Cross Country



### Winter Sports

<b>Boys</b>	<b>Girls</b>
Varsity Indoor Track	Varsity Indoor Track
Varsity, JV & Modified Basketball	Varsity, JV & Modified Basketball
Varsity & Modified Wrestling	Modified Volleyball High School Cheerleading



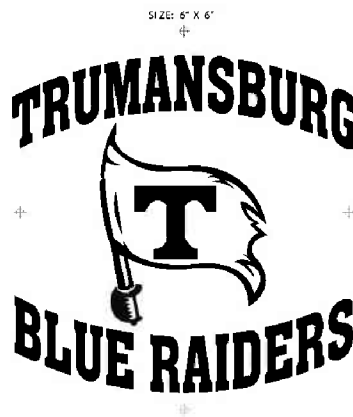
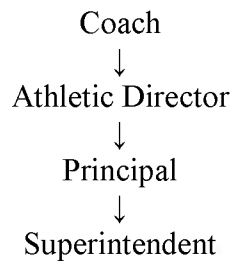
### **Spring Sports**

<b>Boys</b>	<b>Girls</b>
Varsity, JV & Modified Baseball	Varsity, JV & Modified Softball
Varsity & Modified Track	Varsity & Modified Track
Varsity Golf	Mixed Competition Available
Varsity Tennis	Mixed Competition Available

**Communications:**  
**Where to go with questions & concerns**

- All communication should start with the Coach. Speaking directly with the Coach will provide perspective to the decision that was made.
- If after speaking to the Coach, you still have a concern, speak directly with the Athletic Director. This will ensure that your question will be dealt with promptly.
- If, after the Athletic Director has been informed of the situation and given a reasonable time to react, and you are still not satisfied with the solution, the parent should then inform the Athletic Director of his/her intention to talk to the Superintendent.

**Proper Chain of Communication:**



## **Interscholastic Athletic Philosophy:**

The Trumansburg Athletic Program teaches the concepts of fair play, sportsmanship, respect for others and skill development to our athletes. The athletic program is an extension of the total educational program in our district; therefore we place a strong emphasis of performing in the classroom as well as athletically. We pride ourselves on teaching the life concepts of sportsmanship, discipline and responsibility as we strive to develop well rounded athletes.

At Trumansburg, we pride ourselves in our athletic program and hold our students to the highest standards, expecting them to behave as all American athletes both on the field and off.

## **Sports Participation Philosophy:**

In order to help each athlete have a positive experience in the athletic program, a hierarchy is established for each level of participation (modified, junior varsity and varsity) in our program. The coach should always strive for a good balance between learning, participation and winning the contest. In ranked priority, the following is desired:

- **Modified Level:** Participating in an enjoyable and meaningful experience, getting playing time, developing athletic skills and learning how to be competitive.
- **Junior Varsity Level:** Participating in an enjoyable and meaningful experience, further skill development, playing time and striving to be more competitive. fun
- **Varsity Level:** Participating in an enjoyable and meaningful experience, refining their skill development, winning competitions and playing time.

## **Playing Time:**

Playing time may vary from athlete to athlete, sport to sport and level to level. Our modified philosophy strives to keep as many athletes on a team as possible based on safety, participation and equipment and to provide an outstanding learning environment through the utmost participation. The Varsity and JV programs are more competitive and selective in nature. On every level many things may affect your child's playing time such as attitude, effort, attendance and skill and knowledge of the game.

## **Athletic Facilities:**

### **Gymnasiums:**

We have three gymnasiums on the Trumansburg Central School's campus, one in the elementary school, one in the middle school and one in the high school. During the winter season when gym space is at a premium, it is necessary to utilize all available space for practices and when unforeseen events take place, practices or games may have to be shuffled to make accommodations.

### **Track and Football Fields:**

The track and football fields are located behind the High School. The game field for football is located in the center of the track.

### **Fields:**

Field space is located behind the high school and middle school. The modified teams (soccer, baseball, softball and varsity softball) play and practice behind the middle school and the Varsity/JV teams (soccer & baseball) play behind the high school.

### **Cross Country Trails:**

The cross-country running trails are located throughout the woods behind the old district office and behind the high school soccer fields.

### **Tennis Courts:**

The tennis courts are found behind the high school.

### **Other:**

The golf team practices and competes at the Trumansburg Golf Course.

### **Community Use of the Facilities:**

All of the athletic facilities are available to the community when school is not in session and when an athletic contest or practice is not being held. We encourage and welcome the community to use the athletic facilities. A facilities usage form must be filled out prior to use, please contact the Principal or the Athletic Director to fill out this form.

### **What a parent can expect from a coach:**

The coach has a great responsibility, for the coach is entrusted with one of the world's most valuable possessions, the youth of this country, and in particular your child. We take great pride in selecting exceptional coaches. Your child will learn the fundamental skills necessary to perform the sport as well as the sequential techniques. Our coaches are not only concerned about the physical and character conditioning of your child, but academic performance as well. The coach serves as an educator and role model for student athletes. Win or lose, building character in each of our players is a key goal to our program, because character extends beyond the athletic field and into everyday life.

### **What a coach expects from a parent:**

Parents can assist the coaches by being supportive of the athletic program. Your presence at games has a positive impact on your child and we encourage you to watch your child's performance whenever possible. As a parent, children often learn what has been modeled at home, so we encourage you to show good sportsmanship as a fan. Unsportsmanlike behavior will not be tolerated at any athletic contest. If you choose to behave in an unacceptable manner, you may be asked to leave the game. We feel it is important that the coach, team, and parent model sportsmanship so that our athletes are continually reminded of its importance.

Should you have a question about a decision made by the coach please call or make an appointment to discuss your concern. If a concern remains after speaking to the coach, then follow the chain of communication mentioned earlier and next speak to the Athletic Director.

When practice or the game is over, please pick your child up promptly. Our coaches are instructed to wait until each child has been picked up before leaving and your prompt arrival would be most appreciated.

Any vacation, medical, dental or other such appointments should be scheduled around the athletic season, to ensure that your child gets the most from practices and games. Should something arise, where your child does need to miss practice or a game, please share this with the coach as soon as possible, so the coach can make adjustments to their practice or game plans.

### **What a player can expect from their coach:**

Our student athletes can expect to be taught the skills in sequential order needed to play the sport by a knowledgeable coach. Our athletes will be properly conditioned and given fitness strategies to improve endurance and strength. Feedback is necessary for continued growth in the sport and our coaches will provide such feedback throughout the season. Our coaches will represent the school and model good sportsmanship, fair play and superior ethical standards.

### **What a coach expects from a player:**

Coaches expect that athletes come to the season pre-conditioned in order to prevent injury and to be ready for the first contest. It is unreasonable to expect that an athlete not at proper fitness levels at the first practice can achieve the right conditioning prior to the first contest solely through scheduled practice time (which is typically less than a 2 week period). When an athlete signs up for a sport, the coach expects that the student wants to be there, will arrive on time, and will provide a coachable attitude and a willingness to learn. High effort, hard work and enthusiasm will go a long way in achieving the most from our coaches. If an athlete needs to miss a practice or game for some reason, this should be communicated with the coach as soon as possible, so the athlete can be informed about what they may miss.

### **Transportation:**

Student athletes must travel to athletic contests in vehicles provided by the school unless the Athletic Director or Principal has granted previous approval. At the conclusion of an athletic event, an athlete may leave with his/her parent/guardian. Permission to ride home with another parent must be approved prior to the contest by the Athletic Director or the Principal. As a parent, you may sign your child out indicating you are responsible for their transportation after a contest. However if you desire to do this please share this with the coach as soon as possible and sign your child out at the end of the contest. If you are planning on having your child ride home with another parent after the game, you must write a note indicating your permission for your child to ride home with another

parent and that note must be pre-approved by the Principal or Athletic Director. Athletes may only be released by their parent to another parent, not another student. We are entrusted in providing your child safe transportation arrangements, if you plan on utilizing other transportation than the school vehicles, please inform the coach, following the steps above for each time you plan alternative transportation.

### **Attendance:**

**Days on which activities are held:** To participate in a school activity, the student must be in attendance on the day of the activity by the beginning of first period (8:00 am) and remain in attendance through the end of the school day or be legally excused from school for this day. **The Commissioner of Education recognizes the following as legal excuses: religious activities, educational trips, medical appointments or family emergencies.**

**Activities held on non-school days (Saturdays/Holidays):** To participate in a school activity on Saturday/Holiday, the student must be in attendance on the day before the activity by the beginning of first period (8:00 am) and remain in attendance the remainder of this school day. The same conditions and exceptions exist as above. **NOTE:** Coaches will be reviewing student attendance each day to see if their students qualify to participate this day. Students who are suspended from school for any disciplinary violations of the Student Code of Conduct are suspended from participating in any practices, meetings or contests for the length of the school suspension.

### **Academic Eligibility:**

Participation in all extra-curricular activities is a privilege. The expectation for athletic involvement is that students are progressing satisfactorily in the instructional program. A student determined not to be satisfactorily progressing in their instructional program shall be so notified and face possible actions ranging from voluntary or required attendance at extra help sessions, to probation from athletics, to exclusion from participation in athletics. This Board policy is the practice of the school district, however it is understood that the parent may establish a higher level of performance for their child and initiate their own consequences.

#### **High School:**

A student receiving a combination of grades representing incomplete(s) or failures in two or more courses are in danger of losing the privilege of participation in athletics. Eligibility status carries over from athletic season to athletic season and end of the year eligibility carries over to the following fall.

**Academic Jeopardy:** The student is encouraged to seek extra help and remediation to correct the deficiencies and this status remains for the duration of the marking period.

**Academic Ineligibility:** In order to maintain eligibility, the student must file a written appeal to the Principal immediately following the issue of report cards. Documentation of attendance and satisfactory performance with each teacher of the failing subjects must be provided to maintain eligibility. This documentation form can be found in the student services office. If you have any further questions, please contact them for the complete policy.

#### **Middle School:**

A student who earns an "F" average, based upon 5-week progress reports and/or 10-week report cards, in 2 or more classes while participating in sports will be placed on academic

ineligibility. All students placed on the academic ineligibility list are not allowed to participate in games or contests during that 5-week period, although they may still attend practices. If at the end of the 5-week academic ineligibility period, the student still has an “F” average in 2 or more subjects, he/she will continue to be ineligible during the next 5-week grade reporting period. Academic ineligibility carries over from athletic season to athletic season.

### **Students with Special Needs:**

If your child receives special education services or is in need of other services to assist him/her on the athletic field, please share this info with the coach. Due to the confidential nature of the special education, medical or other information, many times the coach is not provided this type of information. Please do not assume your child’s coach is aware of your child’s special needs. We encourage the parent to act as the child’s advocate and share any needed information with the coach to make the athlete’s experience more enjoyable.

### **Substance Abuse:**

**Expectations:** Our students have been taught about both the short-term and long-term dangers associated with the use and abuse of chemical substances. They know that such use and abuse is illegal, puts them in unsafe situations and decreases their endurance so their performance levels are affected. Students must understand that these substances may not be put into their bodies at any time. If a student from Trumansburg Central School is proven to be guilty in the sale of, consumption of or possession of alcohol, tobacco (smoking/chewing) and/or any other drugs including illegal performance enhancing drugs, they are subject to the following consequences.

#### **Consequences:**

**In-School Event** (Violation occurs at a school activity during their season): A review of the incident with the Superintendent of Schools or his designee will happen. The Athletic Director, among others, will make a recommendation based on the severity of the event and the frequency of occurrence, which any or all of the following consequences occur:

- Coach imposed discipline within the team
- Substance abuse evaluation and counseling
- Short term suspension from contests (i.e.: 1/3 of the season)
- Long-term suspension from contests (i.e.: remainder of school year)

**Out of School Event** (Violation occurs at a non-school activity in their season): A review of the incident with the Director of Athletics and School Principal will occur. If proof exists that an athlete has violated the athletic department contract, the Athletic Director can invoke any or all of the consequences that were stated above.

**NOTE:** Coaches can create team rules that are in addition to the above stated athletic department procedures. The Athletic Director or Principal will determine any items dealing with this procedure that are not clearly defined. Any student suspended from school for substance violations (either in school or out of school) is suspended from activities from the time of the disciplinary review.

**NYSPHSAA Sportsmanship Guidelines:** Trumansburg Central School is a member of Section IV of the NYSPHSAA and as such is subject to rules set forth by this association. One that could affect you deals with sportsmanship. This passage comes from the NYSPHSA handbook – (The association recognizes and appreciates that the influence and responsibility of the school administration with regard to good sportsmanship extends to all levels of competition. However, it must also be seen that the NYSPHSAA has been vested with the responsibility to ensure that all contests under its jurisdiction are conducted satisfactorily. This standard applies to all regular season and post schedule play.

**Player:**

- Any member of a squad ruled out of a contest for unsportsmanlike conduct or for a flagrant foul shall not participate in that sport in the next previously scheduled contest with a member school or in NYSPHSAA tournament play. Disqualifications from one season carry over to the next season of participation.
- Any member of the squad who strikes, shoves, kicks or makes other physical contact with the intent to do so to an official shall be expelled from the game immediately and banned from further participation in all sports for one year from the date of the offense.  
**NOTE:** Member of the squad includes player, manger, scorekeepers, timers and statisticians.)

**Student Accident/Injury Insurance:**

Trumansburg Central School insures all students with a secondary student accident policy through Commercial Travelers Insurance Company. This policy covers the students while they are attending school or are involved in other activities that are school sponsored. This would include physical education classes, athletics, field trips, etc. It is important that all injuries are reported to the teacher, coach and Athletic Director immediately. It is imperative that this injury report be filed within three (3) days.

**NOTE:** This policy is a **secondary** coverage policy. All charges must be **first** submitted through the family's insurance policy. If the family insurance does not completely pay all the charges, then those unpaid charges may be submitted through the school's accident insurance company (Commercial Travelers). Since the district's insurance coverage is a **Limited Coverage Policy**, there are times that the parent will end up paying a portion of the medical charges. If the family does not have an Accident/Injury policy, then this portion could be very substantial. We strongly recommend that all families carry insurance that will cover your child in case of injury. Ms. Laura Bellis, Business Administrator, can answer any questions you may have about this coverage.

### **Athletic Trainer:**

The Trumansburg Central School provides access to an athletic trainer for all our athletes. Our athletic trainer is Tim Koba and he is at the high school nurse's office every Tuesday at 1:30 pm (by appointment). Tim Koba is available to assess your child's athletic related injuries and to make recommendations for treatment. You may also contact him via the High School Nurse, Mrs. Coolbaugh with any athletic injury related questions you may have. This initial screening service is free of charge to our athletes. We are very lucky to have such an amazing service for our athletes.

### **Equipment Return Policy:**

At the end of each season, your child is responsible for returning all equipment and uniforms issued to him/her from the coach. If something is not returned shortly after completion of the season, then your child is held responsible for those items not returned and will be billed accordingly.

### **College Recruitment Procedures:**

If your child is interested in playing athletics at the college level, we encourage you to get in touch with our high school coach of that sport in their sophomore year of high school. The coach will be able to assist you through this process and make the determination as to the likelihood of your child's future in this regard. It is imperative that our coaches are involved in this process through every step of the way to assist you in getting the best possible options for your child.

You will also need to begin filming your child's games. It is recommended that you film games from completion to end, as well as create a highlight film. College recruiters like to see the entire game performance, including mistakes along with the exceptional plays. The NCAA has specific regulations as to recruitment policies. If your child is in the process of being recruited, we advise you to familiarize yourself with these practices so not to forfeit any athletic eligibility for your child. You may find these policies on the NCAA website at: [www.ncaa.org/eligibility](http://www.ncaa.org/eligibility).

Many students have the dream of playing professionally when in actuality this is not a reality. Some statistics that make you think:

- 98 out of 100 athletes do not play in college
- 1 out of 100 athletes earn a Division 1 scholarship
- The odds of becoming a brain surgeon are greater than becoming a starter on the Boston Celtics.

It is important to discuss the reality versus the dream with your child's coach, do not hesitate to do so.

### **Community Service Agreement:**

We feel the community is extensively involved and committed to our athletic program, and we would like to give back to the community to say "thanks" for all the support we receive. A community service expectation is required of all our athletic teams and is conducted during each season. More information can be obtained from the coach.

## **Website Information:**

Trumansburg Athletic information is accessible on the Trumansburg Central School Website at [www.tburg.k12.ny.us/](http://www.tburg.k12.ny.us/) . Just click on departments at the top of the page, then athletics, and you will find the athletic home page. If you click on calendar, you can find information on all athletic games both home and away, as well as practices. Once the calendar is open, go to the top of the page and select athletic calendar. Then, you may double click on any individual entry to obtain a pop up screen with specifics on that entry. You will be able to see practice times, site, bus depart times for away games and many other announcements. Remember to double click on the entry to get the specifics about that item. We are in the process of adding more information to the athletic page and will gladly accept suggestions. We are hoping to add directions to all away contests as well as all the necessary forms for sport participation.

## **EMERGENCY CLOSINGS:**

If schools are cancelled due to bad weather or other causes, or dismissed during the school day (early dismissal), interscholastic teams would not be permitted to play. The Athletic Director will contact the Superintendent and the decision would be passed on to the coaches. An announcement will be made at the conclusion of the school day to allow athletes time to notify their parents. If schools are cancelled due to bad weather or other causes, or dismissed during the school day (early dismissal), no teams would be allowed to practice. **EXCEPTIONS** to this would be in cases when not practicing would cause a shortage of necessary practice days in order to meet game eligibility standards for that sport. The Superintendent will make this decision.

## **Legal Holidays:**

Every effort will be made to not hold practice on the following legal holidays: *Thanksgiving, Christmas Day, New Years Day, Good Friday, Easter Sunday, & Labor Day, as well as Sundays.* Practices would be allowed on Labor Day only if this day were necessary to meet the state minimum for the first scheduled game. **ALL OTHER LEGAL HOLIDAYS** – Athletes must inform their coach as early as possible about the missing practice or a contest that coincides with a legal holiday (MLK Jr., Memorial Day, etc.). Championship games, Sectional Contests, Intersectional/State Playoffs would come under special events and if they were scheduled on legal holidays, our teams would be permitted to play. In some cases, intersectional and state playoffs have been scheduled on Sundays. This is beyond our control and we would be permitted to play.

## **ATHLETIC AWARD POLICY:**

An awards banquet will be held at the end of each athletic season. During this banquet athletes will be given their awards. Modified athletes earn a certificate and JV/Varsity athletes earn awards based on the following criteria. The coach will share information with the team as to when the awards ceremony will be held.

### **Varsity sports:**

- **Varsity Letter:** this is based on whatever criteria have been set by the coach
- **Pin:** Awarded for each season of participation

### **JV sports:**

- **JV Numerals:** first time an athlete participates on a JV sport
- **Letter of Participation:** subsequent seasons of participation at the JV level

### **Managers and Stat Awards:**

- **Pin:** Awarded for each season of service as a Manager or Statistician.

## **Physical Examinations:**

All athletes must have a physical exam prior to their first practice session. The exam does not need to be done by the school doctor but must be approved by the school doctor. Any approved physical exam may have been done up to 12 months prior to the first practice day. If a student has been injured or missed school for five consecutive days, they may be required to pass another health exam. The school nurse's office, in conjunction with the school physician, conducts physical exams each athletic season free of charge to the parent on the following schedule:

Fall Sports	May/June
Winter Sports	October
Spring Sports	February/March

Please contact the school nurse should you have any questions regarding physical exams. The sports candidate questionnaire (found in the appendix) must be filled out prior to the first practice session. Additional forms can be obtained from the school nurse.

## **Selective Classification Program:**

### **Purpose:**

Selective Classification is the process for screening students to determine their readiness to compete in interscholastic athletic competition by evaluating their physical maturity, fitness and skill. Selective classification is for mature and exceptionally skilled students to advance to an upper level.

### **Process:**

- Students referred by coach, physical education teacher, athletic director or parent
- Accept parent permission to screen by letter and/or meeting
- Accept permission from the school physician
- School physician does a physical exam including a maturity rating
- Contact middle school physical education teacher to discuss the social, emotional and academic readiness of the athlete
- Athletic performance testing administered by the physical education teacher, who is not the athlete's coach
- Conduct sport skills analysis by the coach
- Selective Classification committee meets to review information and make determination
- Written notification is provided to the parent regarding the decision
- Athlete name and score are mailed to Section IV office

## **Sport Season Cutoffs for Selective Classification Referrals:**

- Fall Sports- June 1<sup>st</sup>
- Winter Sports-October 1<sup>st</sup>
- Spring Sports-February 1<sup>st</sup>

**Approximate Start and End Dates for The 2010 - 2011**  
**Winter Athletic Season:**

**Winter 2010-2011**

<b><u>Sport</u></b>	<b><u>Starts</u></b>	<b><u>Approximate End Date</u></b>
Varsity & JV Basketball	11/8/10	Feb. 2011
Modified Boys Basketball	10/25/10	12/17/10
Modified Girls Basketball	1/3/10	3/4/11
Varsity & JV Wrestling	11/8/10	Feb. 2011
Modified Wrestling	1/3/10	3/4/11
Varsity Indoor Track	11/8/10	Feb. 2011
Modified Girls Volleyball	10/25/10	12/17/11
Cheerleading	11/8/10	Feb. 2011

**Approximate Start and End Dates for The 2010 - 2011**  
**Spring Athletic Season:**

**Spring 2010-2011**

<b><u>Sport</u></b>	<b><u>Starts</u></b>	<b><u>Approximate End Date</u></b>
Varsity & JV Baseball	3/7/11	May. 2011
Mod Baseball	3/21/11	6/2/10
Varsity and JV Softball	3/7/11	May. 2011
Mod Softball	3/21/11	6/2/10
Varsity and JV Track	3/7/11	May. 2011
Mod Track	3/21/11	6/2/10
Varsity and JV Golf	3/7/11	May. 2011
Varsity and JV Tennis	3/7/11	May. 2011

# Trumansburg All-Sports Booster's Club

The Athletic Boosters are volunteers - parents, teachers, and community members dedicated to working together in support of all athletic programs at Trumansburg Central School. The All-Sports Booster's Club supports Trumansburg Athletics and plays an integral part in the athletic program. The Booster's Club is always interested in gathering new membership and we welcome you to join and become an active part of your child's athletic experience. The All-Sports Booster Club meets the first Wednesday of each month at 6:30pm in the High School Library. You may contact any of the board members listed below or you may fill out the form below and return to John Testa, Athletic Director.

## Board Officers:

Ted Murray- President

JB Lockwood-Vice President

Paige Rumsey-Secretary

Kim Fellows-Treasurer

The All-Sports Boosters Club is committed to treating all Trumansburg interscholastic sports programs as equals. In fundraising and equipment purchasing, this means that each program will be encouraged to make requests. Obviously, not every need can be met. But every effort will be made to see that all sports are assisted over time. You may not be aware of all the booster club does for the athletes and below is a sample of some of the things the booster club sponsors:

- Annual funding for athletic Varsity/JV letters, pins and certificates
- Sponsor the Senior Athletic Awards Banquet & Senior Scholarship Awards
- Purchased athletic team championship banners for the high school gym
- Purchased the scoreboards for the football and soccer fields
- Purchases the Senior flowers

Interested in volunteering? Please fill out the information below and return to John Testa, Athletic Director or any board officer. Thank you in advance for contributing your time and energy to a very worthwhile organization.

\*\*\*\*\*

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_ e-mail: \_\_\_\_\_

Sport your child participates in: \_\_\_\_\_

Please check any of the following you'd be interested in volunteering for:

\_\_\_\_\_ concession stands

\_\_\_\_\_ parent team representative at sports booster meetings for the school year

\_\_\_\_\_ team representative to recruit other team parents for working the concession stand

\_\_\_\_\_ membership drive assistance

Other: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## PARENT AND STUDENT PLEDGE FORM

**NOTE:** This form must be signed and returned to the Athletic Director **ASAP** or the student will not be allowed to participate in practice sessions.

**Student's Pledge:**

I have read and understand the procedures and expectations of the Trumansburg Central School Athletic Handbook. I understand that I am signing a contract that states for the length of this contract that I will abide by it and be drug free. I pledge to honor all terms of the Trumansburg Central School's Code of Conduct and this contract and voluntarily sign this contract sheet.

Sport: \_\_\_\_\_ Level (Circle one) Varsity JV Modified

Date \_\_\_\_\_ Student's Signature: \_\_\_\_\_

**Parent/Guardian Pledge:**

We understand that as parents we play a vital role in the development of our child as a student athlete. Therefore, we agree to do the following: be a positive role model through our actions, be a "team fan" not a "my kid" fan, show respect for the opposing team, coaches, spectators and officials, talk to my child's coach in an appropriate manner, including the proper time and place when an issue of concern develops and understand that my child can have a positive experience at a game whether they win or lose the contest.

We have read and understand the procedures and expectations of the Trumansburg Central School District Athletic Handbook. We agree to help our child meet the terms of this contract. We further understand that the insurance coverage provided for by Trumansburg Central School is a secondary coverage and is not intended to cover the total cost of necessary medical treatment. We further give my/our permission for the student's name that appears on this form to participate in the sport as listed:

Date \_\_\_\_\_ Parent(s) Signature: \_\_\_\_\_

**Coach's Pledge:** I state that I have read and discussed the expectations with this student and pledge to help this student, throughout his/her sports season, meet the terms of this contract.

Date \_\_\_\_\_ Coach's Signature: \_\_\_\_\_

**MEDICAL RELEASE FORM**

I give permission for my son/daughter \_\_\_\_\_ to  
have any medical and/or surgical treatment necessary in the event of a sports injury  
during the \_\_\_\_\_ school year.

Person carrying insurance \_\_\_\_\_

Health Insurance Company \_\_\_\_\_

Policy # \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Home Address \_\_\_\_\_ Phone #: \_\_\_\_\_

## Trumansburg Central School Student-Athlete Contract

### Athlete's Commitment

I understand that participating in high school athletics gives me a special opportunity to develop not only my physical conditioning and athletic skill, but also character traits that will serve me well in life. I therefore commit to strive for the following during the upcoming season:

**Competence** – *The knowledge and skill I need to train and effectively compete.*

- > To develop the skills necessary to participate competently in the sport.
- > To demonstrate knowledge of the rules of the sport.
- > To gain an appreciation for the strategies of the sport.
- > To demonstrate a level of physical conditioning and fitness sufficient to participate competently in the sport.
- > To develop a knowledge about health and nutrition and how they apply to athletic performance.
- > **To understand the need for abstaining from the use, possession or sale of alcohol, tobacco, and other drugs in order to participate and achieve positive benefits from my sport.** I have also signed, with my parents, another form stating my intention to be “chemically free” during my sport season and understand the consequences for violations of the athletic code. Athletes who engage in any of the above mentioned behaviors will be subject to disciplinary action as per the student code of conduct.

**Character** – *My beliefs, attitudes and skills that support moral behavior and represent the positive values of Trumansburg Central School and the greater community of Trumansburg.*

- > To be dependable in fulfilling obligations and commitments.
- > To accept responsibility for consequences of actions and not to make excuses or blame others.
- > To strive to excel.
- > To be committed.
- > To persevere, give 100% effort and not give up in the face of setbacks.
- > To be honest.
- > To play by the rules of the sport and not cheat.
- > To control anger and frustration and refrain from displays of temper and bad language.
- > To accept losing and winning graciously, to congratulate opponents in a positive manner regardless of the outcome.

**Civility** – *Practicing behaviors that show respect and concern for others – treating them as I would want to be treated.*

- > To be compassionate and sensitive to others and to treat them respectfully regardless of individual differences. **To understand that subjecting someone to acts that are humiliating, indecent, painful or unsafe are considered hazing and will not be tolerated.** Athletes who engage in any of the above mentioned behaviors will be subject to disciplinary procedures as per the student code of conduct.
- > To refrain from “trash talk” and other put-downs of opponents and teammates.
- > To always show respect for others (Coaches, Officials, Captains, etc.) at practices and games.
- > To listen to and try to understand others.
- > To actively support teammates and others.

**Citizenship**- *Understanding that being part of a team is about my responsibility to my teammates, and not just about what's important to me.*

- > To be faithful to the ideals of the games including sportsmanship.
- > To keep commitments to my team.
- > To show team spirit, encourage others and contribute to good morale.
- > To put the good of the team ahead of my personal gain.
- > To work well with teammates to achieve team goals.
- > To accept responsibility to set a good example for teammates, younger athletes, fans and our school community.

**My signature below indicates my commitment to the above and my willingness to live within the boundaries established within the Trumansburg Central School's Student Code of Conduct.**

**Date** \_\_\_\_\_ **Athlete's Signature:** \_\_\_\_\_

**TRUMANSBUREG CENTRAL SCHOOL  
SPORTS CANDIDATE QUESTIONNAIRE**

Name \_\_\_\_\_ Grade \_\_\_\_\_ Age \_\_\_\_\_

Date of Birth \_\_\_\_\_ Athletic Activity \_\_\_\_\_

**PARENT/GUARDIAN SHOULD ASSIST IN FILLING OUT THIS FORM**

Answer the following questions as accurately as possible.  
(Explain “yes” answers below.)

**SINCE YOUR LAST PHYSICAL EXAMINATION:**

- |     |   |     |    |
|-----|---|-----|----|
| 1.  | Are you presently taking any medications or pills?              | Yes | No |
| 2.  | Have you been hospitalized?                                     | Yes | No |
| 3.  | Do you have any allergies (medicine, bees)?                     | Yes | No |
| 4.  | Have you ever passed out during exercise?                       | Yes | No |
| 5.  | Have you ever been dizzy during or after exercise?              | Yes | No |
| 6.  | Have you ever had chest pain during or after exercise?          | Yes | No |
| 7.  | Has anyone in your family died of heart problems before age 50? | Yes | No |
| 8.  | Have you ever been knocked out or unconscious?                  | Yes | No |
| 9.  | Have you ever had a seizure?                                    | Yes | No |
| 10. | Have you ever been dizzy or passed out in the heat?             | Yes | No |
| 11. | Do you have trouble breathing or do you cough during exercise?  | Yes | No |
| 12. | Do you wear glasses or contact lenses during PE or sports?      | Yes | No |
| 13. | Have you sprained, dislocated or fractured a joint?             | Yes | No |
| 14. | Are you taking any dietary supplements or sports Supplements?   | Yes | No |

Explain “yes” answers from the above questions

Identify if you are allergic to:

___ Aspirin	___ Bee stings	___ Codeine	___ Food
___ Ibuprofen	___ Penicillin	___ Plants	___ Sulfa drugs
___ Latex	Other _____		

Please list any medications currently taking (including inhalers):

\_\_\_\_\_  
Student Signature                      Date                      Parent/Guardian Signature                      Date