

GROTON CENTRAL SCHOOL

Groton, New York 13073

~ ATHLETIC PHILOSOPHY ~

The role and purpose of the overall athletic program at Groton Central School is to:

1. increase the educational opportunities for students and to better prepare them for life.
2. develop physical conditioning and discipline of mind and body.
3. develop respect for authority, teammates, and themselves.
4. learn sportsmanship.
5. develop pride in themselves and their school.
6. learn to work together as a team for a common goal.
7. learn responsibility and dedication.
8. promote conduct which demonstrates character, honesty, and a sense of good citizenship.

MODIFIED

The role and purpose of the modified sports program in addition to the overall is to:

1. introduce school's athletic policies (eligibility, training rules and sportsmanship).
2. develop the basic skills and learn the rules of the sport and how the sport is played.
3. see if it is a sport the athlete would like to continue (exposure-trial period).
4. give all participants opportunities to learn through drills and scrimmage situations during practice.
5. give all participants fair playing time (fair doesn't necessarily mean equal time or that every player will get into every contest).

JUNIOR VARSITY

The role and purpose of the junior varsity sports program in addition to the overall is to:

1. further develop the skills of the athlete.
2. increase the intensity if the competition.
3. prepare for the varsity level.
4. place more emphasis on winning but not to the extent of the varsity level.
5. there is a possibility that some players may not demonstrate the necessary skills, discipline or positive attitude to make the team.
6. it is our hope that each member of the team will see some playing time throughout the season but not necessarily every contest.

VARSITY

The role and purpose of the varsity sports program in addition to the overall is to:

1. develop skills and physical conditioning of the athlete to its full potential.
2. allow the athlete the chance to excel and prepare for college level.
3. learn to set goals and to strive to achieve them.
4. be a role model for younger athletes.
5. any junior varsity athlete moved up to a varsity team at the beginning of the season should see significant playing time unless this move is made to deal with an emergency situation or at sectional time.

The main focus of our varsity sports program is to produce responsible student athletes with the common goal of winning. There will be a limited number of players selected for certain teams. Only players who are determined by the coach to have the necessary skills, discipline and positive attitude that will contribute to the team's goals will be selected during try-outs.

MEET THE TEAM NIGHT

It is suggested that a Meet the Team Night for all level of sports be considered. It should be planned before the first contest or possibly at the first home event with an early start. The schedule for that particular season could be distributed. Participants should include teams, coaches, and parents.

Coaches should introduce the team and explain what the basic philosophy is at the different levels of play.

The athletic director, building principal or coach should be there to explain the philosophy of the school. For example, sportsmanship, player attitude (team play), parental and spectator support for all participants, including coaches, teams and officials. They should also explain the role of the site coordinator to control disciplinary actions.

DISCIPLINE

- a. Participation in sports activities is a privilege, not a right.
- b. Students must be willing to accept the responsibility for their actions and the consequences.
- c. Students are expected to behave respectfully and cooperatively, demonstrating good sportsmanship in all situations.
- d. The athletic director has final authority concerning the players in any sport-related situation. Action should be taken promptly when a problem arises to avoid its continuation and possible escalation to other problems.
- e. Grievances are to be dealt within a private meeting with the athletic director, coach, player and parent at an appropriate time.
- f. Disciplinary guidelines are spelled out in the Athletic Training Rules and Academic Eligibility Policies. Athletic Training Rules and Discipline Guidelines are the final authority concerning individual team rules.

SPECTATORS/PARENTS

Given the Athletic Philosophy of Groton Central School, we urge all spectators and parents to support our athletic program by:

1. attending games both home and away.
2. lending positive support to our teams and coaches.
3. encouraging all players without regard to their role on the team.
4. helping other spectators and parents to maintain an appropriate, sportsmanlike attitude.
5. having a goal of winning the sportsmanship award given annually by league officials.
6. showing respect for the authority of the game officials.

The superintendent has the authority to suspend spectators/parents from attending home contests for any inappropriate or unsportsmanlike behavior. The attending administrator, furthermore, may escort an uncooperative spectator from the home event.

Two copies of the Groton Central School Athletic Philosophy are to be given to each athlete. One copy is to be signed by parents/guardians and athlete attesting to the fact that they have read and understand the rules and regulations, and then returned to the coach. The remaining copy is to be kept for reference.

Student Athlete Signature _____ Date _____

Parent/Guardian Signature _____ Date _____

Groton Central School

Athletic Training Rules

Interscholastic athletics are an integral part of our education program. A coordinated athletic program is a cohesive force uniting the student body, teachers, administrators, and parents.

Participation in athletics demands high standards of physical fitness, health practices, leadership, sportsmanship, and cooperation. Very specific standards should be maintained, for the high school athlete should be a role model for the student body.

It is the belief of the Groton School District that good scholarship should be maintained to each student-athlete's capabilities, and that home and family relationships are of utmost importance to the athlete.

The following rules and regulations must be observed for the health and safety of all participants in order to meet sound educational objectives for athletes.

Definition

A student is considered an athlete as soon as s (he) begins practice with his/her first interscholastic sports squad. The athlete is expected to maintain the high standards of training listed below. The athlete has the responsibility of faithfully observing these rules from that time through graduation, and is also expected to aid his/her teammates in observing these rules to the letter.

Training Regulations

1st Offense

The first student offense in any given year - 7, 8, 9, 10, 11 or 12 for tobacco use, drinking an alcoholic beverage, and using drugs or facsimiles (we consider the taking of any foreign substance to enhance performance, cut weight, or add muscle bulk a form of drug use) as well as possession of tobacco, alcohol and drugs or drug paraphernalia, will result in the student-athlete's dismissal from athletic competition for one-third (1/3) of the regularly scheduled season contests. If the athlete's season runs out or he/she quits the team before the suspension is complete, the remaining percentage will be served in the athlete's next athletic season. During the athlete's suspension it is expected that the athlete is to be present at all contests with the team and will be allowed to practice.

Option I

If a student is forthcoming about his/her involvement when in violation of the training rules then Option I may be used. The Option I suspension would consist of 1/2 of the suspension penalty rounded up in addition to a ***community service project***. The coach, parent/guardian, the athlete and the athletic director must all agree to Option I.

Community Service Project

The community service project may include a research paper, a presentation to a school group or a special project that would directly benefit the school and or athletic department. The student under the supervision of the athletic director and with the involvement of the parents will complete this project within a reasonable time frame. The athlete will remain suspended until the project is complete. The time spent on this project will be at least 6 hours in length. Outside agencies such as The Alcohol, Drug Treatment and Prevention Center may be used as a resource and can oversee projects such as research papers and/or presentations to a school community group.

1st Offense Chart

<i>Sport</i>	<i>Average Contests</i>	<i>Suspension</i>	<i>Option 1</i>	<i>Community Service</i>
JV Football & Cheerleaders	8	3	2	6 hours
Varsity Football & Cheerleaders	9	3	2	6 hours
Varsity Cross Country	12	4	2	6 hours
Varsity Soccer	16	5	3	6 hours
Modified Cross Country	10	3	2	6 hours
Modified Football	6	2	1	6 hours
Modified Soccer	10	3	2	6 hours
Varsity and JV Basketball (b/g) & cheerleaders	18	6	3	6 hours
Varsity and JV Wrestling	18	6	3	6 hours
Winter Track	8	3	2	6 hours
Mod Basketball (b/g)	14	5	3	6 hours
Mod Wrestling	6	2	1	6 hours
Varsity Bowling	7	3	2	6 hours
Varsity Baseball	19	6	3	6 hours
JV Baseball	14	5	3	6 hours
Varsity Softball	19	6	3	6 hours
JV Softball	14	5	3	6 hours
Varsity Track (b/g)	10	3	2	6 hours
Modified Softball	8	3	2	6 hours
Modified Track	6	2	1	6 hours
Golf	16	5	3	6 hours
Volleyball	21	7	4	6 hours
Modified Baseball	14	5	3	6 hours
JV Soccer	15	5	3	6 hours

For any new sports that are added in the future, suspensions will be assessed at 1/3 of the number of the contests in that season. Any fractional games will be rounded up to the next full game! (Examples: .8 games = 1 full game; 1.7 games = 2 games)

2nd Offense

Any second offense, whether a repetition of the first offense or of any of the others listed above, (anytime in grades 7-12) will result in the guilty student-athlete being suspended from extracurricular athletics for a full athletic season or its' equivalent. If the athlete's season runs out before the suspension is complete or if the athlete quits, the remaining percentage will be served in the athlete's next athletic season.

2nd Offense Chart

<i>Sport</i>	<i>Average Contests</i>	<i>Suspension</i>	<i>Option 1</i>	<i>Community Service</i>
JV Football & Cheerleaders	8	Full season	4	6 hours
Varsity Football & Cheerleaders	9	Full season	5	6 hours
Varsity Cross Country	12	Full season	6	6 hours
Varsity Soccer	16	Full season	8	6 hours
Modified Cross Country	10	Full season	5	6 hours
Modified Football	6	Full season	3	6 hours
Modified Soccer	10	Full season	5	6 hours
Varsity and JV Basketball (b/g) & cheerleaders	18	Full season	9	6 hours
Varsity and JV Wrestling	18	Full season	9	6 hours
Winter Track	8	Full season	4	6 hours
Mod Basketball (b/g)	14	Full season	7	6 hours
Mod Wrestling	6	Full season	3	6 hours
Varsity Bowling	7	Full season	4	6 hours
Varsity Baseball	19	Full season	10	6 hours
JV Baseball	14	Full season	7	6 hours
Varsity Softball	19	Full season	10	6 hours
JV Softball	14	Full season	7	6 hours
Varsity Track (b/g)	10	Full season	5	6 hours
Modified Softball	8	Full season	4	6 hours
Modified Track	6	Full season	3	6 hours
Golf	16	Full season	8	6 hours
Volleyball	21	Full season	11	6 hours
Modified Baseball	14	Full season	7	6 hours
JV Soccer	15	Full season	8	6 hours

3rd Offense

Any third offense, whether a repetition of the two offenses or of any of the others listed above, (anytime in grades 7-12) will result in the guilty student-athlete being suspended from extracurricular athletics for a calendar year.

Possession by Association

If a student athlete attends and stays at an event where use of an illegal substance is apparent, the student is considered to be in possession by association. The following sanctions will be invoked:

- 1st time - community service project (which could include working with maintenance, a research paper or a presentation) The Athletic Director and Building Principal will determine the time spent on this project.
- 2nd time - follow 1st offense penalty which is suspension for 1/3 of the season.
- 3rd time- follow 2nd offense penalty, which is suspension for 1, full athletic season or its equivalent.
- 4th time - follow 3rd offense penalty which is suspension for one full calendar year.

Clean Slate

Any athlete entering the 9th grade in violation of these rules will have the opportunity to have a "clean slate" when they move up to the JV or varsity level. The athletic council made up of the building principal, athletic director; two coaches and two staff members would review each case. (The student athlete and their parents would have the option of choosing one coach and one staff member). The athletic council would determine if the student athlete has earned the right of a clean slate by reviewing the student's behavior and attitude after the 1st offense occurred. This process would make the student athlete accountable for improving his or her behavior and attitude.

An athlete who becomes involved with the police will be dealt with on an individual basis.

Athletes must be in school the entire school day of the game or practice (this includes being on time to homeroom) and the school day following a mid-week game unless excused by the Principal or School Attendance Officer that A.M.

Athletes will conform to the following rules:

1. *They will obey rules governing the daily school routine.*
2. *They will obey specific team rules.*
3. *They will not become the objects of reports concerning unbecoming conduct.*

Any athlete in violation of the athletic training regulations will be required to attend counseling.

The athlete should observe these standards and any others set forth by the individual coach.

Disciplinary action will place restrictions on any athlete who fails to live within the established standards (Athletic Training Rules and Student Discipline Guidelines). Each infraction will be treated with an attitude of helpful correction and not revengeful punishment.

Due Process: The student-athlete being disciplined may file a written appeal and be represented by his/her parents and/or an attorney at the following hearings:

1. The Athletic Council - which will be made up of the Building Principal, Athletic Director, two coaches and two staff members;
2. The Superintendent;
3. The Groton Central School Board of Education;
4. The District Superintendent of T-S-T BOCES.

The student-athlete will be considered suspended during the hearing process.

Two copies of the athletic philosophy and training rules are to be given to each athlete. One copy is to be signed by both parents and athlete and then returned to the coach. The remaining copy is to be kept for reference.

I have read and understand the above rules and regulations.

Parent Signature

I have read and understand the above rules and regulations and will abide by them.

Student-Athlete Signature