

Berlin Middle/ High School Interscholastic Sports
TEAM RESPONSIBILITIES AND UNDERSTANDINGS

1. *I must be on time and in attendance at all practices and games, unless I have a legal excuse. If I am in school and cannot attend, I will inform my coach personally. Legal excuses include those stated in the handbook or staying for academic help at the request of my teacher. Illegal excuses will be left to the discretion of each coach.*
2. *It is my responsibility to maintain a 70 average and not be failing more than 2 subjects to remain academically eligible. Because sports requires a lot of my after school time, I will utilize my study halls and pre-practice waiting time to attain high levels of academic achievements.*
3. *I will not use illegal drugs, (including tobacco, smokeless tobacco, and alcohol) or abuse legal drugs while in or out of season in which my athletic or academic performance or good health might be adversely affected. These rules apply for the entire high school sports career of a student. The rules will carry from year to year.*
 - *1st offense: Two weeks suspension from team and Counseling with Substance abuse Counselor.*
 - *2nd offense: Dismissal from team and Substance Counseling.*
 - *3rd offense: One Year suspension from sports and Substance Counseling.*
4. *I will listen to and cooperate with my coaches. I will keep in mind that they are always trying to help me improve. I will accept their constructive criticism as well as their compliments with maturity. They in turn will treat me with respect and understanding.*
5. *I will show respect and display good sportsmanship toward my teammates, coaches, opponents, and referees (umpires). There is no place for street language, cynical remarks, or degrading laughs in interscholastic sports.*
6. *It is extremely difficult to maximize the talents of any team without discipline. Fooling around, and/or lack of attention at practice or during games is selfish in that it wastes time, distracts my teammates, and lessens our ability to learn.*
7. *We should not lose sight of the fact that we need to have fun. As we all know, it is fun to perform well. It is fun to learn new skills. It is fun to be with our friends and teammates. It is fun to win, and when we lose, it is always a good feeling if we know we tried our very best, but did not give up and stayed in the game.*
8. *It is my responsibility to the team to observe the eligibility standards set by the school so that I don't miss practice or game time due to in/out of school suspension, detention or academic eligibility.*
9. *Team members are school leaders. I must remember that fellow students and especially younger players and or students will want to behave as I do. I should set good examples both in and out of school as well as in the community.*
10. *Follow the coaches' dress code.*
11. *Attend a mandatory parent meeting to be determined by the coach.*
12. *The coach decides on playing time. I must respect their decision.*

I have read and understand the athletic handbook and will do my best to uphold them.

Student Signature

Date

Parent Signature

Date

BERLIN JR/SR HIGH SCHOOL
Interscholastic Sports
ATHLETIC HANDBOOK

YOU ARE ELIGIBLE...

This is a brief summary of the rules and regulations in the official N.Y.S.P.H.S.A.A., Inc. Handbook. These rules are intended to protect you and to provide fair competition. Ask your coach or your principal for more information and a copy of the latest ELIGIBILITY BOOKLET. A Majority of schools also require you to be insured by the Pupil Benefits Plan, Inc., established and sponsored by the N.Y.S.H.S.A.A., Inc.

1. If you are a high school student in regular attendance in Grades 9, 10, 11 or 12.
2. Between your 14th and 19th birthdays.
3. If your parents and the school physician approve.
4. If you are enrolled during the first 15 days of this semester.
5. Two weeks after transferring from another school.
6. For eight consecutive semesters beginning with the semester in which you entered Grade 9.
7. For only four seasons in any one sport.
8. If you have undivided loyalty to your high school team, i.e., if you participate only in Inter School competition during the season in that sport.
9. If you have not violated the All-Star Game Rule.
10. If you have not played or practiced with a college team.
11. If you are an amateur. Having never used your athletic skill for gain and if you have never competed under an assumed name.
12. If you are familiar with the rules of the game and the standards of sportsmanship.

STUDENT RESPONSIBILITIES

Pre-Seasonal

Before any student is able to participate in an athletic program at Berlin four major items must be taken care of.

1. Prior to each season students must sign up for the sports in which they are interested. Sign-ups will be under the direction of the Athletic Director. When the sign-up sheet has been returned students will be scheduled for a physical examination with the school physician. Appointment slips will be distributed. It is very important that students do not miss their scheduled appointments.
2. Within the first week of practice students must return to the coach a slip signed by the parents giving them permission to participate in that sport and that they understand all team responsibilities and eligibility rules as described in the Student Handbook. Students in 7th or 8th Grade who wish to participate on a Junior Varsity or Varsity team need to follow the rules of the Selective Classification Program under the direction of the Athletic Director.
3. All athletes should plan to attend any seasonal meeting held by the head coach. The coach will discuss with the athletes the expected conduct rules and regulations to be used for team selection, practices and the game schedule for the season. As well as eligibility rules, parents will be asked to attend "Meet the Coaches Night" to go over the coach's philosophy, rules and regulations of the team and school.

Tryouts: Students who are ineligible during the tryout period may not tryout for the team. However, if after the tryout period a student attains eligibility and there is a roster spot on the team, that student may tryout for the team if the individual coach so wishes.

Seasonal Responsibilities

It is expected that all athletes attend school regularly and on time, as well as the day before and after the athletic event.

Pupils must be in attendance a minimum of 4 periods on the day of any contest or practice in order to participate. For a Saturday contest, they must be in attendance on the preceding Friday.

The athlete assumes responsibility to properly use all gym and locker room facilities, materials and equipment while he/she is involved in a practice or game.

No athlete shall have unauthorized possession of ANY athletic equipment. (Berlin's or any other schools).

Athletes are not allowed in the equipment room unless accompanied by their coach. The storage room should be kept neat and clean by all that use it.

Cleats ARE NOT to be worn in the building at any time.

Athletes are reminded that sweats, uniforms, etc. are to be worn ONLY when directly involved with the team.

Once injured, an athlete may NOT participate in any way with the team until they have been properly cleared through the school nurse's office.

On non-school days athletes are NOT allowed in the building before or after games or practices unless their coach is in the building.

Athletes are expected to report to practice immediately after school. Athletes may have to wait for practice to begin. **Students scheduled for a 4PM practice who stay in the building MUST report to areas designated by the administration, unless they are getting extra help from another teacher. Failure to do so can result in a game suspension.**

Failure to report for a scheduled practice, game or match without being excused could result in suspension or dismissal from the team. (See individual coaches.)

Athletes participating in sports must obey all the rules and regulations listed in the player's handbook listed under conduct and sportsmanship code. (See back of handbook.)

Athletes must ride the bus to and from contests, unless they have given to their coach a written request from their parents or the parents come directly to the coach to take them home.

Athletes must see that they are ready on time and in the proper location designated by their coach for all home and away contests.

Once an athlete is selected for a team and quits, or is dismissed from a team, he/she may not participate on another team in the same season.

Smoking, drinking of alcoholic beverages, illegal drug use or abuse of legal drugs such as energy drinks, prescription medication or over the counter drugs **will not** be permitted in or out of season. Any violation of this policy within a high school sports career will result in the 3 step program. NOTE: If the principal deems it an extremely serious offense, the athlete may be removed for the remainder of the season.

1st Offense: Two week suspension from team and counseling with a Substance Abuse Counselor.

2nd Offense: Dismissal from team and Substance Abuse Counseling

3rd Offense: One year suspension from all sports and Substance Abuse Counseling.

Any athlete that is placed in OUT-OF-SCHOOL suspension is automatically removed from games for the duration of the suspension period. NOTE: If the principal deems it an extremely serious offense, the athlete may be removed for the remainder of the season.

A student who serves ISS for the day may not participate in sports after that school day. If after school detention is assigned it becomes the responsibility of the student-athlete to make arrangements to serve this detention.

All athletes are reminded that the team locker room is off limits during the school day unless the coach is present to supervise.

Post Seasonal Responsibilities

All uniforms and equipment must be cleaned and returned to their coach no later than one week from the day of the last contest, boxed and put in storage.

NOTE: Missing or misused equipment will be charged to the individual, and the athlete will not be allowed to participate in any sport until it is returned or paid for. No awards will be given to an athlete who has outstanding/missing uniforms or equipment.

In Case of Injury

In the event of an injury, the athlete and coach must report to the nurse at his/her earliest opportunity so that necessary family and physician requirements for Pupil Benefits Plan can be completed.

Once an injured athlete has seen a physician he/she MAY NOT participate in any way with the team until all necessary steps have been taken to secure the proper medical release, but the athlete is still expected to attend practices and games.

NOTE: The necessary steps are:

Medical approval from attending physician and/or papers from physicians at Emergency Room.
Medical approval from school nurse.

The school district carries insurance, which will supplement the athlete's family policy. Athletes and parents should save all bills that are related to an injury. Any bills that ARE NOT covered by the family insurance may be submitted to the school's insurance company for consideration.

CONDUCT AND APPEARANCE OF TEAM MEMBERS

In School and the Community

Members of all teams must meet acceptable standards of behavior in school in order to be eligible to participate.

Student athletes will not receive special privileges in studies or in school conduct.

Participants must realize that they, more than any other single group of students, are in the eye of the citizens of the school district. It follows that such representation entails responsibilities on the part of the athlete to maintain the highest possible standards of conduct at all time- IN OR OUT OF SEASON!

On Trips Away From Home

Players are required to ride on the team bus to all away games and scrimmages, unless the administration and coach have approved other arrangements. Students are not required to ride the bus back to school if they have written permission from a parent.

Athletes are required to follow all bus rules and regulations established by the district.

Athletes are required to follow individual coaches' standards, which will be in writing.

Players are reminded that they are to be quiet and respectful upon arrival at the host school, and that the dressing and showering areas must receive the same consideration expected to be given those at home.

During the Contest

Players who show disrespect for officials, opponents, or crowd will be removed from the game.

COACH AND PLAYER CONDUCT CODE

COACHES

Coaching is by nature an intense and emotional situation. It frequently places coaches in a position of making choices between the pressures of winning short-term success, and the long-range educational goals of character development and exemplary behavior expected of all our athletes. The coach's behavior and attitude toward the game, its participants and officials set the tempo for players. It is inconsistent for coaches to be abusive or intolerant of officials and expect students to treat them with respect. There are well-defined procedures and channels to follow when there is dissatisfaction with an official's performance. Each coach has the prerogative of rejecting a limited number of officials on a seasonal basis. Each sport is governed

by many sets of rules and regulations. It is incumbent on each coach to be thoroughly familiar with all phases including National Federation or NAGWS Rules, the Handbook of the N.Y.S.P.H.S.A.A., Section II and CHVL Regulations. It is not sufficient to follow just the framework of these rules. The spirit and intent should be of equal concern and complied with fully. We cannot expect the students to have respect for and follow our rules if we are not meticulous in following rules ourselves.

PLAYERS

Participating in an interscholastic sport is an honor and a privilege. It is also a responsibility, which demands extra commitment. Standards of behavior are high and a willingness to live up to them is part of being a member of a team. A player's attitude and behavior can directly influence the crowd's behavior. Unsportsmanlike conduct will not be tolerated at any time. The coach of a team is expected to control his team and reprimand his players for inappropriate conduct.

TEAM CAPTAINS

To be appointed to the position of team captain for a Berlin athletic team is an honor of singular importance. Matching this honor, however, is the grave responsibility of providing team leadership, setting an impeccable example and attending to the duties of a captain with fervor and dedication. The following criteria are of prime importance to the selection of team captain.

Characteristics of a Team Captain:

Integrity: The quality of upright character and sound moral principle. There can be no compromise to absolute truthfulness and honesty.

Knowledge: Nothing attracts confidence and respect more quickly than demonstrated knowledge and skill.

Courage: This is the quality of mind that gives a person control over him or herself. You must have moral as well as physical courage. Moral courage means knowing what is right and standing up for what you believe in.

Decisiveness: You will be called upon to make sound decisions both on the field and off. Know the rules of the games and the rules of the squad and make your decisions from a position of strength.

Dependability: The dependable captain is one who can be relied upon to carry out actively, intelligently, and with willing effort, the intent of the coaches to the best of their ability. Don't make excuses.

Initiative: Sees what has to be done and does it. Hustle every moment. Don't be lazy.

Example: Be the first one on the field or floor, the first one through the drill, etc. Be enthusiastic about your job. This goes for your academic work as well.

Selection of Team Captains:

The team captain is basically the representative of the coach and coaching staff. As such, the final responsibility for the appointment of each team captain is the sole responsibility of the coach.

The team captain is the liaison or link between members of the team and the coaching staff. As such, the team members should vote to indicate their preferences and help guide the coach in his/her decision.

At the varsity level, only seniors should be eligible for a team captaincy. However, a junior may be selected at the discretion of the coach, if there aren't any eligible seniors.

Other than the selected team captains, the coach may select individual game or match captains.

Co-captains may be selected at the direction of the coaches.

Berlin Central School District
Interscholastic Sports
Berlin, NY 12022

CODE OF CONDUCT FOR STUDENTS RIDING SCHOOL BUSES

The following code of conduct is published for the safety, health and welfare of all children who ride school buses. The Laws of the State of New York provide a legal basis for transporting pupils to and from schools. This code is designed for the purpose of setting forth the regulations governing the conduct of pupils who ride the school buses.

School Bus Regulations-Pupil Responsibility

1. The driver is in charge of the pupils and bus. Obey the driver promptly and with respect. The driver's job is difficult without unruly passengers.
2. Be on time. The bus cannot wait beyond its regular schedule for those who are tardy.
3. Wait in an orderly line off the highway or street.
4. Do not run toward a school bus while it is in motion.
5. Ride only the bus assigned by the school district.
6. Take a seat in the bus without disturbing other passengers. Remain seated while the bus is moving.

Three in a seat and do NOT exchange seats unless given permission by the driver.
If all seats are taken stand to the rear of the white marker line as long as the bus is in motion.

7. Do NOT try to get on or off the bus or move about within the bus while it is in motion.
8. Behave on the bus as you are expected to behave in the classroom. Insolence, disobedience, vulgarity, fighting, pushing, and similar offensive acts will not be tolerated.
9. Do NOT engage in any activity, which might divert the driver's attention and cause an accident; such as loud talking, laughing or unnecessary confusion, unnecessary conversation with the driver or extending any part of the body out of bus windows or door.

10. Do NOT engage in any activity which might damage or cause excessive wear or litter to the bus or other property. The following activities are prohibited at all times:
 - a. Eating on the bus.
 - b. Possessing knives or sharp objects on the bus.
 - c. Bringing animals on the bus.
 - d. Throwing objects or articles in or from the bus.
 - e. Tampering with mechanical equipment, accessories, or controls of the bus.
11. Report promptly to the driver any damage done to the bus. Persons causing damage shall be expected to defray its full cost.
12. Cross in front of the bus and at a safe distance in front of the bus in order to be seen by the bus driver. (Minimum: 10 to 12 feet)

Violations

Misconduct on the bus is subject to the same disciplinary measures as misconduct at school. When necessary, the principal or the transportation director may cancel riding privileges.

OTHER EXAMPLES OF BEHAVIORS THAT VIOLATE APPROPRIATE TEAM CONDUCT

Possession and/or Use of Drugs – The possession and/or use of illegal drugs and/or paraphernalia or the possession of drugs and/or medications without a prescription are strictly prohibited.

Possession and/or use of alcohol and tobacco products – The possession and/or use of alcohol and tobacco products are strictly prohibited.

Hosting of Drinking/Drug Parties – Student – Athletes are prohibited from hosting or attending a party that involves alcohol, drugs, marijuana, or illegal substances.

Presence at Parties – student-athlete attends a party where alcohol or drugs are being illegally dispensed; the student-athlete must leave the party.

Ringleaders at Parties – There shall be a greater consequence for an athlete if it is determined that they are involved with the organization, facilitation, promotion or hosting an alcohol or drug party. Consequences will be determined by the high school principal.

Hazing – Coaches will not permit, nor will a student athlete stage, any type of initiation ceremony or hazing of athletes at any time or at any level. This includes giving other athletes haircuts, shaving other athletes, locker/shower pranks, etc.

Verbal or physical abuse directed at teachers, coaches, student opponents and officials will not be tolerated at any time.

Violent behavior of any kind shall be grounds for immediate dismissal.

Cyber Image Policy – any identifiable image, photo or video which implicates a student athlete to have been in the possession or presence of drugs shall be in confirmation of a violation of the code. Since there is no time frame for when or where an image was taken, it shall be the responsibility that the student athlete must assume. It must be noted that there are persons, who would attempt to implicate an athlete, by taking such images to place them in a situation where they could be in violation of the athletic code. Athletes should not place themselves in such environments.

EXTRACURRICULAR ACTIVITIES ELIGIBILITY POLICY

The Board of Education of the Berlin Central School District recognizes the importance of the extracurricular life of the school and supports the concept of a diverse extracurricular program to enable each student to achieve full potential. The Board supports the assignment of staff for the formation of student groups for any of the following purposes:

1. Developing academic interests.
2. Developing athletic interests.
3. Providing for social interaction and the development of positive social relationships.
4. Developing understanding of the responsibilities and characteristics of good citizenship.

Students participating in such activities, do so as representatives of the District. Their conduct is expected to be exemplary. Participation in extracurricular activities is elective and a privilege. It is not an entitlement.

Student participation in extra-curricular activities can be a rewarding and valuable experience. It can facilitate the development of leadership and socialization skills, as well as learning the value of contribution to group efforts. Participation in sports can also increase physical fitness.

By establishing rules of eligibility, the intent of the Board is to encourage each student to work to the best of his/her academic ability, attend school regularly, have a positive attitude, and behave in an appropriate manner. As members of a team or organization, students represent the Berlin Central school community. Therefore, certain responsibilities accompany participation in these activities. The following eligibility rules and consequences resulting from abuse of them should be read and understood by everyone involved, including students, their parents or guardians.

Extra-curricular activities include all activities that are non-credit bearing. This includes but is not limited to: participation in clubs, dances, proms, plays, athletic events, etc.

Academic Eligibility

Academic eligibility applies to all extra-curricular activities.

A student must maintain a 70 average overall and not fail more than one credit-bearing course. All half-year courses are evaluated as a full year course, i.e., based on the quarter's performance. If a grade is issued on the report card, the grade must be factored into the average. Incompletes must be for extreme circumstance and will be handled via a committee review. Modified team members will follow the eligibility rules.

Eligibility status for students will be based on the 5 week (mid-term) and the 10 week (quarterly) grades. A student whose academic average is below 70 and/or is failing two or more subjects will become ineligible. The ineligibility period starts at 7:30 AM, the day following the issuance of the ineligible list from the main office and will last for one week (7 days). During this week the student may practice with the team, however; the student will not be allowed to participate in any interscholastic contests until he or she regains eligibility.

How to regain eligibility:

Students will be ineligible for one week (7 day) periods. After the first week of ineligibility, the student will take a status report form to all teachers of his or her classes and those teachers will give that student a grade of satisfactory (S) or unsatisfactory (U) for that week.

S = grade of 70% or more

U = grade of less than 70%

Two grades of "U" (unsatisfactory) in any one week period will result in that student being ineligible for the following week. During this period of ineligibility, the student will not be allowed to participate in interscholastic contests, but will be allowed to practice.

If the student becomes eligible (no more than one "U" on weekly status report, and an average of at least 70% on a quarterly report card) he or she will be allowed to play in interscholastic contests. However, this student will continue to have his or her academic progress reevaluated each week by the athletic director (for sports), or the principal (non-athletic extra-curricular programs) for the remainder of the season or program.

Attendance Eligibility

Students participating in extra-curricular activities must be in attendance the day before, the day of, and the day after the event unless the absence has been cleared in advance with the building administration.

For any other reason than those previously cleared, the parent/guardian must verbally communicate with the school attendance officer on the day of the absence the reason(s) for such absence. (Only legal absences will be accepted.)

- Students illegally absent the day before will not participate the next day of the activity.
- Students illegally absent the day of the activity will not be able to attend the event that day.
- Students illegally absent the day after the activity will not participate in the next activity.

If the parent/guardian does not contact the school, or the absence has not been cleared in advance by the administration, the student will be subject to the above restrictions.

Behavior Eligibility

Out-of School Suspension:

Students suspended from school will not participate in any regularly scheduled extra-curricular activities for a period of two (2) weeks. This two-week period begins on the date the student completes the suspension.

Two suspensions will result in the student being ineligible for all extracurricular activities for the remainder of the semester.

In-School Suspension:

Students assigned in school suspension for three periods or more in one day will be ineligible for participation in extra-curricular activities for a period of one (1) week. This suspension begins on the date the student completes the in-school suspension. Ineligibility also includes days of the suspension.

Detention:

Students assigned detention may not participate in extra-curricular activities during the time of detention. Assigned detentions will not be altered to accommodate participation in extra curricular activities except during tryouts.

Berlin Central

School District

P.O. Box 259
Berlin, New York 12022
(518) 658-2515

Mr. Schmich
Athletic Director

Dear Parents:

To ensure that your son/daughter gets home safely after an away sports trip, the Sports Department is requesting that drop off points be established for all athletes. Please fill out the bottom of this letter and have your son/daughter return it to their coach.

Drop off points are:

1. Stephentown (Cumberland Farms)
2. Berlin Jr/Sr High School
3. Petersburgh (Baptist Church)
4. Grafton (General Store)
5. Stewart's Store in Berlin

Sincerely,

Art Schmich
Athletic Director

I give permission for _____ to be dropped off at
_____ after sporting events.

Parent/Guardian signature

Date

Berlin Central

School District

P.O. Box 259
Berlin, New York 12022
(518) 658-2515

Mr. Schmich
Director of Athletics

Dear Parents,

There will be times when your child will be asked to attend late sport practices or games due to the lack of our facilities.

If they have a 4:00 P.M. late practice they may stay after school providing they are supervised by their coach or they may sign-up to stay in the study hall room. If they are found in the building unsupervised, the following procedure will be enforced:

1. First time found in the school unsupervised will result in a warning.
2. Second time will result in a one game suspension.
3. Third time will result in dismissal from the team for one week.
4. Fourth time will result in dismissal from the team.

Any practices or games held after 4:00 PM the students must go home and come back later.

Please sign the form below to acknowledge that you and your child understand this policy.

Thank you.
Art Schmich
Director of Athletics

My child understands the above policy set forth by the Berlin Athletic Department.

Student's Signature

Parent's Signature

**Berlin Jr/Sr High School
Interscholastic sports
Berlin, NY 12022**

HEALTH AND TREATMENT FORM

In the event of an emergency requiring medical attention, I hereby grant permission to physician or other hospital personnel designate by the Berlin Central School Coaching Staff to attend my son/daughter _____.
(Full Name)

I expect every effort will be made to contact me in order to receive my specific authorization before any treatment or hospitalization is undertaken.

Please include area code with numbers.....

Home Phone _____ Business Phone _____

Signed: _____ Date _____
_____ Date _____

Address: _____

Family Doctor: _____

Location: _____ Phone: _____

HEALTH HISTORY

Kidney Injuries	yes	no
Heart Condition	yes	no
Diabetes	yes	no
Asthma	yes	no

Date of last tetanus shot _____ Date of last school physical _____

While competing do you wear:	Glasses	yes	no
	Contacts	yes	no
Allergic to any medication	yes	no	

If yes please state: _____

Specific Circumstances: _____