

Charter School for Applied Technologies School District



Athletic Handbook

**Interscholastic Athletics Standards of
Behavior for Students and Parents**

Dear Parents and Student Athletes,

Welcome to the CSAT District's Interscholastic Athletics program. This handbook has been prepared to be used as a reference by our student athletes and their parents/guardians to define responsibilities as they pertain to the rules and regulations, as well as the policies and procedures for participation in our interscholastic athletics program.

We welcome your support and interest of CSAT Athletics.

Christopher Burzynski
Athletic Director

Philosophy

The CSAT community recognizes the importance of interscholastic athletics in the development of our students. It is the district's belief that success is not measured in a win or loss, but our value is in our student athletes. While winning and success will come and go on the playing field, the best and the most impressive measure of success is what our product does off the field of play.

Participation in CSAT's interscholastic athletics is a privilege and not a right. Students have the right to try out for athletic teams but being selected as a team member is a privilege; a privilege that can be taken away at any time. Any student selected to a team must show a commitment to the program by regularly attending practices and contests, as well as conformity to the Interscholastic Athletics Standards of Behavior and the CSAT Code of Conduct. Failure to comply with the Interscholastic Athletics Standards of Behavior will result in appropriate disciplinary action and/or dismissal from the team. The Interscholastic Athletics Standards of Behavior shall be implemented and administered in a manner consistent with the CSAT Code of Conduct.

The Standards of Behavior is applicable during the athlete's career beginning with modified sports and not ending until graduation. Any action deemed to be a serious breach of citizenship over the summer recess can be referred to the coaches, athletic director, and school administration for disciplinary action. Any penalty will be administered during the school year.

As a prerequisite for participation, student athletes and parents/guardians must sign a statement that commits the athlete to follow the established training rules and requires parents/guardians to do everything in their power to make sure their student athlete abides by the established Interscholastic Athletics Standards of Behavior and any additional rules set forth by a coach.

A student-athlete cannot participate without agreeing to the terms of the contract.

Eligibility

To be considered eligible for placement on an interscholastic team, a student athlete must fulfill the following:

- The Niagara Frontier League (NFL) and New York State Public High School Athletic Association (NYSPHSAA) requires that a participating athlete must be a bona fide student at the school he/she intends to compete for.
- A current athletic physical on file with the school's health office. Physicals are valid for a 12 consecutive-month period. This can be accomplished in two ways:
 - Physical conducted by private physician
 - Physical conducted by our school district during the school day
- A health history form on file with the school's health office prior to participation within 30 days of the start of the season.
- New York State Athletic Placement Process (APP) – Middle School Only. Middle school athletes may choose to try out for high school level teams, provided they are referred to the program by a teacher or coach and pass the NYS APP Fitness Test. If a 7th or 8th grade athlete competes at the high school level, he or she may no longer compete in that same sport at the modified level. In addition, the candidate's physical maturity level (Tanner) must also meet state guidelines.
- In order to try-out for a team, the following academic requirements must be met:
 - **Fall Sport Season:** The student must have passed four units plus physical education during the preceding school year and 5-week marking period. Credits may be earned through summer school.
 - **Winter Sport Season:** The student must have earned four units plus physical education at the 15 and 20-week marking periods.
 - **Spring Sport Season:** The student must have earned four units plus physical education during the 25 and 30-week marking periods.
- Once selected to a team, the student athlete's grades will be monitored at every 5-week mark. If at any 5-week mark a student-athlete fails to be in good standing, he/she may be suspended from participation for a period to be determined by school administration.
- Students are eligible to play a high school sport for 6 consecutive years upon entry into 7th grade, 4 consecutive years after entry into 9th grade. A student shall be eligible for interscholastic competition until his/her nineteenth birthday. If the age of nineteen is reached on or after July 1, the student may continue to participate during that school year in all sports. If a student turns nineteen prior to July 1, they are ineligible to compete.
- Attendance: All student athletes are expected to give respectable attention to classroom activities and studies. In addition to ensuring acceptable grades, student athletes should always show respect to peers and faculty members. All student athletes should have a good attendance record and should never skip a class or school. Student athletes must be present in school for at least a half day to be eligible to participate that day. Student athletes are expected to attend all meetings, practices, games, and team functions unless excused by the coach and/or school official. Excused absences include the following:
 - *Coach's permission*
 - *Family emergency*
 - *School administration permission*
 - Legal school absence

Student Athlete Expectations

CSAT Student athletes are expected to follow the rules and policies of the school district's Code of Conduct and the Interscholastic Athletics Standards of Behavior. It is our expectation that all CSAT student athletes will refrain from:

- Use or possession of tobacco or tobacco-related products, including vapor cigarettes
- Use or possession of illegal drugs
- Use or possession of prescription drugs for anything other than their intended use
- Consumption or possession of alcoholic beverages
- Being in the presence of illegal drugs or alcohol
- Bullying & Cyberbullying
- Violent/Aggressive behavior including fighting on or off school grounds
- Vandalism
- Hazing
- Sexual Harassment
- Inappropriate use of mobile phones and other electronic devices
- Inappropriate postings on social media networks

Process When a Violation is Reported

When an alleged rule violation is reported to any school personnel or law enforcement officials, investigations will be conducted. Student athletes violating the Interscholastic Athletics Standards of Behavior will be subject to the following:

- Contact with the Athletic Director or Building Administrator; an investigation will be conducted, and witnesses will be interviewed.
- A meeting with a parent/guardian and the student athlete with appropriate school personnel.
- Appropriate disciplinary actions.
- Any violation involving illegal activities will be referred to the appropriate law enforcement agencies.

Rules and Regulations Violations

Any athlete found guilty of a Standards of Behavior violation will be sanctioned accordingly. School District Administration is not bound to the same standards or burden of proof as a court of law. For instance, if a law is broken a conviction is not necessary to be considered a violation of the Standards of Behavior or district Code of Conduct. The coach, building administrator, or athletic director will impose all disciplinary actions for violations. Disciplinary action will be consistent throughout the athletic program and dependent upon the severity of the violation and the behavioral history of the student athlete.

Transportation

Student athletes and managers are required to travel to any away contest on the transportation provided by the school district. Student athletes and their coaches are responsible for their conduct and safety while on the district provided transportation and while at the contest until returning to the school. Each team member must return on district transportation unless otherwise released by a parent/guardian. This release must be in the form of a signed note by a parent/guardian and provided in advance to the coach. These circumstances should only occur in rare or emergency situations.

Equipment

Student athletes have the responsibility to return all district issued equipment, including uniforms, to their coaches. Once the season concludes, student athletes will be billed for any equipment that has not been returned. Should a student athlete fail to return the equipment or pay the bill within two weeks of receiving notice, additional discipline may be enforced. Penalties may include denied access to school events (i.e. prom, graduation).

Chain of Communication

During the season, parents/guardians and/or student athletes may have questions or concerns that they would like to address. It is the policy of CSAT Athletics that no communication should occur between the coach and student athlete and/or parent/guardian until at least 24 hours after the contest has concluded. The team coach is the best source of information. It is the responsibility of the student athlete to directly address the team coach. If after speaking with the coach a satisfactory conclusion is not reached, a parent/guardian should speak with the coach. The final step, should a satisfactory conclusion not be reached, would be for the student athlete and/or parent to communicate with the Athletic Director.

Concussion Management Plan

Definition:

A concussion is a type of traumatic brain injury (TBI) which alters the functioning of the brain. A concussion can occur with any bump, blow, or jolt to the head or body that causes the brain to quickly move back and forth. Concussions can occur as a result of a fall, motor vehicle accident, accident on the playground, during athletic participation, or during many other activities. All concussions are serious and need to be evaluated by a health care professional. Research indicates that between 80-90% of concussions do not involve loss of consciousness.

Signs and Symptoms:

Look for the following signs and symptoms of concussion for any student who suffered a bump, blow, or jolt to their head or body:

- Headache or head “pressure”
- Nausea/vomiting
- Dizziness/problems with balance
- Blurry or double vision
- Light or noise sensitivity
- Feeling “foggy”
- Hard time concentrating
- Hard time remembering
- Confused
- Just “doesn’t feel right”
- Unable to remember events before or after the injury
- Loss of consciousness
- Appears dazed or out of it

Prevention:

Below are ways to help reduce the risk of sustaining a concussion:

- Wear a seatbelt every time you are driving or riding in a vehicle.
- Never drive or ride in a vehicle with someone who is under the influence of drugs or alcohol.
- Wear appropriate safety equipment, including properly fitted helmets such as, but not limited to when:
 - Riding a bike, motorcycle, snow mobile, or ATV.
 - Playing contact sports (football, soccer, hockey, and lacrosse).
 - Skiing, snowboarding, and sledding; horseback riding; or batting during baseball or softball.
- During any athletic participation, including practices and games:
 - Always use the recommended protective equipment for that sport. All equipment should be fitted appropriately and maintained according to the manufacturer’s recommendations.
 - Safety rules need to be followed by all participants as well as proper techniques for safe playing.
 - Learn and follow the rules of the sport being played and promptly and honestly report injuries to an adult.
 - Any student with a head injury must be removed from participation, will be referred to their healthcare provider for follow-up, and will remain out of play until proper medical documentation is submitted.

Returning to Sports/Athletics:

The district follows the International Consensus Conference Guidelines for Return to Play (RTP) to team sports in a monitored and graduated progression of activity over six phases once the athlete is symptom free for at least 24 hours and medically cleared by their physician*. The process is detailed below:

International Consensus Conference Guidelines for Return to Play Following Head Injury/Concussion:

Phase 1 – Symptom-limited activity

Daily activities that do not provoke symptoms.
Goal: Gradual reintroduction of work/school activities.

Phase 2 – Light aerobic exercise

Walking or stationary cycle at slow to medium pace.
No resistance training.
Goal: Increase heart rate.

Phase 3 – 15 minutes of moderate cardio activity (i.e. running or biking), 20 minutes of non-contact sport specific activity (i.e. pre=practice in football, dribbling and shooting in soccer or basketball), followed by circuit training of lower body, upper body, core, and balance.

Phase 4 – 15 minutes of moderate cardio activity (i.e. running or biking), 20 minutes of non-contact sport specific drills, followed by higher impact circuit training of strength, plyometric, balance, agility, and core with running in between.

Phase 5 – Full contact training drills and intense aerobic activity for full practice duration.

Phase 6 – Return to full activities without restrictions.

*For purposes of the head injury RTP protocol, an appropriate physician evaluation is completed by a practicing MD or DO within the following specialties: family medicine, pediatrics, sports medicine, neurology, or neurosurgery, with preference given to the individual's primary care physician.

Family members and friends of the family who are medical providers may not serve as appropriate physician. The physician completing the physician's evaluation form should document name degree specialty, practice name (if applicable), address, and phone number.

For additional information on traumatic brain injuries (TBIs), please visit the following websites:

<http://www.cdc.gov/concussion/HeadsUp>
<http://www.cdc.gov/TraumaticBrainInjury/>

Information on CTE (Chronic traumatic encephalopathy)

The issue of “chronic traumatic encephalopathy (CTE)” has received a great deal of media attention. Chronic Traumatic Encephalopathy (CTE) is a progressive degenerative disease of the brain found in people with a history of repetitive brain trauma (often athletes). Currently, CTE can only be diagnosed by autopsy. It has been described in the brains of professional and amateur athletes, including boxers, football players, hockey players, and soccer players, military personnel among others. CTE is not limited to current professional athletes; it has also been found in athletes who did not play sports after high school or college. In light of this, it is important to carefully manage every concussion and all concussion-like signs and symptoms on an individual basis.

Additional information on and reports concerning CTE can be found at the following sites:

Boston University CTE Research Center
<https://www.bu.edu/cte>

Boston University CTE Research Center
-Report on tackle football before the age of 12
<https://www.nytimes.com/2017/09/19/sports/football/tackle-football-brain-youth.html>

NPR Report on NFL Players with CTE
<https://www.npr.org/2017/07/25/539198429/study-cte-found-in-nearly-all-donated-nfl-player-brains>

Sports Offered in the CSAT School District

Intramural (I) – Grades 2-6
House (H) – Grades 6-8
Modified (M) – Grades 7 & 8
Junior Varsity (JV)
Varsity (V)

Fall:

Boys Soccer (I, H, M, JV, V)
Girls Soccer (I, H, M, V)
Girls Volleyball (M, JV, V)
B & G Cross Country (V)

Winter:

Wrestling (I, H, M, JV, V)
Boys Basketball (I, H, M, JV, V)
Girls Basketball (I, H, M, JV, V)
Cheerleading (I, JV, V)

Spring:

Baseball (M, JV, V)
Softball (M, JV, V)



Niagara Frontier League

Code of Conduct for Parents, Spectators & Fans



I Will Always
Respect the decision of the officials

I Will Be
Supportive and keep my comments positive

I Will Never
Do anything to deter the players' love of the game

I Will Refrain
From entering the field of play during or immediately after the contest for safety reasons

I Will Never
Use profanity or physically attack a person, player, coach, or official

I Will Do
Everything in my power to negate trash talking! It's NOT a healthy part of interscholastic athletics

I Recognize
The emotional & physical well-being of the players is first, before my desire to win

I Will Encourage
A safe and healthy environment for both teams

I Will Remind Myself
That the game is for the kids & not the adults

We, the Student-Athletes of the Niagara Frontier League,
Sincerely hope that IF all the parents, spectators, and fans can follow & abide by these rules, the
GAME will be much more enjoyable for all

Charter School for Applied Technologies District Athletics

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Interscholastic Athletics Standards of Behavior Agreement

Parent/Legal Guardian and student athletes are asked to review and sign this page and return it to the coach.

Student Athlete: _____ **School:** _____

Sport: _____ **Coach:** _____

Duty to Warn

We understand that participation in sports involves rigorous physical activity and risks of physical injury, and we assume these risks. We understand the inherent risks involved in participation may lead to serious injuries, infections such as MRSA, COVID-19, or even sudden death. I hereby give consent for emergency transportation and treatment in the event of illness or injury. I give permission for my child's coach and the on-site athletic trainer to perform first aid if needed. **I further certify the participant is in good physical condition and has no medical or physical conditions that should restrict his/her participation. We agree to support all policies related to COVID-19. We also commit to keeping our student home when they show symptoms of COVID-19.**

Parent/Guardian Signature

Student Athlete Signature

Standards of Behavior/Commitment to Sportsmanship

We understand our child's role in accepting responsibility and the consequences for inappropriate actions. We understand that as an athlete, our child will be held to a high standard. We have read the district's Standards of Behavior, Niagara Frontier League Code of Conduct, as well as the commitment to sportsmanship and will support the rules as set forth. We will also support additional rules set forth by the individual coaches.

Parent/Guardian Signature

Student Athlete Signature

Equipment Use Policy

At the conclusion of each sports season, it is expected that students return any and all equipment, supplies, and uniforms. If the head coach does not receive all that is expected back in a timely fashion, a letter from the Athletic Department will be delivered to the residence. This letter will note a deadline for the return. If the deadline is not met, a bill for the full value to replace such items will be sent to the residence. If the equipment is still not returned or the bill is not paid, the student may receive school discipline which may include suspensions and the revocation of privileges and attendance at school functions (i.e. prom and graduation).

Parent/Guardian Signature

Student Athlete Signature

Concussion Management

We acknowledge that we have read the information regarding concussions provided by the district. Further, we support district policies as outlined and we have discussed the issue of concussions with our child.

Parent/Guardian Signature

Student Athlete Signature

Please complete and return to coach.