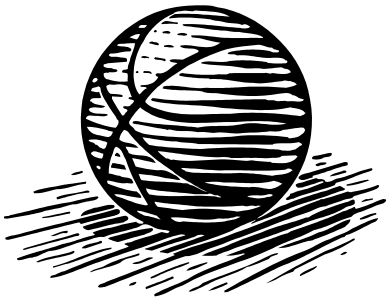
Laurens Central School
Athletic Handbook
2026-2027

Soccer



Basketball

Baseball
Softball

Track

Parent/Guardian Expectations

1. Support your child and attend as many contests as possible.

2. Avoid putting pressure on your child to start, score, or be the "star" of the team.

3. Support the coach in public around other parents and fans.

4. Avoid speaking negatively about the coach in front of your child. It may create a major barrier in your child's hope for improvement in the sport.

5. Understand the ultimate purpose of athletics. It exists as an integral part of the total educational mission of the school, and participation in athletics is a privilege, not a right.

6. Serve as good role models for the students, athletes and other fans.

7. Contribute as members of the Athletic Booster Club. This means volunteering to help with projects, committees, and the concession stand.

8. Appreciate the opportunity that your child is receiving in our athletic program. This includes the enormous time and effort provided by the coach.

9. Attend the annual pre-season meeting and read the Athletic Handbook thoroughly.

10. Follow the chain of command at Laurens Central School when you have a concern. (Coach – Athletic Director – Building Principal – Superintendent – Board of Education)

11. Express concerns and questions in a courteous and civil manner, and do it at the right time and in the proper setting. Voicing concerns on any form of social media is not the proper setting.

12. At no time is it acceptable for a parent to voice a concern or question a coach immediately before, during or immediately following a game. Call the main office to schedule an appointment to discuss concerns.

13. Parents are NOT to enter dugouts or move to designated "player" areas at any time immediately before, during or immediately following a game.

14. Avoid constant and chronic complaining. Keep all such comments to yourself. You are only embarrassing yourself, your child, our school and other parents by constant and chronic negativity.

15. At no time is it acceptable to touch, verbally assault, swear, or demean any player or coach.

16. Serve as beacons of good sportsmanship.

17. Show respect to everyone involved in high school athletics – the coach, athletes, fans, officials and administrators.

18. Understand that the goals of the team and athletic program are more important than the hopes and dreams you have for your child. There is no "I" in "Team."

It is expected that parents will abide by all school policies, regulations, and procedures for our athletic program. Failure to do so will result in repercussions, such as, but not limited to, removal from the athletic contest, removal from all LCS contests, and/or removal from school property, which can be permanent.

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I. ATHLETIC PARTICIPATION RULES

Athletics at Laurens Central School is a privilege and not a right and therefore participants must maintain this privilege in order to continue in interscholastic sports:

A. To be a good athlete, one must have self-discipline and be willing to make sacrifices. The strength of a team lies in its oneness and the willingness of its members to give of themselves to their teammates.

B. To promote the observance of good sportsmanship in all athletic contests, an athlete must be a humble winner and a gracious loser. Unsportsmanlike conduct during practices or games, or insubordination will result in disciplinary action at the discretion of the coach(s), Administration, and/or Athletic Director.

C. Athletes are subject to all rules outlined in the Student Handbook, in addition to the rules outlined in the Athletic Handbook.

D. Any/all consequences for discipline, academic or extracurricular, will take precedence over participation in extracurricular activities (i.e. - detentions will not be scheduled around games).

E. Athletes who are on In-School Suspension or Out-of-School Suspension are not allowed to attend or participate in any athletic events or practice.

F. Any athlete, whose general behavior, conduct and attitude at any time or any place becomes a discredit to his/her team or school, may be suspended from athletic participation. This may include inappropriate use of social media. (Length of suspension to be determined by the coach and Athletic Director, with final approval by the Administration.)

G. If removed from a team, the player must return all equipment within one (1) week of the suspension date.

H. Any athlete who violates any of the Athletic Training Rules will not receive any type of interscholastic athletic award for that sport.

I. All violations of the Athletic Training Rules will be cumulative for the student's entire athletic participation eligibility.

J. A student may appeal the disciplinary action to the Athletic Director. The Athletic Director and the Administration will review this appeal and a final, binding decision will be made. If a meeting is held, all involved school personnel, plus Administration, may be asked to attend.

K. Violations will be reported to the advisors of the National Junior and Senior Honor Society.

II. ATHLETIC TRAINING RULES

Alcohol and Drug Use

It is clearly understood that the use of tobacco/vaping products/nicotine pouches, the consumption of alcoholic beverages and the use of illegal drugs is dangerous to the health and general maturation of the adolescent and negatively impacts a student-athlete's ability to perform. Therefore, athletes are not to possess, be in the presence of, or use alcohol, tobacco/vaping products, illegal drugs, or misuse prescription or nonprescription drugs/inhalants on or off school grounds.

First Offense:

❖Student will be suspended from all contests for two weeks.

❖Student will be required to manage for the team during their suspension.

❖If the suspension extends beyond the current season, the remainder of the penalty will carry over to the student's next extracurricular activity.

❖Before returning to contests, the student must complete a drug, alcohol, or nicotine education course if one is approved by the Athletic Director or Administration.

❖If the student holds a leadership role (e.g., team captain), that role will be revoked for the remainder of the season.

❖The student will forfeit eligibility for any awards for that season the suspension incurred, including end of the year honors such as Athlete of the Year or Outstanding Athlete.

❖The School District reserves the right to notify local law enforcement in response to any violations.

Second Offense and All Recurring Offenses (within one school year):

❖Student will be suspended from five (5) contests or 30 Calendar days – Whichever is longer.

❖Student will be required to manage for the team during their suspension

❖If the suspension extends beyond the current season, the remainder of the penalty will carry over to the student's next extracurricular activity.

❖Before returning to contests, the student must complete a drug, alcohol, or nicotine education course if one is available and approved by the Athletic Director or Administration.

❖If the student holds a leadership role (e.g., team captain), that role will be revoked for the remainder of the season.

❖The student will forfeit eligibility for any awards for that season the suspension incurred, including end of the year honors such as Athlete of the Year or Outstanding Athlete.

❖ The School District reserves the right to notify local law enforcement in response to any violations.

Once a new school year starts, the previous year's violations will reset. (Student will be required to finish any remaining suspensions from previous year.)

III. ADDITIONAL ATHLETIC PARTICIPATION RULES

A. All participants are to ride to and from athletic events on the bus.

1. For competitions, participants will leave from the school and will be brought back to the school. (Students will not be dropped off at houses on the way home. They will be brought to the school).
2. For practices, directly after school, participants will leave from the school and parents are encouraged to pick their child up at the practice site.

B. The only exception to this would be students returning after a game/contest and would be

permitted if the following process is followed:

1. The student athlete, prior to or at the game/contest, must present to the coach in charge a signed request from his/her parent/guardian, which must be pre-approved by the administration. (Students will not be allowed to drive/ride to or from events with other students, an adult must be present).

2. After the game/contest, the student athlete can only be released by the coach to their parents/guardian. The parent must sign the coach's release form.

3. Extenuating circumstances must be approved in writing by the Administration prior to release by the coach.

C. Any athlete who steals or knowingly does not hand in any uniform or equipment will be disciplined. This may take the form of suspension from athletics. Such suspension will be reviewed by the Athletic Director and Superintendent. All sports uniforms must be returned within one week after the completion of each sports season. If the uniform is not returned within the prescribed time limits, then the student will forfeit participation in all extra-curricular activities (including sports) and his/her report card will be withheld until the uniform or money, payment for lost uniform, is received. Should the athlete turn in a damaged uniform, the same consequences will apply. If an athlete has not turned in their uniform from one season, they will not be able to start practicing for the next season.

D. Any athlete determined guilty of theft or money or other valuables from our own or other schools' locker rooms will be immediately suspended from athletics for the remainder of the season. Such athlete may be prosecuted to the full extent of the law. This policy is intended to include any uniforms or equipment belonging to other schools.

E. Presentation of gifts to coaches from squad members and sports teams should be carefully considered. Any gift considered should be appropriate and in good taste.

F. To be a good representative of our school, an athlete must learn to conduct himself/herself in accepted social practices, such as proper attire, honest and integrity. The coach/advisor will provide the proper guidelines.

1. DRESS GUIDELINES FOR ALL BASKETBALL GAMES

   a. Each member of the boys' team and coaching staff are to wear a shirt and tie to all games.

   b. Each member of the girls' team and coaching staff should wear appropriate attire as determined by their coach and is within the dress code, found in the Student Handbook.

   c. Remember you are a representative of the Laurens Central School and your conduct and appearance should always be in good taste.

G. The coach is responsible for the conduct of his team at all times. Each coach should emphasize respect for other teams and facilities. Teams should be reminded as often as necessary that they are representatives of the Laurens Central School.

H. The criteria for good sportsmanship is found in the Appendix C.

IV. HEALTH EXAMINATION

A. A student who engages in interschool competition shall receive an adequate health examination and may not practice or participate without the approval of the school medical officer. Medical examinations may be scheduled at any time during the school year and may be valid for a period of twelve consecutive months, except for a student absent from school for five or more consecutive days, as a result of an injury. Such students must be re-qualified by the school physician before returning to competition. All approvals shall indicate the activities permitted.

B. Before participation in each sports season, the school nurse will review the pupil's attendance record and interview the pupil to update their health history.

1. All pupils shall have their health history reviewed prior to the start of the try-out practice session at the beginning of each season, unless the student receives a full medical examination within the immediately preceding thirty days.
2. Any pupil whose participation is in question, as a result of the health history interview, an injury, or prolonged absence, must be re-qualified by the physician prior to participation.

V. LAURENS CENTRAL SCHOOL CONCUSSION MANAGEMENT POLICY:

The State of New York has mandated that all school districts develop a Concussion Management Policy. A copy of the policy is included as Appendix D. The policy will be reviewed annually with all parents, guardians and athletes. The District will be following all Bassett School-Based Health Zone protocols and procedures.

VI. DRESS GUIDELINES FOR PHYSICAL EDUCATION CLASS

1. All students who participate in extracurricular athletics must understand that the athletic program is an extension of the Physical Education curriculum. Therefore, all students who participate in athletics are required to dress for and fully participate in Physical Education class. Students who do not dress for Physical Education class will not be allowed to practice or participate in a game that same day. Exceptions to this rule will be as follows:
   (a) Students in grades 10-12 who, due to scheduling conflicts, are using athletics to meet the state requirements for Physical Education class; students must have both parent and teacher permission and have the proper forms on file with the School Counseling Office.

   (b) Extenuating Circumstances at the discretion of the Physical Education teacher.

VII. SPORTS/PHYSICAL EDUCATION (Grades 10, 11, 12 Only)

Sports/P.E. is for students that are participating in a sport at Laurens Central School and who have a scheduling conflict between an academic class and physical education classes. In this situation, a student may be allowed to waive their physical education requirement while participating on a sports team. The student must be in grades 10-12, participating on a Junior Varsity or Varsity sports team, and have a scheduling conflict with an academic course to waive their physical education requirement.

The following sports will allow a waiver for certain quarters of the academic school year:

Soccer	1st quarter	Softball/Baseball	4th quarter
Basketball	2nd &3rd quarter	Track	4th quarter
Color Guard	2nd &3rd quarter		
Indoor Track	2nd & 3rd quarter		

Students will be required to return to physical education when the quarter has ended. Arrangements will be made through the physical education department for students to add/delete physical education into their schedule. If a student does not finish the season they will be required to return to physical education immediately regardless of the scheduling conflict.

Copies of the form (Appendix C) must be kept on file in both the School Counseling Office and Physical Education Office.

VIII. ELIGIBILITY RULES

All Athletes must adhere to the rules of eligibility and participation set by:

NYSPHSAA
Laurens Central School District
Section IV
Tri-Valley Association

IX. ELIGIBILITY POLICY FOR EXTRACURRICULAR ACTIVITIES GRADES 7-12

1. PHILOSOPHY OF EXTRACURRICULAR ACTIVITIES
"Students wanting to enjoy the rights and privileges of Laurens Central School extracurricular activities are encouraged to work at a higher level of achievement."

2. CRITERIA FOR INELIGIBILITY
   A. To remain eligible one must be a "bona-fide" student. The student must be taking at least six courses or the equivalent. (Exceptions are for Seniors taking college courses and work release. Also, Learning Disabled Students).
   B. Students must be in school by 8:10 AM (8:05 plus A5) each day and remain in school to be eligible to participate in any extracurricular activity that day. A student who is late to school by more than 5 minutes may not participate in extracurricular activities that day unless they have official documentation from the doctor/lawyer/DMV, etc. indicating why they missed school. A note from the parent is not sufficient. The only exceptions are those considered legal absences from school and seniors qualifying for "Senior Privilege" regarding arrival at school.

      Senior Privilege—Any senior with a study hall scheduled for 1st period will not be required to be in school until 9:00 am. Qualifying seniors must:
      a) Be in school by 9:00 am to participate in any extracurricular activity. There will be no A5 added to this time.
      b) Have parent permission for this privilege.

      This privilege can be removed by the administration at anytime.

   C. The time frame for reporting will be every two weeks.

3. ADMINISTRATION OF ELIGIBILITY POLICY
   A. At the end of each two week reporting period all teachers will report all failing grades to the Eligibility Chairman.

B. The Eligibility Chairman will prepare a list showing all students who are failing and the course(s) failing. The Chairman will then give a copy to teachers, and notify parents/guardians of a student on the list. The student will also receive notification of the courses they are failing in writing and must keep this form for the two week period or until they are passing the courses in question.

C. This applies to students taking courses at BOCES. Students failing a CTE program at BOCES will be ineligible to participate until they are passing.

D. Students will not be dropped from a team due to academic ineligibility, but students must realize that missed practices and/or games may lead to loss of starting positions, playing time and/or eligibility to receive a JV or Varsity letter.

E. Students FAILING ONE COURSE will lose study hall privileges. Students will be allowed to leave a study hall ONLY with a pre-signed pass from a teacher of the course they are failing to go to that classroom teacher or the library as long as they need to use library resources for the class they are failing. Students may practice and participate in all athletic/extracurricular activities.

F. Students FAILING TWO COURSES may practice but may not:
1. Participate or dress for any contest, game or activity, (student will travel and sit with their team in "street clothes")
2. Participate or attend any extracurricular activity, including class/club meetings.
5. Does not have study hall or lunch recess privileges.

G. A student FAILING THREE or more courses may not:.
1. Participate or dress for any contest, game or activity.
2. Participate or attend any extracurricular activity, including class/club meetings.
3. Ride to/return from a contest or activity with the group (team) on school sponsored transportation.
4. Sit with the group (team) during an activity or contest.
5. Does not have study hall or lunch recess privileges.

H. A student who participates in an event when they should not because they are ineligible, will miss the first scheduled event when they become eligible.

I. Students responsibility to get themselves removed from the eligibility list:
1. Have the student notification form signed by the teacher whose course is in question.
2. Return signed form to the Eligibility Chairman.
3. Obtain a form from the Eligibility Chairman to show student is passing course.
4. If a signed form is not returned, student remains ineligible until his/her name is no longer reported for failing two or more courses.

X. VARSITY AND JUNIOR VARSITY REQUIREMENTS

You are eligible if:

A. you are a High School student in regular attendance in grades 9, 10, 11, or 12.

B. you are between entry into 9th grade and the student's 19th birthday.

C. your parents and school doctor approve.

D. you meet the standards of the NYSED Athletic Placement Process - a policy adopted by the Laurens Board of Education permitting students in Grade 7 and 8 to play Varsity and/or Junior Varsity athletics.

E. you enrolled during the first 15 days of the current semester.

F. two weeks have passed since transferring from another school.

G. beginning the season in which the student enters Grade 9 for four consecutive seasons.

H. you have not violated the all-star rule.

I. you have not played or practiced with a college team.

J. you are an amateur, having never used your athletic skill for monetary gain, and if you have never competed under an assumed name.

K. you are familiar with the rules of the game and the standards of sportsmanship.

L. all students who are involved in interscholastic athletics abide by Section 4 and State Education Department policies.

XI. MODIFIED REQUIREMENTS

You are eligible if:

A. you are a student in grades 7, 8, or 9

B. you are between entry into 7th grade and the student's 16th birthday

C. your parents and school doctor approve.

D. you enrolled during the first 15 days of the current semester.

E. you have not played or practiced with a college team

F you are an amateur, having never used your athletic skill for monetary gain, and if you have never competed under an assumed name.

G. you are familiar with the rules of the game and the standards of sportsmanship.

H. all students who are involved in interscholastic athletics abide by Section 4 and State Education Department policies.

I. At the modified level, all students who maintain their academic eligibility and practice on a regular basis will play.

XII. LOCKS/LOCKERS

Since the Physical Education classes and interscholastic teams are using the same facilities, the following regulations on locks will apply to both.

A. Each student will be issued a locker in the Locker Room.

B. No glass bottles are permitted in the Locker Room or on the bus.

XIII. LOCKER SECURITY

A. Students are responsible for maintaining their own security in their lockers.

B. When the locker is issued, only the individual student should know the combination.

C. The students must keep the locker locked at all times that he/she is not in the immediate vicinity.

D. It is extremely difficult to recover stolen property, so the student must be aware of what valuables he/she has and properly secure them at all times.

XIV. STUDENT MANAGERS

Student Managers can be of great help in the operation of an athletic program. The following suggestions are listed in the selection of these individuals.

A. A number of boys and/or girls in school are interested in sports but not from a competitive point of view. The coach of the activity should encourage school students to act as managers of that sport.

B. Student managers must comply with and are subject to all rules and regulations as established for athletes. This includes attendance at practices and games, and the Academic Eligibility Policy.

C. The coach assigns the manager jobs and other responsibilities, which must be carried out for all practices and all games, both home and away.

D. Many students, including students in 5th and 6th grades ask to be student managers. (No student below the 5th grade may serve as a student manager.) The coach should use these boys/girls for the first few weeks of the season and select the ones he/she will need. His/her selection should be based on willingness to work, reliability, enthusiasm, school citizenship, the ability to handle the extra load, the geographic closeness to school, and parental permission. (Parental Permission: A parent must review the Athletic Handbook and complete all permission forms as do parents of student athletes.)

E. Student Managers may earn credit towards a manager award/certificate. This does not count as credit toward a Varsity Jacket.

XV. INSURANCE

A. All school injuries MUST be reported to your coach and/or the School Nurse immediately or not more than twenty-four hours after the occurrence of the accident. The Coach must fill out an

Accident Report and submit it to the School Nurse.

B. PARENTS/GUARDIANS:

1. Parents/Guardians must use their own insurance before they file a claim with the school's insurance company.

2. For claiming bills which were not covered by the parent's medical insurance, the following procedure should be followed:

   a. You must secure a Claim Form from the School Nurse.

   b. The top part of the Claim Form must be completed by the School Nurse.

   c. The bottom part of the Claim Form must be filled out by the doctor or hospital to which you owe money.

   d. The back of the Claim Form must be filled out by a parent or guardian.

   e. The completed Claim Form must be returned to the School Nurse who will send it into the school insurance carrier.

   f. If the claim is allowed, a check for all or part of the claim will be sent to the School Nurse who will forward the check to you. It will be the parent/guardian's responsibility to forward payment to the doctor or hospital.

   g. Laurens Central School cannot pay bills in any other manner.

C. CATASTROPHIC INSURANCE

1. The school district will provide this coverage for students involved in interscholastic athletics if available and financially feasible.

2. This plan of insurance contractually provides benefits for the total care of a catastrophically injured and disabled interscholastic activities participant for the rest of his/her life.

3. The plan is designed to provide for complete medical needs arising from interscholastic participation injury for the rest of the disabled students life.

4. This includes, but is not limited to, the cost of hospital, doctors, medicines, rehabilitation to accommodate the disabled student, alterations to vehicles to transport the disabled student, and lost wages.

XVI. ATTENDANCE AT PRACTICES

A. To develop a sense of responsibility to one's self and others, it is important for an athlete to have regular attendance at practice. Practice develops skills, physical fitness and the endurance necessary for a successful team. All athletes must be in school by 8:10 am (8:05 plus A5) and remain in school to participate in practices or games that day. (Refer to additional information on page 8)

B. UNEXCUSED ABSENCES

1. FIRST Unexcused Absence - The participant will be counseled by the coach and will be allowed to return to the team.
2. SECOND Unexcused Absence - The participant will not be allowed to participate in the next regularly scheduled interscholastic contest.
3. THIRD Unexcused Absence - The participant will be suspended for the remainder of that particular sport season.
4. Students will not be dropped from a team due to academic ineligibility, but students must realize that missed practice and/or game may lead to loss of starting positions and/or playing time.

C. EXCUSED ABSENCES

1. Only legal absences from school will be accepted as Excused Absences from practice. (Work is not an excused absence)
2. If a player is unable to inform the coach ahead of time about an excused absence, he/she must bring a note signed by the parent/guardian to the coach regarding the absence prior to the next practice or game.
3. If a player misses a practice due to an appointment (doctor, dentist, etc.), a written note must be provided by that same appointment provider.
4. Detention, In-School Suspension and Out-of-School Suspension will be considered excused practices; however, students must realize that missed practices will lead to loss of play time and/or loss of starting positions.

D. These rules serve as a minimum requirement. Coaches may have more strict rules regarding attendance at practices. The rules must be in writing and handed out to every athlete at the beginning of the sport season for which the coach is responsible.

XVII. ATTENDANCE AT ATHLETIC CONTESTS

A. Attendance at all athletic contests for which the student is a member of the team is mandatory.

B. EXCUSED ABSENCE

1. Absences which are permitted as legal absences from regular school will be accepted as an excused absence from contest. This includes in-school suspension and out-of-school suspension; however students must realize that missed games due to in-school-suspension and out-of-school suspension will result in loss of playing time and/or starting positions. In addition, this will also have an effect on whether or not a student meets the requirements for earning JV or Varsity letters.

2. Extenuating circumstances at the discretion of the coach, and in consultation with the Director of Athletics.

C. UNEXCUSED ABSENCE - The student will be suspended for the remainder of that particular sport season.

D. These rules serve as a minimum requirement. Coaches may have more strict rules regarding attendance at contests. The rules must be in writing and handed out to every athlete at the beginning of the sport season for which the coach is responsible.

XVIII. PRACTICE SCHEDULES

A. Fall Sports – Soccer Practice begins at approximately 3:15 PM and ends at approximately 5:30 PM

B. Winter Sports - The exact times of practice will be determined by the availability of facilities as determined by the Athletic Director/Administration.

C. Spring Sports – Practice begins at approximately 3:15 PM and ends at approximately 5:30 PM.

D. Coaches will provide practice and game schedules to all athletes.

E. Parents are to pick up their children at their practice location whenever possible.

XIX. AWARDS

An athlete will receive the appropriate award for participation in a sport as long as they have successfully completed the entire season for that same sport. Criteria for successful completion of a season are as follows:

A. The athlete had no violations of the Athletic Participation Rules, as outlined in the Athletic Handbook, that caused the athlete to lose their award for a sport.

B. The athlete participated for the entire season, including post season play.

C. The athlete has received no long-term suspensions from the team.

D. Coaches will have discretion in awarding letters or certificates of participation to students missing significant portions of the season due to academic ineligibility, attendance, and/or injuries/illness. Students must have participated in at least one athletic competition to qualify for a JV or Varsity letter for that sport season.

E. Interscholastic athletic participants who do not receive a Varsity or Junior Varsity letter will receive a participation certificate.

F. Students will receive only one varsity letter and one JV letter during their athletic career. After receiving the letter, the athlete will receive pins.

G. Students must be present at the awards program to receive any Booster Club or major school awards (LCS Sportsmanship, Outstanding Athlete, Athlete of the Year, Scholar of the Year, Pat Grasso Memorial).

H. If a student is absent from the awards banquet they or their parent may submit a note to the Superintendent or the Building Principal outlining the reason for the absence. Only legal absences from school will be considered as a legal absence from the Awards Banquet. A student missing the Awards Banquet for a legal absence may receive their awards. Absences due to extenuating circumstances will be reviewed by an Awards Committee made up of school administrators and coaches. Decisions made by the committee will be final.

VARSITY LETTER AWARDS

1. Soccer
2. Basketball
3. Baseball

4. Softball
5. Outdoor Track and Field

JUNIOR VARSITY LETTER AWARDS

1. Modified Boys and Girls Soccer (9^{th} graders only)
2. Basketball
3. Modified Baseball (9th graders only)
4. Modified Softball (9th graders only)
5. Indoor/ Outdoor Track and Field

MODIFIED PROGRAMS (Receive Certificate of Participation)

1. Soccer
2. Basketball
3. Indoor / Outdoor Track and Field
4. Baseball
5. Softball

REQUIREMENTS TO EARN A VARSITY AWARD JACKET

1. All athletes must have earned seven (7) varsity letters/pins.

2. Jackets will be awarded to only Juniors and Seniors at the Annual Awards Banquet at the end of the school year. A student may earn only one jacket.

3. Once Seniors meet the requirement, they may receive their jacket.

XX. MISCELLANEOUS

A. Practices may be on Saturdays and/or Sundays due to gym availability.

B. All athletic participants are responsible for and subject to the rules of the NYSPHSAA Handbook.

APPENDICES

90% ATTENDANCE REGULAR SCHOOL ..... A

SPORTSMANSHIP..... B

SPORTS/PHYSICAL EDUCATION WAIVER FORM..... C

CONCUSSION MANAGEMENT POLICY …….. D

PARENTAL PERMISSION/MEDICAL TREATMENT FORM..... E

APPENDIX A

Re: 90% Attendance Regular School

When a student has in excess of 10% absences at the end of a ten week marking period, he/she is subject to the following conditions:

1. Immediate suspension from participation in any athletic programs for the next 20 school days.

    a. If, at the end of that time (20 school days), the student has attained a 90% regular school attendance record, then the student will be made eligible for participation in Athletics.

    b. If, however, the student has not attained the 90% regular school attendance record within the 20 days following the suspension, then the student will not be able to participate in athletics until the end of the next ten week marking period.

2. After a student has earned eligibility (having had 90% attendance record at regular school the preceding 20 school days) he/she is then granted probationary status. This means the following:

    a. The student is a probationary participant in athletics.

    b. The student must maintain a 90% attendance record at regular school for the next 20 school days. If the student attains that condition, at the end of the 20 days, the student is granted regular status.

    c. If, however, during the probationary period of time the student does not maintain a 90% attendance record at regular school, the student becomes ineligible for athletic participation and is suspended from athletic participation until his/her accumulative regular school attendance is 90% in a ten week marking period.

APPENDIX B

SPORTSMANSHIP

Spectator behavior in interscholastic sport contests continues to be of concern to school administrators and Boards of Education. In the past, there has been an increase in inappropriate cheers and vocal attacks on officials' decisions. Contests at all levels are effected in varying degrees. However, because of the closeness of a gym and the size of crowds, the intensity of unruly behavior surfaces most noticeably during basketball. Continuance of detrimental behavior on the part of the spectators can only affect the athletic program negatively. Crowd behavior, therefore, is not a singular responsibility, but a common effort by all parties involved.

Good sportsmanship in the form of wholesome spectator behavior and player conduct is necessary to good school spirit. To this end, the following guidelines and recommendations have been developed.

A. **Alcohol/Illicit Drugs/Synthetic Cannabinoids/Misuse of Legal Drugs** - Use, possession, or sale of these will not be allowed at athletic contests. Students in possession of, under the influence of, or involved in the act of selling the previously mentioned substances will be referred to the administration and the school discipline policy will be followed. Other spectators will be required to leave school property. Police authorities may be called.

B. **Supervision of Younger Students** - Students through the 6th grade level will not be admitted to athletic events unless accompanied by a parent or responsible adult. Booster Club members should not have to monitor students at athletic events.

C. **Abusiveness Towards Coaches and Officials** - Abusiveness towards coaches and officials is unacceptable behavior. Accept the decisions of the game officials as final.

D. **Unsportsmanlike Cheers and Obscenities** - Unsportsmanlike cheers and obscenities will not be tolerated.

E. **Timers and Scorers** - Only experienced timers and scorers will be used at athletic events.

F. **Signs and Posters** - Only supportive signs and posters in good taste will be permitted.

G. **Spectators**

1. Spectators will be expected to conduct themselves in an orderly manner.

2. Spectators will be expected to cooperate with requests made by the public address announcer, Director of Athletics and/or the Administration in charge.

3. Rules of Conduct for Spectators

   a. As a spectator, you represent your school as much as any team member.

   b. The good name of your school is worth more than winning the game.

   c. Learn the rules of the game so you can be an intelligent spectator.

   d. Support your team enthusiastically, but with consideration and respect for the opponents.

e. Be considerate of your fellow spectators. Remain in your bleacher area until the game is finished.

f. Spectators who do not cooperate with the person(s) in charge at an interscholastic athletic event may be asked to leave that event.

g. If asked to leave an event, the spectator will be suspended from the remainder of that game and the following game.

h. If a spectator is asked a 2nd time during the season to leave an event, that spectator will be suspended from going to any events associated with the remainder of that season.

H. CHAPERONES AND SUPERVISORS

1. Chaperones for games will have a "Duties and Responsibilities List".

2. The authority of the chaperones will be made known to the students.

I. ATHLETES

1. As competitors, athletes will be expected to adhere to the appropriate and accepted decorum.

2. Athletes will not use gestures indicating a dislike of an official's decision.

3. Athletes who set a poor example of sportsmanship and/or citizenship will be disciplined in accordance with the provisions of the Student Athletic Handbook.

J. COACHES

1. Coaches will make sure all players know the rules of the sport.

2. Coaches must recognize that their actions and gestures can affect the behavior of the spectators.

3. Coaches will discipline athletes who set a poor example of sportsmanship.

THOSE WHO FAIL TO ABIDE BY THE GUIDELINES WILL BE DEALT WITH ACCORDING TO ESTABLISHED PRACTICE

APPENDIX C

LAURENS CENTRAL SCHOOL

SPORTS/PHYSICAL EDUCATION
WAIVER FORM
GRADES 10, 11, 12 ONLY

Sports/PE is for students that are participating in a sport at Laurens Central School and have a scheduling conflict between an academic class and a physical education class. In this situation a student may be allowed to waive their physical education requirement while participating on a sports team. The student must be in grades 10-12, participating on a Junior Varsity or Varsity sports team, and have a scheduling conflict with an academic course to be allowed to waive their physical education requirements.

The following sports will allow a waiver for certain quarters of the academic school year:

Soccer	1st quarter
Basketball	2nd & 3rd quarter
Color guard	2nd & 3rd quarter
Indoor Track & Field	2nd & 3rd quarter
Softball/Baseball	4th quarter
Track & Field	4th quarter

Students will be required to return to physical education when the quarter has ended. Arrangements will be made through the physical education department for students to add/delete physical education into their schedule. If a student does not finish the season they will be required to return to physical education immediately, regardless of the scheduling conflict.

Copies of this form must be kept on file in both the Guidance Office and Physical Education Office.

Sport/Quarter: _____ _____

_____ _____

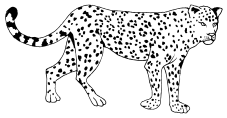
_____ _____

_____ _____
Parent Signature Date

_____ _____
Student Signature Date

APPENDIX D

Laurens Central School District Board Policy



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Subject: **Concussion Management**

The Board of Education of the Laurens Central School District recognizes that concussions and head injuries in children and adolescents who participate in sports and recreational activities can have serious consequences if not managed carefully. Therefore, the District adopts the following policy to support the proper evaluation and management of head injuries.

A concussion is a mild traumatic brain injury. A concussion occurs when normal brain functioning is disrupted by a blow or jolt to the head. Recovery from a concussion will vary. Avoiding re-injury and over-exertion until fully recovered are the cornerstones of proper concussion management.

While district staff will exercise reasonable care to protect students, head injuries may still occur. Physical education teachers, coaches, nurses and other appropriate staff will receive training to recognize the signs, symptoms and behaviors consistent with a concussion. Any student exhibiting those signs, symptoms or behaviors while participating in a school sponsored class or activity, extracurricular activity, or interscholastic athletic activity shall be removed from the game or activity and be evaluated as soon as possible by an appropriate health care professional. The school nurse will notify the student's parents or guardians and recommend appropriate monitoring, based on this policy, to parents or guardians.

If a student sustains a concussion at a time other then when engaged in a school-sponsored activity, the district expects the parent and/or legal guardian to report the condition to the school nurse so that the district can support the appropriate management of the condition.

Per NYSED Guidelines, a student shall not return to school or activity after sustaining a concussion until authorized to do so by an appropriate healthcare professional. If the student sustains a head injury during an intramural sport (game or practice), that student must be evaluated by a physician (MD or DO). Only the physician can diagnose and clear the student of the concussion.

If the student sustains a head injury in gym class, recess, or any other non-intramural activity, that student may be evaluated by an NP, PA, MD, or DO for diagnosis and/or release to activity. Once a student has been released to full participation and/or the 6 step process, and they have no further signs, symptoms or complications, the school nurse and/or the School Based Healthzone may release him/her to full activity. However, the school's Chief Medical Officer will have the final and ultimate decision regarding the return to an activity including physical education, recess, and intramural sports. Any student who continues to have signs and symptoms upon return to an activity must be removed from play and re-evaluated by an appropriate healthcare provider (MD, DO, NP, PA).

The Superintendent, in consultation with appropriate district staff, including the school's Chief Medical Officer, will develop guidelines and procedures to guide the return to activity.

Education

Concussion education should be provided for all administrators, teachers, coaches, school nurses, athletic trainers and instructional support staff members. Education of parents should be accomplished through preseason meetings for sports and/or information sheets provided to parents and/or included in the school newsletter. Education should include, but not be limited to the definition of concussion, signs and symptoms of concussion, how concussions may occur, why loss of consciousness is sufficient but not necessary to diagnose a concussion, why concussions are not detected with CT Scans or MRI's, and the recommended management of the injury, and the protocol for return to school and return to activity or interscholastic athletics. The protocols will cover all students returning to school after suffering a concussion regardless if the accident occurred outside of school or while participating in a school activity.

Concussion Management Team

The District will assemble a concussion management team (CMT). The CMT will consist of the Athletic Director, School Nurse, Athletic Trainer (if applicable), and Administrator, at least one member of the coaching staff and the school physician. The District's CMT will coordinate training for administrators, teachers, coaches and parents. Training will be mandatory for all coaches, teachers, aides and advisors to extracurricular activities that work with students regularly. In addition, information related to concussions will be included at parent meetings or in information provided to parents at the beginning of sports seasons. Parents need to be aware of the school district's policy and how these injuries will ultimately be managed by school officials.

Training will include: signs and symptoms of concussions, post concussion and second impact syndromes, return to play and school protocols, and available area resources for concussion management and treatment. Particular emphasis will be placed on the fact that no student will be allowed to return to play the day of injury and also that all students should obtain appropriate medical clearance prior to returning to school and/or participation in activities.

The CMT will act as a liaison for any students returning to school and participation in activities following a concussion. The CMT will review and/or design an appropriate plan for the student while the student is recovering.

School district CMT's can utilize the NYSPHSAA website as well as www.keepyourheadinthegame.org for information related to the signs and symptoms of concussions and the appropriate return to play protocols. A handout describing the Concussion Management Team is also available on the NYSPHSAA website. A Concussion Management Check List that has been approved and recommended by NYSPHSAA is available on this site.

Concussion Management Protocol

Return to Participation

Return to participation following a concussion involves a stepwise progression once the individual is symptom free. There are many risks to premature return to play including: a greater risk for a second concussion because of a lower concussion threshold, second impact syndrome (abnormal brain blood flow that can result in death), exacerbation of any current symptoms, and possibly increased risk for additional injury due to alteration in balance or judgement.

The NYSPHSAA current "Returns to Play Recommendations" are based on the most recent international expert opinion, and are as follows:

- No student should return to play while symptomatic.
- Students are prohibited from returning to play the day the concussion is sustained.
- If there is any doubt as to whether a student has sustained a concussion, it should be treated as a concussion.
- Once the student is symptom free at rest for 24 hours and has a signed release by the treating clinician, she/he may begin the return to play progression below (provided there are no mitigating circumstances).

*No activity requiring exertion until asymptomatic for 24 hours
Step 1: Light Aerobic Activity
Step 2: Moderate Aerobic Activity
Step 3: Non-Contact Sport-Specific Drills
Step 4: Non-Contact Sport Specific Activity
Step 5: Full Practice, Contact Activity Permissible
Step 6: Full Return to Game Play

Each step should take a minimum of 24 hours so that an athlete would take approximately one week to proceed through the full rehabilitation protocol once they are asymptomatic at rest with provocative exercise. If any post concussion symptoms occur while in the stepwise program, then the student should drop back to the previous asymptomatic level and try to progress again after a further 24-hour period of rest has passed. The student will also be monitored by the school nurse for recurrence of symptoms due to mental exertion, such as reading, working on a computer, or taking a test, using the guidelines established in this policy

Concussion Management Training Protocol

1. The district will utilize the NYSPHSAA "Invisible Injury" DVD at all coaches, players and parent meetings.
2. All coaches, athletic directors, administrators and the school nurse will be required to take the NFHS Online Concussion Management Course. (www.nfhslearn.org)
3. All coaches, athletic directors, administrators and the school nurse will be trained in the use of the attached LCS Concussion Checklist, Addenda A, and will be required to implement the checklist any time there is a reason to suspect a possible concussion.

4. The student's PCP (MD/DO)/school physician will be required to complete the attached Laurens Central School "Physician's Evaluation", Addenda B, for any LCS student that may have had an incident that is suspected of causing a concussion. The form will be kept on file in the school nurses office. The school nurse will provide copies to the administration and to coaches.
5. All coaches, athletic directors, administration and the school nurse will be trained in the implementation of the attached LCS "Return to Play" protocol, Addenda C, and will follow/implement the protocol for all students under their supervision.
6. All teachers, coaches, advisors, support staff and administrators will be provided with a copy of the "Heads Up to Schools: Know Your Concussion ABC's" and accompanying "Concussion Signs and Symptoms" checklist (1 per room). The "Know Your Concussion ABC's" is to be posted in each classroom. The checklist is to be kept with the LCS Crisis Plan.

Revised and adopted: ***December 17, 2013***
Reviewed and readopted: ***July 22, 2020***
Revised and readopted: ***October 21, 2020***

ADDENDA A
Laurens Central School Concussion Checklist

Name: _____ Age: _____ Grade: _____

Sport: _____ Date of Injury: _____ Time of Injury: _____

On Site Evaluation

Description of Injury: _____
_____
_____
_____

Has the athlete ever had a concussion? Yes No

Was there a loss of consciousness? Yes No Unclear

Does he/she remember the injury? Yes No Unclear

Does he/she have confusion after the injury? Yes No Unclear

Symptoms observed at time of injury:

Indicate Yes or No in every column for each symptom	**0 Minutes**	**15 Minutes**	**30 Minutes**	**_____Minutes** just prior to leaving
Dizziness				
Ringing in Ears				
Drowsy/Sleepy				
"Don't Feel Right"				
Seizure				
*Memory Problems **See check list next page**				
Blurred Vision				
Vacant Stare/Glassy Eyed				
Headache				
Nausea/Vomiting				
Fatigue/Low Energy				
Feeling "Dazed"				
Poor Balance/Coord.				
Loss of Orientation				
Sensitivity to Light				
Sensitivity to Noise				

Continue on next page

Is participant is to be alert to person, place and time? The following questions are to be asked and accurately answered by the participant to generate a "No" response.

1. Who is the president?
2. What is your name?
3. Where are we?
4. What day of the week is it?
5. What have we been doing?

4. Other Findings/Comments:

_____

_____

Final Action Taken:

Was the student pulled from participation?	Yes	No
Did the student return to participation?	Yes	No
Were the parents/guardians notified?	Yes	No

If yes, how? _____

Was the participant taken to the hospital?	Yes	No

If yes, by whom? _____

Evaluator's Signature: _____ Title: _____

Address: _____ Date: _____ Phone No.: _____

ADDENDA B
Laurens Central School Physician Evaluation

Date of First Evaluation: _____Time of Evaluation: _____

Date of Second Evaluation: _____Time of Evaluation: _____

Symptoms Observed:	**First Doctor Visit (NP/MD/DO/PCP)**		**Second Doctor Visit (MD/DO/PCP)**	
Dizziness	Yes	No	Yes	No
Headache	Yes	No	Yes	No
Tinnitus	Yes	No	Yes	No
Nausea	Yes	No	Yes	No
Fatigue	Yes	No	Yes	No
Drowsy/Sleepy	Yes	No	Yes	No
Sensitivity to Light	Yes	No	Yes	No
Sensitivity to Noise	Yes	No	Yes	No
Anterograde Amnesia *(after impact)*	Yes	No	Yes	No
Retrograde Amnesia *(backwards in time from impact)*	Yes	No	Yes	No

*Please indicate yes or no in your respective columns. First Doctor use column 1 and second Doctor use column 2.

First Doctor Visit:

Did the student sustain a concussion? Yes No (one or the other must be circled)

** Post-dated releases will not be accepted. The athlete must be seen and released on the same day. Please note that if there is a history of previous concussion, then referral for professional management by a specialist or concussion clinic should be strongly considered.

Additional Findings/Comment: _____
_____
_____

Recommendations/Limitations: _____
_____

Signature: _____ Date: _____

Print or Stamp Name: _____ Phone Number: _____

Second Doctor Visit:

*** Student must be completely symptom free in order to begin the return to participation progression. If student still has symptoms more than seven days after injury, referral to a concussion specialist/clinic should be strongly considered.

Please check on of the following:

☐ Student is asymptomatic and is ready to begin the return to play progression

☐ Student is still symptomatic more than seven days after injury.

Signature: _____ Date: _____

Print or Stamp Name: _____ Phone Number: _____

ADDENDA C
Laurens Central School Return to Play Protocol Following a Concussion

The following protocol has been established in accordance to the National Federation of State High School Associations and the International Conference on Concussion in Sport, Prague 2004

When a student shows ANY signs or symptoms of a concussion:

1. The student will not be allowed to return to play in the current game, practice or activity.
2. While in the school's care the student should not be left alone, and regular monitoring for deterioration is essential.
3. The coach/advisor will contact the student's parents/guardian immediately.
4. The student should be medically evaluated following the injury.
5. Return to play must follow a medically supervised stepwise process.

The cornerstone of proper concussion management is rest until all symptoms resolve and then a graded program of exertion before return to sport. The program is broken down into six steps in which only one step is covered a day. The **six** steps involve the following:

***No activity requiring exertion until asymptomatic for 24 hours**

Step 1: **Light Aerobic Exercise:** Student may walk or ride a stationary bike. Heart rate should remain below 60% of HR max. Athlete should be able to maintain conversation while exercising. Athlete may not participate in any sport related activities on this day. No resistance exercises or weight training in this step and no more than 25 minutes total activity time.

Step 2: **Moderate Aerobic Activity:** Athlete may increase the intensity of activity, including stationary bike, jogging or running. Heart rate should remain below 85% of HR max. Athlete may not participate in any sport related activities on this day. No resistance exercises or weight training in this step and no more than 35 minutes total activity time.

Step 3: **Non-Contact Sport Specific Drills:** Athlete may begin individual sport specific drills, which can include running, dribbling, passing, catching, shooting, punting (all with hands or feet). Athlete may begin sprinting and agility drills. No contact drills of any sort including heading for soccer. Goalkeepers are not to face any shots nor perform any diving activities in this step. No team drills or plays allowed. Athletes may begin light resistance training in this step. No more than 45 minutes total activity time.

Step 4: **Non-Contact Sport Specific Activity:** Athlete may begin organized team drills, to include offensive and defensive drills, set plays, etc. No full scrimmage play. In soccer, athletes may begin controlled heading drills (ie: partner tosses ball. Absolutely no heading of corner kicks, serviced balls, goal kicks or punts.) Goalkeepers may begin to face shots, begin controlled dives and begin to catch crosses without being challenged. No tackling or full scrimmage play. Athletes may return to full weight training in this step. No more than 60 minutes total activity time.

Step 5: **Full Practice, Contact Activity Permissible**: Athlete may return to all practice activities, including all team play and scrimmage, and all drills, including heading drills for soccer. In addition, goalkeepers may resume all activities including full scrimmage play.

Step 6: **Full return to game play**

If any concussion symptoms recur, the student/athlete should drop back to the previous level and try to progress after 24 hours of rest.
The student-athlete should also be monitored by the school nurse for recurrence of symptoms due to mental exertion, such as reading, working on a computer, or taking a test.

ADDENDA D
Laurens Central School Return to Play Protocol and Checklist

Student Name: _____

Indicate Yes or No in every column for each symptom	**Step 1 Date:_____**	**Step 2 Date:_____**	**Step 3 Date:_____**	**Step 4 Date:_____**	**Step 5 Date:_____**
Dizziness					
Ringing in Ears					
Drowsy/Sleepy					
"Don't Feel Right"					
Seizure					
*Memory Problems **See check list next page**					
Blurred Vision					
Vacant Stare/Glassy Eyed					
Headache					
Nausea/Vomiting					
Fatigue/Low Energy					
Feeling "Dazed"					
Poor Balance/Coord.					
Loss of Orientation					
Sensitivity to Light					
Sensitivity to Noise					
Signature of Evaluator					

***No activity requiring exertion until asymptomatic for 24 hours**

Step 1: Light Aerobic Activity
Step 2: Moderate Aerobic Activity
Step 3: Non-Contact Sport Specific Drills
Step 4: Non-Contact Sport Specific Activity
Step 5: Full Practice, Contact Activity Permissible
Step 6: Full Return to Game Play

If any concussion symptoms recur, the student/athlete should drop back to the previous level and try to progress after 24 hours of rest.

Revised and adopted: ***December 17, 2013***
Reviewed and readopted: ***July 22, 2020***
Revised and readopted: ***October 21, 2020***

APPENDIX E

LAURENS CENTRAL SCHOOL
LAURENS, NEW YORK

PARENTAL PERMISSION/MEDICAL TREATMENT FORM
FOR
PARTICIPATION IN EXTRACURRICULAR ATHLETICS

In order for a student to participate in the Extracurricular Athletic Program at Laurens Central School it is important that all parents and athletes agree with each of the following:

1. Athletic Handbook

It is important that all athletes and their parents receive a copy of the Athletic Handbook, and read and understand the rules and regulations for participation in athletics. By signing this form athletes and parents agree to the following:

a. I have received and read the Laurens Central School Athletic Handbook, and fully understand the rules and regulations for participation in the Extracurricular Athletic Program at Laurens Central School, including the expectations for parents/guardians of athletes.

b. Athletes are required to follow all of the rules and regulations outlined in the handbook to participate in the Extracurricular Athletic Program at Laurens Central School.

c. All athletes will be subject to the consequences associated with any violations of the rules and regulations outlined in the athletic handbook.

2. Acknowledgement of Risk

By signing this form athletes and parents realize there is a possibility that an athlete may suffer severe injury, including permanent paralysis or death, as a result of participating in athletic activities.

3. Emergency Medical Attention

It is important that all athletes and parents understand that medical emergencies may arise through participation in extracurricular athletics. The school district/coaching staff will make every effort to contact parents in order to obtain specific authorization before any treatment or hospitalization is undertaken. By signing this form parents grant permission to a physician or other hospital personnel designated by the Laurens Central School Coaching Staff to attend to their son or daughter in the event of an emergency requiring medical attention.

4. Medication Permission Form

There are times when an athlete is required to take prescribed medications while traveling, competing, performing or acting in other roles as a member of an Extracurricular Athletic Program of Laurens Central School. By signing this form parents acknowledge that they have:

a. Supplied their child with the appropriate medications

b. Listed the specific drug and dosage on this form

c. Absolved the school district and school staff of any responsibility for assurance that the medication was self administered

d. Understand that the staff of the Laurens Central School will attest that said drugs were self administered.

_____ _____

Name of Athlete: (please print) Signature of Athlete

_____ _____

Name of Parent: (please print) Signature of Parent

_____ _____

Date Athletes date of birth (mo./day/year)

Parents Home Phone: _____

Parents Work Phone: _____

Parents Cell Phone: _____

Emergency Contact: _____

Relationship to Athlete: _____

Emergency Contact Phone: _____

Emergency Contact Cell: _____

Home Address: _____

_____

List of Medications: _____

_____

Dosage: _____

Prescribed by: _____

Allergies to medications: _____

Other medical conditions that a doctor or emergency room personnel need to be aware of:

_____

_____