

**Johnsburg - Minerva
Athletic Handbook
2025-2026**



**STUDENT - PARENT
ATHLETIC PROGRAM
HANDBOOK**

**JOHNSBURG-MINERVA
ATHLETICS**

**JOHNSBURG CENTRAL SCHOOL
165 Main Street
NORTH CREEK, NEW YORK
(518) 251-2921**

AND

**MINERVA CENTRAL SCHOOL
1466 Co. Rte. 29
OLMSTEDVILLE, NEW YORK
(518) 251-2000**

**MEMBERS OF THE
N.Y.S.P.H.S.A.A.
SECTION 7 and SECTION 2**

AND THE

**MOUNTAIN AND VALLEY
ATHLETIC CONFERENCE**

ADIRONDACK LEAGUE

**INTERSCHOLASTIC ATHLETIC
RULES AND REGULATIONS FOR STUDENT
ATHLETES AND PERSONNEL**

This handbook is designed to assist all Johnsbury and Minerva Central School students and parents in understanding the requirements of being a student-athlete. More detailed information is available from the athletic coordinators, coaches, and administrators at either building.

All students participating in, or affiliated with, interscholastic sports programs (student-athletes, managers, score and record keepers, etc.) are subject to the rules and regulations outlined in this handbook.

The described policies, rules, regulations and requirements apply throughout the school year, on or off school property, and whether or not the sport in which the student participates is in season. (First day of fall season practice through graduation.)

Students must abide by the Johnsbury or Minerva Student Parent handbook, Athletic handbook, and the New York State Public High School Athletic Association Guidelines.

1. Joining a Team

Any student in either Johnsbury or Minerva Central School who fulfills the requirements of age, eligibility, etc. set by N.Y.S.P.H.S.A.A. may join athletic teams. Each student-athlete & parent **must** read the athletic handbook and sign the permission slip and release form in order to be eligible for participation in any athletic program. Health interval forms must be completed prior to the first practice. A valid physical completed by a Health Care Provider in NYS must also be submitted prior to the first practice. The physical must be within 12 months, to the day, of the start of the sports season to be considered valid.

Player selection and participation is at the discretion of the appointed coach.

Commitment and Schedules

Joining and participation on an athletic team is a commitment for the student athlete and their families. With the commitment comes the need to be flexible because throughout every season there are scheduling changes that will occur. When these changes occur, the notification will be made on Parent Square as well as be on the school website. These two locations will be the most accurate places to view and confirm practice and game schedules throughout all athletic seasons.

2. Available Programs

All athletic programs are designed to encourage student participation at an appropriate level. Soccer, cross country, basketball, nordic, baseball, softball, tennis and golf are available at both the varsity (grades 10-11-12) and modified (grades 7-8-9) levels.

Students are able to join an individual sport team (Golf/cross-country/Nordic, etc) and a team sport (soccer/basketball) however, the team sport is their primary sport and comes first. Preparing for and competing in the individual sport is the responsibility of the student athlete.

Opportunities to participate at North Warren- Golf, Bowling. If you are interested in these programs, transportation is the responsibility of the student athlete and their family.

3. Levels of Play

Typical levels of play: Grades 7-9 modified sports. Grades 10-12 Varsity

With both coach and athletic coordinator approval, a 9th-grade student may try out for a varsity team. Per NYSPHSAA rules, a student may attend no more than three practices, after which a determination to place the student on the varsity team will be made by the coach. Students who opt to continue to attend varsity practices will no longer be eligible to play on a modified team. In select circumstances, 8th-grade students who meet NYS athletic placement process criteria may also be eligible for varsity play. Placement on the varsity team for

students meeting these requirements is subject to the coach's approval.

Testing Up to a Higher Level- APP Process must be completed as well as sign off from parents, school physician and Athletic Coordinator. PE teachers may supervise the APP process and submit to the Athletic Coordinator for submission to the MVAC and Section 7. An athlete must be selected by a coach and approved by the Athletic Coordinator to test up to a higher level of play, the student or parents may not be the party to request the player move up a level.

4. Johnsburg-Minerva Athletic Program Philosophy

The Johnsburg-Minerva athletic program's priority, first and foremost, is to promote and teach sportsmanship and teamwork at all levels of competition. Winning is important, but it is not everything.

Elementary Focus: At the elementary level the coach is expected to develop enjoyment of the game in addition to the skills of the game.

Skill building is progressive and all students should be given equal opportunity to practice those skills in competitive play.

Modified Focus: Modified players should continue building skills through practice and in competitive play, but a transition to earning playing time through demonstration of skill, effort, attendance begins to occur.

Varsity Level: Playing time may be directly related to skill level, but there should be consequences for poor sportsmanship, lack of effort, skipping practice, etc. School Work and Grades may be included in consequences.

Playing time is also determined by the coach based on the opponent being played. Attendance at practice is a must. If a practice is missed before a game, a note from a healthcare professional or legal advocate will need to be provided. The coach may use absences from practice when giving playing time.

Code of Conduct

5. Practices

All practices are to be considered closed practices. A closed practice requires that anyone not playing on the team or coaching the team must remove themselves from the court or field where the practice is held.

6. Attendance

All student-athletes are expected to be in attendance at every practice and game unless personally excused by the coach. On game days, athletes need to be in attendance for a full school day unless there is a legal excuse such as a doctor/dentist appointment. If the event is on a non-school day, the student must be present on the last school day, preceding the event, unless legally excused.

Vocational Education Students must be present at their selected program no later than 9:00am unless they provide a legal and valid reason for the late arrival signed by a parent/guardian or medical care provider.

It is very important that students be on time to school and classes every day and every period. Detention and/or extra instruction time must be honored before a student will be allowed to participate in any athletic program. Honoring those commitments MUST come first; however, they are not an excuse from practices or games.

Athletes who are unable to attend practice must inform their coach in advance, as this helps ensure the well-being and coordination of the team. The school recognizes that, occasionally, extenuating circumstances may occur. Eligibility to play or practice for students encountering such circumstances will be determined by the administration on a case by case basis. Students with negative attendance patterns, excused or unexcused, may be denied the privilege to practice or play by the administration.

7. Academic Performance

Student-athletes must meet eligibility requirements in order to participate. The primary function of our schools is to ensure, to the best of our ability, that students are academically successful. Students' classroom work is most important. Coaches and administrators will review report cards and students will be subject to school eligibility requirements. Please refer to the eligibility policy in the student-parent handbook. In addition, student-athletes who are academically ineligible are expected to attend and participate in all practices and attend all games as part of the team but are not permitted to dress in uniform for the game.

8. Physical Education Participation

Athletes must participate in their regularly scheduled Physical Education class to participate in practice and contests.

9. Training Rules and Expectations

All students participating in athletics must adhere to all training rules and expectations outlined in the handbook and by the team coach. This includes expectations for dress, demeanor, and behavior.

10. Physical Substances and Cyber Image Policy

Any student-athlete must not be associated with any alcohol, tobacco, vaping, illegal or controlled drug substance. "Associated" means the use, possession, display, exhibition, influence, or sale of such substances. This statement is valid whether he/she is on any school properties, or not. Upon confirmation of an infraction, the administrator will suspend the offender and notify the parents.

Range of penalties will include a minimum suspension of three (3) games.

If a student-athlete is academically ineligible at the time of a substance abuse violation, they will be required to complete this suspension after becoming academically eligible.

Such infractions may also involve school disciplinary measures and police involvement.

Cyber Image – Any identifiable image, photo or video which implicates a student athlete to have been in possession or presence of drugs or portrays actual use, or out of character behavior or crime, shall be confirmation of a violation of the code. Since there is no way to establish the timeframe for when or the location of where the image was taken, it shall be the responsibility of the student athlete that he/she does not put themselves in these situations. It must be noted that there may be persons who would attempt to implicate an athlete by taking such images to place them in a situation where they might be in violation of this code standard. This is our rationale for demanding that our athletes not place themselves in such environments.

11. Cell Phone Policy

Follow the STUDENT HANDBOOK POLICY regarding Cell Phones and Cell Phone usage.

12. Quitting or Removal from Teams

It is our hope that involvement in interscholastic athletics not only develops one's self in a physical sense, but is also a means of developing a sense of commitment and dedication to the team. Any academically eligible Johnsburg or Minerva Central School student may participate in any athletic program. A student may join a squad for the first six practice sessions to ensure compatibility with the program. Should extenuating circumstances arise, this period may be extended.

Quitting:

Any athlete who decides to quit a team without permission from administration will be subject to an automatic two-game suspension of the next sports season they participate in.

Removal:

If a student is removed from the team, the coach and administrator will notify the parent/guardian who may, at their discretion, request a meeting to be reinstated to the team.

Suspension:

If a student is suspended from school, and from participating in games, the school suspension must be completed and the student formally readmitted to school, prior to the game suspension. In School Suspension will be at the discretion of administration and coaches.

13. Travel/Transportation:

We do not provide transportation to and from practices at the students' home school unless the practice ends prior to a regularly scheduled late bus. A shuttle bus transports students between Johnsbury and Minerva for practices/ home games. Any exceptions must be approved by the administration.

Transportation is provided to and from school for away games. Following away games, Johnsbury students are dropped off at JCS for parent pick-up and Minerva students will be dropped off at MCS for parent pick-up. Pick up and drop off at students' home school will occur over school breaks as well.

Students are expected to travel to games with their team. Occasionally there may be extenuating circumstances which may require students to travel separately, but these must be approved by the administration in advance. Student-athletes may be released to a parent following a game by signing the student out with their coach. Athletes may ride home with the parent or guardian of another student, but only if a written request has been made and approved by the school administration on the day of the event. The student must give the signed, approved request to his/her coach. At no time will students be permitted to transport other students. If a student athlete wishes to drive to practice (individual/others), written consent from the driver and passenger's parents/guardian must be submitted for approval by administration.

Transportation exceptions: Individual sports that are not considered fully merged sports (golf), self transportation is required for participation in these sports; that means to and from practice and games/matches.

14. Uniforms and Equipment

All team members must wear the assigned athletic uniform at all times during all games. Any exceptions will disqualify the player from participation as per NYSPHSAA regulations. Altering uniforms in any way is not permitted. Students are responsible for proper care of all uniforms during the season and prompt return of all equipment and uniforms at the season's end. Athletes not paying for the missing articles will forfeit their eligibility to participate in the next sports season until the situation is rectified. If not returned after 5 days at the end of the season (last game or practice), this will result in a lunch detention for every day not turned in thereafter. After 10 days, the athlete will be responsible for the cost of a new uniform.

15. Assumption of Risk

Interscholastic sports involve risk of injuries to the players and other support personnel, as well as, in some instances, spectators. In case of an accident, coaches and school personnel who have access to medical emergency forms found in this athletic handbook are hereby authorized to provide first aid and arrange for emergency treatment that they deem necessary.

16. Medical Examination

Prior to the first practice, all participants in athletic programs must have completed an annual medical examination by the school physician, or a NYS licensed health care provider of their choice. All information relevant to the examination must be on file at the student's home school. The medical emergency release form included in this handbook must be completed and returned to the coach at the beginning of each sport season.

to help ensure student safety in case of a medical emergency.

17. Injuries

In the case of student injury which prohibits competition in any sport, it will be necessary to obtain a physician's statement indicating the student's ability to resume participation before he/she may participate in practice sessions or games. All injuries must be reported to the coach. The coach will complete all required accident forms and submit copies to the school's health office no later than 24 hours following the injury. This report will be available if the student seeks outside treatment. Parents are reminded that school insurance coverage is supplemental to the student's or parent's medical insurance after it has been applied.

18. Head Injuries and Concussion Management

All students participating in athletics must submit to an ImPact test annually to ensure that the Neurocognitive baseline is current and accurate. Any student who sustains a head injury is not permitted to return until they have been symptom-free for a minimum of 24 hours and have been evaluated by and receive written and signed authorization to return to activities from a duly licensed physician. When physical symptoms are no longer present, the student must be cleared to resume normal activities by a duly licensed physician. Once cleared, providing the signed authorization, every athlete will be subject to completing the Return to Play Protocol (RTPP), consisting of 5 days of gradual increase in activity. Should any athlete have a regression in symptoms while completing the RTPP, they will be referred back to their licensed physician. Every Athlete will also perform a repeat ImPact test, results being reviewed by the schools Medical Director. Once the RTPP has been completed without concerns the final return to play decision must be made by the school Medical Director. Student Athletes under no circumstance will be allowed to resume normal activities after a concussion until cleared by the school Medical Director. Physical Education teachers will be in charge of the RTPP Protocol tracking sheets and the administration of the online ImPact testing.

19. Parents, Community and Supporters

If instances of unacceptable school or community behavior are caused by or involve a student-athlete, the athlete may be subject to school discipline measures.

Section 7 and NYSPHSAA have Fan Behavior/Sportsmanship courses offered by NFHS that must be completed before attending another sporting event after the removal from any event (any level).

Link for "Sportsmanship" course: <https://nfhslearn.com/courses/sportsmanship-2>

We welcome parental support of the Johnsburg-Minerva athletic program. Parents are expected to model good sportsmanship for our students. Parents are reminded that the coach is in charge of the program and responsible for making decisions for the team. At no time should a parent direct negative comments towards the coach, or the team, during or after the game or practice. It is important that students and parents realize that difficult situations are an important part of the learning process. In order to protect the integrity of the coach/athlete relationship we encourage the athlete to personally speak with the coach about any problems that arise during the season.

If parents have concerns or questions, they are to make arrangements for a conference by contacting the Athletic Director. The Athletic Director will set up a meeting between the parent and the coach if they feel it is necessary.

Chain of command:

- 1) Coach
- 2) Athletic Director
- 3) Administration

If the issue has not been resolved further meetings may require a combination of all levels to be involved.

Please do not attempt to confront a coach before, during or after a contest. These can be emotional times for all parties involved. Meetings of this nature usually do not promote a positive resolution and set up all parties for failure. Please set up a meeting with the coach and Athletic Directors to discuss any issues.

Social media other than ParentSquare is not an appropriate media through which to contact coaches. Coaches are not allowed to use or respond to social media comments, but should make the Athletic Director aware when they are notified of posts that are not of a positive nature towards the team.

Parents can support their children by attending games, emphasizing the spirit of team and fair play, and ensuring that students are working hard to be successful academically and athletically.

20.) Sportsmanship

Show respect for others – Be courteous to teammates, opponents, coaches, and officials. Always shake hands with opponents after the game.

Play fair – Follow the rules and accept the outcome of the game. Only team captains should speak to officials during competition.

Stay in control – Keep a positive attitude. Avoid arguing, using bad language, or showing poor sportsmanship.

Let the players play, the coaches coach, and the officials officiate. Fans should be loud, be proud, and be positive. When everyone knows their role, students benefit!

21.) PARTICIPATION AND ELIGIBILITY REQUIREMENTS (NYSPHSAA Rules)

Students are required to minimally have all of the following requirements for eligibility:

- A current (yearly) sports physical on file in the nurse's office prior to the athlete's participation in a sports season. Physicals are offered in school to all students as announced yearly, free of charge. Students may also go to a physician of the family's choice at their expense.
- All student-athletes and parents of student-athletes must sign the Athletic Handbook agreement to follow the Athletic Code of Conduct.
- All student-athletes must be in good academic standing, as outlined in our Eligibility Policy.
- All student-athletes must display school citizenship and sportsmanship, as outlined in these regulations.

No student team member will be allowed to participate in any team activities until the above requirements are fulfilled.

Last, but not Least

As a member of a Johnsburg-Minerva team, you will be looked upon with pride. Both schools have worked together to build a quality program for our students, and our communities are ready to support you. Your display of sportsmanship, grace under pressure, dignity, commitment, and behavior will establish a positive image of Johnsburg-Minerva athletics within our league, and serve as a model for younger athletes. Let's all work together to increase our successes and work to build pride in our teams, programs, and schools.

REMOVE THIS PAGE AND RETURN TO YOUR COACH
(Prior to the start of the first practice)

Sport: _____

Modified

☐

Varsity

☐

PERMISSION SLIP & MEDICAL RELEASE— Should my child require emergency medical care at any time during a sports related activity and I am unable to be reached, I give school officials or chaperones of this activity permission to act on my behalf (en loco parentis) regarding medical and surgical emergencies for my son/daughter, named and signed below.

Parent/Guardian Name: _____

Home/Cell # _____ Emergency Contact # _____

Address _____

Medical Insurance Company _____

Identification & Group # _____

Special Health Considerations (Allergies, Medication, Health Conditions):

Any changes in health conditions since the student's last updated physical?

No

☐

Change

☐

Update: _____

Concussions:

I have read the information related to concussions in the student handbook and understand that should my child incur a head injury he/she will be removed from play immediately and subject to the protocol contained within this handbook. More information regarding concussions may be found in the parent resources menu on the school website.

Parent Signature: _____

I have read and understand the Johnsburg-Minerva Athletic handbook and will abide by the information pertaining to student participation in the program. I understand the assumption of risk in regard to the possibility of injury due to the nature of physical activity associated with athletics and fully release the above information contained in the medical release for the above stated purpose.

Date: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

I pledge to abide by school, athletic program & team rules in order to participate in Athletics

Date: _____

Student Name/Signature: _____



JOHNSBURG - MINERVA ATHLETICS

NAME: _____ **DATE:** _____

Return to Play Protocol

Activities may begin when student is symptom free for 24 hours and cleared by their health care provider.

Day 1 – Low impact, non-strenuous, light aerobic activity.

Date: _____

Activity: _____

Day 2 – Higher impact, higher exertion, moderate aerobic activity, no resistance training.

Date: _____

Activity: _____

Day 3 – Sport specific non-contact activity. Low resistance weight training with a spotter.

Date: _____

Activity: _____

Day 4 – Sport specific activity, Non-contact drills. Higher resistance weight training with a spotter.

Date: _____

Activity: _____

Day 5 – Full contact training drills and intense aerobic activity.

Date: _____

Activity: _____

Once complete, please give a copy to the School Nurse and the Athletic Coordinator.

Signature: _____ **Date:** _____

Student-Athlete may resume activities only with the Medical Director's Final Approval.

Medical Director Clearance Date: _____