

Johnsburg - Minerva Athletic Handbook 2022-2023



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) 450-4089**

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

AND THE

**MOUNTAIN AND VALLEY
ATHLETIC CONFERENCE**

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

This handbook is designed to assist all Johnsburg and Minerva Central School students and parents in understanding the requirements of being a student-athlete. More detailed information is available from the athletic directors, 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.)

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.

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

2. Available Programs

All athletic programs are designed to encourage student participation at an appropriate level. Soccer, cross country, basketball, nordic, baseball, softball, and golf are available at both the varsity (grades 10-11-12) and modified (grades 7-8-9) levels. Tennis is offered as a club sport for students in grades 7-12.

3. Levels of Play

With both coach and athletic director 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.

4. Johnsbury-Minerva Athletic Program Philosophy

The Johnsbury-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.

5. Attendance

All student-athletes are expected to be in attendance at every practice and game unless personally excused by the coach. 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.

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.

6. Academic Performance

Student-athletes must meet eligibility requirements in order to participate. The primary function of our school 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 eligibility policy in the student-parent handbook.

7. 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.

8. Physical Substances

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 substance. 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 games.

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

9. 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 eligible Johnsbury or Minerva Central School student may participate in any athletic program. A student may join a squad for the first five practice sessions (eight for basketball) 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 will be subject to an automatic two-game suspension of the next sports season.

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.

10. 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. **At no time will students be permitted to transport other students.**

Transportation is provided to and from school for away games. Following away games Johnsburg students are dropped off at JCS for parent pick-up and Minerva students are dropped off at MCS for parent pick-up.

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.**

11. 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. Charges will be levied for any lost or damaged uniforms or equipment.

12.. 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.

13. 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 certified physician 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.

14. 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 both 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.

15. Head Injuries and Concussion Management

All students participating in athletics must submit to an ImPact test, when required, to ensure that the baseline is current and accurate. Any student who sustains a head injury and exhibits any sign of concussion including, but not limited to, loss of consciousness and/or dizziness will be removed from play and subject to a minimum 5 day period of exclusion. Athletes will follow a return to play protocol, this document is attached at the end of the handbook. When physical symptoms are no longer present an ImPact test will be performed as a means of evidence to determine eligibility to return to athletics. The final return to play decision must be made by the school physician.

16. The School and Community

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.

17. Parents

We welcome parental support of the Johnsbury-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 address negative comments towards the coach, or the team, during or after the game. If parents have concerns or questions they should make arrangements for a conference by contacting the school administrator.

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.

Last, but not Least

As a member of a Johnsbury-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 Johnsbury-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 last student school 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: _____

(Continued on reverse side)

I have read and understand the Johnsbury-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: _____

Student 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 Director.

Signature: _____ Date: _____

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

Medical Director Clearance Date: _____