

# Tapestry Charter School Athletic Handbook



## ATHLETIC HANDBOOK

### Philosophy

**Tapestry Charter School believes that participation in athletics provides the opportunity for developing lifetime skills that help students become well-rounded individuals capable of making decisions and handling problems.** Interscholastic athletics are aimed at enhancing academic achievement, strengthening the student's self-image, mind/body relationships, personal assessment and individual and group sportsmanship through a program that provides for both success and challenge.

The administrators, teachers, coaches, and officials realize that athletics is an integral part of the total education program and only **the highest standards of conduct and academic effort will be expected from all participants.**

### Policy

THS is committed to promoting the proper ideals of sportsmanship, ethical conduct and fair play at all school sporting events. In the interest of individual players, all aspects of the sports program will encourage activities that promote the best values of athletic competition. Coaches will consistently model acceptable standards of good citizenship and propriety with regard to the rights of others. Coaches participating in events are held responsible for the conduct of their players, assistant coaches, team personnel and themselves. Conduct which is detrimental to the educational value of athletic activities may be deemed just cause for the coach's reprimand, probation, suspension from a particular sport, or suspension from events.

## **EXTRACURRICULAR ACADEMIC REQUIREMENTS**

### Introduction

The academic eligibility requirements established by this document are designed to encourage students of THS to maintain strong grades while they participate in any specified extracurricular activity sponsored at the High School level. The term "specified extracurricular activity" shall include all clubs, athletic teams (including intramural as well as interscholastic), community service projects, student government and leadership positions, and school arts programs. The academic requirements shall apply to all Tapestry students participating in any extracurricular activity.

### Minimum Academic Requirements:

Students are expected to maintain passing academic grades and Habits of Work grades in all subjects. Those who are unable to maintain passing grades may lose their privilege to participate in specified extracurricular activities.

The following steps shall be taken in the event that a student begins failing one or more subjects during any marking period.

### Academic Probation:

A student who begins failing one or more subjects during any grade period is automatically placed on Academic Probation. Academic Probation lasts a minimum of five (5) weeks, and provides an opportunity for the student to improve academic performance and establish consistent habits for success. While on Academic Probation, a student may continue to participate in specified extracurricular activities only if they obtain remedial assistance, acceptable to the Principal, in order to help attain passing grades.

Students who improve their grades within the five (5) week time limit, so they are no longer failing any subject, are removed from Academic Probation.

Students who are unable to remove themselves from Academic Probation within the five (5) week time limit shall continue on Probation and shall be subject to Academic Ineligibility (Step II).

### Academic Ineligibility:

A student who continues or resumes failing one or more subject after the expiration of a five (5) week period of Academic Probation is automatically subject to Academic Ineligibility. Academic Ineligibility means that the student will not be permitted to participate in ANY specified extra-curricular activities for as long as he or she is failing one or more subject. A student who believes that they should be removed from Academic Ineligibility status must obtain a note from the teacher(s) of all classes in order to verify the student's current pass/fail status.

### **Regulations for Athletes**

#### **1) Medical Exams and Reporting Injuries and Medical Conditions**

- a. Each student must have a physical examination conducted by a personal physician. This examination must be conducted prior to participation in interscholastic athletics, and the results of the examination must document the physician's conclusion that the student is medically cleared to participate in particular sport. Without such documentation, the student will not be permitted to participate in any practice or contest.
- b. This policy states that no student will be allowed to participate in any practice or contest if there is a question about whether the student is in adequate physical condition.

Therefore: ALL INJURIES, NO MATTER HOW MINOR THEY APPEAR, ARE TO BE REPORTED TO YOUR HEAD COACH IMMEDIATELY. SIMILARLY, ALL MEDICAL CONDITIONS THAT MIGHT AFFECT YOUR ABILITY TO SAFELY PARTICIPATE IN A PRACTICE OR CONTEST MUST BE REPORTED TO YOUR HEAD COACH IMMEDIATELY.

- c. A student who is seriously injured or ill, or who has been absent from school for five (5) or more consecutive days, must be re-examined by a personal physician and must obtain written approval from such physician before resuming participation in any practice or contest.
- d. A student must submit to being re-examined for medical clearance by the personal physician at the discretion of the Head Coach or the Sports Coordinator/Director. A student failing to comply with re-examination will be prohibited from participation in all practices and contests.
- e. In the event of any conflict of opinion between physicians regarding a student's medical clearance to participate in interscholastic athletics, the student will be prohibited from participating in all practices and contests until the issue is resolved.

#### **2) Alcohol, Drugs, Tobacco**

Students must abide by the following rules at all times and all places. The following rules pertaining to ALCOHOL, DRUGS, and TOBACCO apply on and off school property, during the school day and at all other times.

A student is:

- a. **NOT** to use or be in possession of any tobacco products (cigarettes, cigars, pipes, snuff, chewing tobacco, etc.).
- b. **NOT** to drink, be in possession of, or to be under the influence of an alcoholic beverage(s).
- c. **NOT** to use, be in possession of, or be under the influence of illegal drugs, including steroids..

#### **3) Exemplary Personal Conduct**

- a. Participation in interscholastic athletics is a privilege that entails high expectations. A team member must always remember that he/she represents the entire student body and faculty and must not, by his/her conduct, do anything that will bring dishonor to his/her school. A team

member must demonstrate good sportsmanship, maintain a positive attitude both on and off the bench, and be admired as a gentleman/lady at all times. A team member must never criticize a teammate, coach, or official.

- b. Student athletes are to familiarize themselves with the Code of Conduct, and are expected to comply in every respect with the requirements of the Code of Conduct. Each student understands and agrees that the Code of Conduct will apply at all times, including during the school day, during contests and practices, and after school hours. A student who violates any portion of the Code of Conduct may be subject to discipline or consequences above and beyond what non-athletes are subject to, including but not limited to suspension or expulsion from practices, contests, and/or team memberships.
- c. Upon the recommendation of the Sports Athletic Director, or the recommendation of any member of the administrative team, consequences may be imposed upon a student athlete for a violation of the Code of Conduct. A student and his or her parents will be given an opportunity to informally meet with the Principal and Athletic Director prior to determination of discipline or consequences under this provision.

4) **Regulations and Policies**

All students are to abide by the regulations and policies established by THS, the Commissioner of Education, and the New York State Public High School Athletic Association.

5) **Attendance**

a. School Attendance:

In order to be eligible to practice or participate in an athletic contest student athletes:

Must be enrolled in and participate in physical education class. An athlete who does not participate in Physical Education class will not be able to practice or play on that day. Games or tournaments held on weekends, students must be present on prior school day.

Whenever a practice or contest is scheduled on a school day, a student must attend classes for at least half of the school day (the equivalent of 4 hours on a regular school day). Failure to comply with this rule results in the student being disqualified to participate in the practice and/or contest scheduled on the same school day.

b. Attendance at Practice and Contests:

A student must be on time for all practices and contests; chronic lateness will not be tolerated. Students are required to attend all practices and regularly scheduled contests unless excused by the Head Coach. A student who finds it necessary to be excused from attending any practice or contest must contact the Head Coach as soon as practical to explain the situation. The Head Coach will then make a determination as to whether the absence is excused or unexcused. The Head Coach of each sport is permitted to develop his or her own attendance policies so long as they are enforced in a consistent manner and do not conflict with these regulations.

c. Effect of School Suspension:

A student placed on school suspension, whether in-school or home, may not participate in interscholastic sports, including practices and contests, during the time of his / her suspension.

6) **Uniforms and Equipment**

- a. School issued uniforms are to be worn ONLY while representing the school. The same rule applies to school-issued practice equipment; it is to be used ONLY while representing the school.
- b. Students must immediately report to the Head Coach any faulty or ill-fitting personal or team equipment.

- c. Students who are issued school uniforms and/or practice equipment are financially responsible for them if they are damaged, excluding normal wear and tear, or if they are not returned by the close of the season. Students failing to comply with this rule are barred from participating in any additional interscholastic athletics until they come into compliance.

7) **Violations**

Students will be held personally accountable for the honoring the rules and regulations cited herein. If the athlete cannot maintain the self-discipline necessary to abide by these rules and regulations, then it may be necessary to invoke disciplinary action and consequences, including consequences above and beyond those imposed on non-athletes. The disciplinary action and consequences may include, but are not limited to, any and all of the following:

- a. A conference with the Coach, Athletic Director, and/or Principal;
- b. Extra work and/or make-up time;
- c. Suspension from team practices, contests, and/or team membership;
- d. Dismissal or expulsion from the team pursuant to number 4; and
- e. Other action the school administration deems appropriate to the infraction, including the possibility of exclusion from future participation in interscholastic athletic programs.  
In addition, athletes are reminded that a student placed on school suspension, whether in-school or home, may not participate in interscholastic sports, including practices and contests, during the time of his/her suspension.

Finally, each Head Coach is authorized to adopt and enforce his or her own rules and regulations so long as they are enforced in a consistent manner and do not conflict with these regulations.

8) **Transportation**

Transportation for practices is the responsibility of the parent/ guardian. For Games and Tournaments, bussing will be provided from Tapestry Charter School. The bus will return at Tapestry Charter School it is your responsibility to pick your child up on time at 65 Great Arrow. Departure times for games and contests will be determined on the schedule.

Coaches are responsible for their athletes' safety during travel, as well as enforcing appropriate student behavior while en route to and from, game or any other team event.

**During a Contest:**

1. Athletes may leave with their own parents or legal guardian after a game as long as they notify the coach and sign out.
2. Athletes may go home with other adults (over 18 years of age as long as they have written permission from their parent or legal guardian. This must be given to the coach prior to the contest).
3. Athletes are expected to sit with their own team during the entire athletic event and will not leave the site of an athletic activity without permission from their coach.

9) **Student Agreement / Athletic Release Form**

Each student must return the Student Agreement/Athletic Release Form with the proper signatures before he / she can participate in any practices or contest. See form attached.

**PLEASE PRINT:**

Student Name: \_\_\_\_\_ Sport: \_\_\_\_\_

Year of Graduation: \_\_\_\_\_

**TAPESTRY HIGH SCHOOL  
STUDENT AGREEMENT / ATHLETIC RELEASE FORM**

I have read and understand the ‘REGULATIONS FOR ATHLETICS IN THE INTERSCHOLASTIC ATHLETIC PROGRAM’ and agree to abide by them. I further understand that any violation of these regulations will result in one of the actions listed in the handbook, and could result in discipline and consequences.

I understand that there is naturally a risk of injury while participating in interscholastic athletic practice or competition. I further understand that in sustaining an injury there is a small risk of permanent disability, paralysis or death.

In addition, I understand that an injury to any of my body joints, bones, muscles, nerves, tendons, ligaments hands, knees, wrists, etc. may result in disfigurement, loss of movement, loss or strength and/or feeling, which may have a long lasting effect.

I understand that I must wear all safety equipment provided by, recommended by, or required by coaches, school district or athletic regulations at all times during practice and competition. I also understand that no modification of protective equipment or uniform should be made.

Finally, I understand that it is my responsibility to report immediately to the head coach any faulty or ill-fitting personal or team equipment, and that all injuries, no matter how minor they appear, are to be reported to the coach immediately.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_  
Student Signature

I have read and understand the Tapestry High School’s “Regulations for Athletes” and “Student Agreement / Athletic Release Form.” I also understand that injury to my son / daughter is possible during participation in such athletic activities and I further understand that the cost of any emergency medical care arranged for by school personnel in the course of such athletic activity is a parental responsibility. I herewith give my son / daughter permission to participate in the following sport:

\_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_  
Parent / Guardian Signature

## Tapestry Charter School

### (Athletic Division of the Tapestry Charter School)

#### Athletic Spectator Expectations Form

*This Athletic Spectator Expectations Form must be shared with the parents / guardians of every TCS student-athlete who anticipates representing TCS in athletic competition. The expectations articulated within this document will be strictly adhered to by TCS administration, athletic coaching staff, and school based personnel attending any / all athletic sporting events.*

It is the school's expectation that all students, parents / guardians, and any other athletic spectators consistently demonstrate positive sportsmanship toward players, athletic coaches, game officials, school staff, and other spectators. Students are to abide by the Athletic Code of Conduct of the Tapestry Charter School.

#### **Examples of unacceptable behavior include but are not limited to the following:**

- A). Threatening actions or verbal abuse of players, fans, athletic coaches, school personnel, and/or game officials.
- B). Unauthorized entry onto the playing area, team bench area, or locker room area before, during or after any sanctioned or non-sanctioned athletic contest or scrimmage.
- C). Verbal chants or cheers that insult, embarrass, humiliate or could potentially be negatively received by an opposing student-athlete, athletic coach, member of their staff or member of their cheering section.
- D). Throwing objects or any other materials onto the playing area, team bench area, at any student-athlete, athletic coach, school personnel, official or any other spectator.

**Inappropriate spectator behavior at athletic contests will result in permanent exclusion from all such contests.**

#### **All TCS spectators at athletic contests / competitions are expected to:**

- A). Treat TCS and opposing student-athletes, athletic coaches, school personnel, and officials with the respect that is due them as guests and neighbors in the education community.
- B). Take victory and defeat without undue emotionalism that impacts the integrity of the game.
- C). Control tempers and emotional reactions at all times.
- D). Promote a culture of positivity with officials, free from criticism or unnecessary remarks.
- E). Cooperate with athletic coaches and school personnel to promote sportsmanship.
- F). Refrain from swearing or making insulting remarks to the opponents before, during or after any athletic contest / competition.
- G). Let student audiences know that inappropriate behavior reflects poorly on the school, the athletic coach, the team, and our school community.
- H). Take pride in our student-athletes, coaches, and other members of our school community. We are the constant model of sportsmanship and respect for our young adults.

## Tapestry Charter School

### (Athletic Division of the Tapestry Charter School)

#### Concussion Management Form

*This Concussion Management Form must be shared with the parents / guardians of every TCS student-athlete who anticipates representing TCS in athletic competition. The expectations and program protocols articulated within this document will be strictly adhered to by TCS administration, athletic coaching staff, and school based personnel attending any / all athletic sporting events.*

Managing the personal health and physical wellness of our student-athletes is a major focus at the Tapestry Charter School. Student-athletes who suffer a head injury or concussion during active participation through practices, scrimmages, or sanctioned league contests will be required to complete the following steps listed below prior to being cleared for participation.

#### Returning to Sports / Athletics

**Please note: any student-athlete who has experienced a head injury must be symptom-free for a period of no less than 24-hours and must be medically cleared by their primary healthcare physician**

##### **Step 1**

Low impact non-strenuous light aerobic activity for short intervals, such as easy walking, biking, or swimming in three ten-minute intervals with rest in between; no resistance training

##### **Step 2**

Higher impact, higher exertion activity in two fifteen-minute intervals, such as running, jumping rope, other cardio activities; followed by rest in between activities. Student-athlete may have on light equipment, but cannot participate in any team drills or contact. No resistance training

##### **Step 3**

Repeat step 2 progressing with shorter breaks and adding additional activity time. Student-athlete may participate in stationary skill work such as dribbling, serving, or tossing a ball. Low resistance training can be done with close monitoring

##### **Step 4**

Repeat of step 3 without breaks in cardio, but skill work with movement (allowing balls to be manipulated in the direction of the student) is permitted. Student may participate in noncontact drills

##### **Step 5**

Repeat step 4 as a warm up activity, student-athlete is permitted to participate in weightlifting with a spotter and may also return to full contact training sessions with close monitoring

##### **Step 6**

Student-athlete may participate in fully as tolerated

**For purposes of the head injury RTP (Return to Play) protocol, an appropriate physician evaluation MUST be completed by a practicing Medical Doctor or a Doctor of Osteopathy within the following specialty areas:**

- **Family medicine**
- **Pediatrics**
- **Sports Medicine**
- **Neurology**
- **Neurosurgery**

**\*The physician evaluation form should document name, degree, specialty, practice name, address, and phone number**

**\*\*Additional information for parents and student-athletes can be found under the Athletics link on the school website.**