

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/TMS to maintain strong grades while they participate in any specified extracurricular activity sponsored at the Secondary School level. The term "specified extracurricular activity" shall include all clubs, athletic teams (including intramural) 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.

Tapestry prides itself on having high academic standards and strong habits of work. We recognize that *student* comes first in *Student-Athlete*. Tapestry student-athletes are expected to maintain a 65% or better in all of their courses. At the start of the season, all student-athletes are placed on academic probation. Academic probation is a 5-week grace period were all student-athletes are expected to bring their grade in all courses to a 65% or better. This will be based on the current grades in Powerschool. At the end of the grace period, **any students who have not met the 65% standard in two or more classes will be place in the weekly check-in program.**

How does the weekly check-in program work?:

- At the end of the grace period the athletic director will compile a list of names that have not met the requirement, into electronic form and share with teachers and administration.
- Every Monday morning teachers will update an electronic academic/effort check-in sheet.
- Teachers will indicate if the student-athlete has met the criteria to play
- Any course with a No (N) will result in that student athlete not participating in that weeks game(s). (Monday - Saturday).
- Coaches will check the list Monday before practice/game to see who is eligible, and encourage the student-athletes to gain back their eligibility.
- Students will still be allowed to participate in practice and attend the games in order to support their team.
- Students will be notified of their eligibility by their crew leaders on that Monday.

- At that point those students have that week, Monday - Friday, to improve their habits of work
- Their eligibility will be re-evaluated the following Monday by their teachers.
- The Athletic Director will review the grades of all student-athletes on a weekly basis and add athletes to the check-in program as needed.
- The check-in program last 5-weeks

What can a student do to get out of the check-in program and maintain game eligibility?:

- Once placed into the weekly check-in program, the student should approach the teacher either at the start or end of class, or after school and make arrangements on what steps should be taken to improve their grade.
- Typical solutions to ensure eligibility is earned back by the following Monday include but are not limited to:
 - Staying after with the teacher for help
 - Following classroom norms/habits of work
 - Working/studying in the afterschool sports study hall.
 - Making up late assignments
 - Remediating tests/quizzes
 - Studying at home
 - Reviewing past/present material
 - Acquire a tutor
 - Completing homework assignments, etc.
- At the end of the 5-weeks, the Athletic Director will review grades again.
 - Students who have met the 65% standard will be released from the weekly check-in program.
 - Students who have not met the standard will continue the program for another 5-weeks.

**For more information on Athletic Policies refer to Athletic Handbook posted on the school website, and given to the student athlete at the start of each season.*

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 Tapestry Charter School 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 TCS, the Commissioner of Education, and the New York State Public High School Athletic Association.

5) **Attendance Policy**

Students who are absent or arrive to school past 12:00pm without a legally excused absence will not be able to participate in practice or games on that same day.

Minimum Attendance Requirement

Participation in athletics is a privilege granted after a student's academic responsibilities are met. Since attendance is a contributing factor to academic success, students will be ineligible to play in games if in a week they have:

- More than 2 tardies as indicated in Powerschool
- More than 1 unexcused absence from school
- Any combination of the above attendance issues

The following definitions are meant to provide clarity of terms:

Unexcused absence – This includes absences from school and from class

- Unexcused absence from school: Any student athlete who is absent from school the whole day without a valid note from a parent. This determination is made at the principal's discretion.
- Unexcused absence from class: Any student athlete who is marked as present to school but is not present in a class.

A student athlete's eligibility for participation in games is dependent upon his or her attendance in school the previous week. Attendance eligibility will be examined every weekend and the high school principal and athletic director will be notified of a player's eligibility by Monday leading into a new week. Students who are deemed ineligible may participate in team practices but may not participate in games.

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;
- e. Other action the school administration deems appropriate to the infraction, including the possibility of exclusion from future participation in interscholastic athletic programs.

8) **Transportation**

For High School away games and tournaments, bussing will be provided from Tapestry Charter School pending location. The bus will return at Tapestry Charter School it is the responsibility of parent or guardian 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:

- Athletes may leave with their own parents or legal guardian after a game as long as they notify the coach and sign out.
- 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).
- 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) Hazing is defined as any conduct or method of initiation into any athletic team, whether on public or private property, which willfully or recklessly endangers the physical or mental health of any student athlete. Hazing will not be tolerated in any form or manner. Students and or parent should report any concerns they might have regarding hazing incidents. These incidents will be investigated thoroughly with severe discipline repercussions for students found guilty.

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.

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.**