



## **Table of Contents - Student/Parent Athletic Handbook 2023-2024**

<b>Page Number</b>	<b>Item</b>
1	Sports Offered at APW
2	Sign Up Procedures for Sports (Family ID)
3	APW Goals of Interscholastic Athletic Program
4	Playing Time Philosophy
5	Sportsmanship
6	APW Code & Rules for Extra/Co-curricular activities
7	Extracurricular Academic Eligibility at APW
8	Characteristics of a Successful Athletic Program
9	Parent/Coach Relationship
10	Teddy Roosevelt Quote
11	Player/Coach Ejection, Code, Quitting, Suspension, Rules
12	Helpful Resources
13	<i>NYSPHSAA</i> Heat Index
	<i>NYSPHSAA</i> Wind Chill Procedures

## Sports Offered at APW

### **Fall**

Varsity Cheer  
Varsity Boys' and Girls' Cross-Country  
Modified Boys' and Girls' Cross-Country  
Varsity Girls' Soccer  
JV Girls' Soccer  
Modified Girls' Soccer  
Varsity Football  
Modified Football  
Varsity Volleyball  
JV Volleyball

### **Winter**

Varsity Cheer  
Varsity Boys' and Girls' Indoor Track & Field  
Varsity Boys' and Girls' Bowling  
Varsity Girls' Basketball  
JV Girls' Basketball  
Modified Girls' Basketball  
Modified Girls' Volleyball  
Varsity Boys' Basketball  
JV Boys' Basketball  
Modified Boys' Basketball  
Varsity Wrestling  
Modified Wrestling

### **Spring**

Varsity Softball  
JV Softball  
Modified Softball  
Varsity Baseball  
JV Baseball  
Modified Baseball  
Varsity Girls' Track & Field  
Modified Girls' Track & Field  
Varsity Boys' Track & Field

Modified Boys' Track & Field

Varsity Golf

### Steps to Signing Up for Sports -

1. Go to the Athletic Webpage and click on the link to Family ID.
2. Create a Family ID account.
3. Sign-Up for a sport that you are interested in playing ***at the appropriate grade level***. 7th and 8th grade students who are eligible to “play-up” a level will be invited by the coach to move up. Students must be cleared by the school doctor and complete a fitness test before they are allowed to try-out at a higher level. The process is known as the Athletic Placement Process (APP). Students at the JV level will also be asked to “play-up” at the varsity level by the coach. They do not have to complete the APP process.
4. Fall sport sign-ups will take place in early May before school gets out for the summer.
5. Winter sport sign-ups will take place in early-mid October before the season starts.
6. Spring sport sign-ups will take place in early-mid January before the season starts.
7. If you are having trouble with Family ID please call the High School Nurse's Office (315-625-5223), the Athletic Office (315-625-5232), or Family ID (1-800-311-4060).

*Please note that if there are NOT enough students signed up for a certain team, then that team will be dropped from the schedule. If we have to drop a team, then every effort will be made to find a place for those who did sign-up to play.*

*Ideally, we would like to field (2) modified volleyball teams and (2) modified basketball teams for boys and girls. Based on the numbers, that is NOT always possible.*

Altmar-Parish-Williamstown School District  
Goals of Interscholastic Athletic Program

1. To provide a wide variety of activities in Grades 7-12, so that many students will have an opportunity for participation.
2. To conduct the program in a manner strongly to encourage the development of such personal characteristics as responsibility, self-discipline, sportsmanship, and leadership.
3. To provide students in this program with coaching, equipment, and facilities that will ensure the safety of the participants.
4. To conduct the program in such a manner as to develop and foster student morale and community pride.
5. To offer a program that allows students to discover the value of collaborating or working together to achieve a common goal.
6. To offer "healthy" leisure time activities that allow the participating student(s) opportunities to develop self-confidence and enhance self-efficacy.
7. To provide students with a meaningful opportunity to discover the relationship between hard work, personal sacrifice, and achievement.
8. To offer students an opportunity to experience optimum personal physical fitness.
9. To encourage students to be responsible for their behavior on and off the field or court.
10. To foster good citizenship and personal growth as a result of competing in athletics as an individual or as a member of a team.
11. To encourage students to avoid using tobacco, alcohol, illegal drugs, prescription drugs, or vaping.
12. To involve as many students as possible in the athletic program.

### Playing Time Philosophy

Any concerns regarding playing time should be addressed to the coach first. This first approach to discuss playing time should take place ***only after a 24-hour period has passed*** since the game in question. If the parent/guardian still has a concern after this meeting, then a meeting can be set up with the athletic administrator, coach, and parent/guardian.

### Levels of Play

#### **Modified:**

This level of play is primarily 7th and 8th grade students. The purpose of the Modified program is to provide...

1. Sportsmanship promoted as a function of the athletic experience.
2. Teaching sport fundamentals and learning the game.
3. Participation for all with all athletes expecting playing time, though playing time may not necessarily be equal for all.
4. Competition with exploration of the sport is more important than winning.

#### **JV Level:**

This level of play is primarily 9th and 10th grade students. However, some 7th and 8th grade students ***may be asked*** to take the Athletic Placement Process (APP) in order to “play up” on this level. ***The district’s medical director has the final say as to whether or not students may test to “play up.”*** The purpose of the JV program is to provide...

1. Sportsmanship promoted as a function of the athletic experience.
2. Teaching sport fundamentals and learning the game.
3. An emphasis on individual and team development as well as ***an increased emphasis on winning.***
4. Participation based on competition for playing time. While adequate playing time for all is a goal, team members may not receive equal playing time. Every effort will be made to get players in games.
5. Preparation of the athlete and the team for Varsity play is stressed.

#### **Varsity Level:**

This level of play is primarily 11th and 12th grade students. However, 9th and 10th graders may be asked to “play up” and some 7th and 8th grade students ***may be asked*** to take the APP in order to “play up” on this level. ***The district’s medical director has the final say as to whether or not students may test to “play up.”*** The purpose of the Varsity program is to provide...

1. Sportsmanship promoted as a function of the athletic experience, with winning as a goal.
2. Playing time which is earned, but not guaranteed. While adequate playing time for all is a goal, team members may not receive equal playing time. Every effort will be made to get players in games especially when the outcome of the game is decided early in the contest.
3. Athletes showing a commitment to the team with teamwork expected. These athletes serve as role models to younger athletes and non-athletes.

**Athletes should recognize that competing is a privilege at the APW School District and representing the district comes before representing your individuality.**

Sportsmanship

1. The coach bears the greatest burden of responsibility for sportsmanship. His/her influence upon the attitudes and behavior of the players, the student body, and the community are unequalled. The coach should set a good example to others at all times and instruct the players in the values of good sportsmanship.
2. Fundamentals of Sportsmanship
  - A. Show respect for the opponent at all times. Be a good host to opponents; treat them as guests.
  - B. Remember that opponents are not enemies.
  - C. Show respect for the officials.
  - D. Respect the officials' judgment and interpretation of the rules.
  - E. Know, understand, conform to the spirit as well as the letter of the rules.
  - F. Maintain self-control at all times.
  - G. Recognize and appreciate skill in performance regardless of affiliation.

New York State Public High School Athletic Association (NYSPHSAA) Sportsmanship statement reads:

- BE LOUD
- BE PROUD
- BE POSITIVE

*NYSPHSAA supports and encourages spectators to enjoy the competition between our student-athletes and cheer for their teams in a positive manner. Negative comments and behavior will be addressed by the appropriate site personnel. Spectators should "Be Loud, Be Proud, Be Positive" toward all players, coaches, officials, and spectators. Thank you for your support and enjoy the game.*

## Altmar-Parish-Williamstown Central School District

### Conduct Code and Rules for All Participants In Extra / Co-Curricular Activities

1. All participants in extra / co-curricular activities must ride school provided transportation to and from all away contest activities. Students not riding the bus will not be allowed to participate in that event. If parents wish to transport their child from an away activity, they must sign a release form in accordance with school procedures.
2. An absence from school without a valid excuse automatically dismisses an athlete / participant from that day's extra / co-curricular activities. Students must arrive at school by **10:00 am** to be eligible to participate in any extra / co-curricular activities unless they have a valid excuse.
3. Any participant in an extra / co-curricular activity who fails to report to a scheduled detention will not be allowed to practice or participate in an upcoming extra / co-curricular activity on that day or as otherwise determined by the Principal or Athletic Director.
4. Any player who quits or is dismissed from a team / club / activity will in no way be considered for a letter or any other district recognition or athletic honor in that sport or activity.
5. Continued participation in extra / co-curricular activities will be governed by the school's academic standards.
6. Students who become academically ineligible, per school procedures outlined in the handbook, are required to attend after-school study hall from 2:30-3:30 daily.

**VIOLATIONS OF RULES 7 OR 8 MAY RESULT IN SUSPENSION FROM ONE OR MORE GAMES / EVENTS AND MAY RESULT IN THE STUDENT BEING SUSPENDED FROM THE TEAM / CLUB / ACTIVITY FOR THE DURATION OF SEASON AND/OR YEAR.**

7. Possession of tobacco products, alcohol or illegal drugs.
8. Misconduct such as fighting, theft, vandalism, abusive language, being disrespectful towards coaches/advisors, officials, spectators, and/or opponents; or violations of the school discipline code.

**\*\*\*Students attending** a party at which alcohol or illegal drugs are consumed **or use of** tobacco products, alcohol, or illegal drugs **WILL result in the students being suspended from the team / club / activity for the duration of the season and/or year.**

Extracurricular Academic Eligibility at APW

1. At the end of five weeks, a list will be generated for those students failing more than one course.
2. The student will be placed on advisement (failing one or two courses) and must complete a contract with the teacher(s) for the course(s) he/she is failing. This will allow the student to practice and participate in a contest, activity, or performance during that time as long as the student is adhering to the agreed upon contract and making an effort to improve. The student will have ten school days to be passing one out of the two classes to stay eligible.
3. The student will be placed on probation (failing three classes) and must complete a contract with the teacher(s) for the course(s) he/she is failing. The student is ineligible. This allows the student to practice, attend contests, but cannot participate in contests. After ten school days, if the student adheres to the contract, and is passing two of the three classes, then the student will be placed back on advisement and will be eligible for extra-curricular activities.
4. The student will be placed on academic ineligibility (failing four courses) and must complete a contract with the teacher(s) for the course(s) he/she is failing. The student is ineligible and cannot practice, attend meetings or participate in contests. After ten school days, if the student adheres to the contract, and is passing three of the four classes, then the student will be placed back on advisement and will be eligible for contests.
5. At the conclusion of the five weeks the student will receive an Eligibility Report Form from their coach/advisor and must have it completed and signed by the teachers he/she has for all courses and turned back into the coach/advisor by a specific time and date. The coach/advisor will then determine who is on advisement, probation and academically ineligible. The coach and advisor will then turn in all sheets of the students who are either on advisement, probation, and academically ineligible. The athletic director will then mail a letter home to the parents/guardians informing them of their status and a copy of their progress report.

Classes Failing After 5 Weeks	Consequences	What Students Need to Do
2	can practice and play	needs to pass 1 of 2 failing
3	can practice, <b>not play for 10 days</b>	needs to pass 2 of 3 failing
4	<b>cannot practice/play for 10 days</b>	needs to pass 3 of 4 failing
5+	<b>cannot practice/play for 10 days</b>	needs to pass 4 of 5 failing



Note: All students failing more than one class will need to complete an Academic Eligibility Report Form. If you turn in an Academic Eligibility Report Form showing that you are failing more classes, then you will face the appropriate consequences for the new number of classes you are failing.

## **CHARACTERISTICS OF SUCCESSFUL ATHLETIC PROGRAMS**

### **Student-Athletes**

- Are committed to the sport in season.
- Demonstrate a love and passion for the sport.
- Have confidence in themselves and their teammates and expect to succeed.
- Are supportive of other teams and team members, including students in lower level programs.
- Train to be in top physical and mental condition before and during the season.
- Enjoy the experience of being a “Rebel” athlete.
- Put the interest of the team ahead of self-interests.
- Are respectful of coaches, teammates, opponents, and officials.

### **Coaches**

- Have a strong knowledge of the game and teach fundamentals, skills, and strategies that lead to success.
- Have a passion and love for the sport.
- Purposefully demonstrate that they care about their students beyond the playing field/court.
- Always put the interest of students first.
- Are adept at communicating with students, parents, and administrators.
- Maintain a positive attitude and serve as a role model for students, leading by example.
- Are involved in all levels of the program from varsity to modified and town recreation programs, where appropriate.
- Consistently enforce team rules and expectations.
- Have expectations for success for their athletes and teams.
- Follow all the requirements for coaches as set forth by the NYSPHSAA.

### **Parents/Guardians**

- Have realistic expectations about their child’s athletic ability.
- Are respectful of the coaches, officials, and all student athletes, regardless of ability or school affiliation.
- Support the athletic program in its entirety.
- Assure healthy living habits including rest and nutrition and help their child balance the demands of school and athletics.
- Follow the established chain of command when they have a concern. This means they speak to the coach first, then the Athletic Director, and then Assistant Superintendents or the Superintendent.
- Do not criticize the coach in front of their child.

## **PARENT/COACH RELATIONSHIP**

**Please do not attempt to confront a coach before or after a contest or practice.**

**Please wait 24 hours after a game before contacting a coach.**

**Parents should speak to the coach first. If the situation is not resolved, then a meeting can be scheduled with the parents, coach, and Athletic Director.**

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide a greater benefit to children. As parents, when your children become involved in our program, you have the right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

### **COMMUNICATIONS YOU SHOULD EXPECT FROM YOUR CHILD'S COACH**

1. Philosophy of the coach.
2. Expectations and goals the coach has for your child as well as for the team/season.
3. Location and times of all practices and contests. Also provided to parents on the school's athletic webpage.
4. Team requirements.
5. Team rules and guidelines and consequences for infractions.

### **COMMUNICATION COACHES EXPECT FROM ATHLETES/PARENTS**

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts in advance.
3. Notification of illness or injury as soon as possible.

As your children become involved in the athletic programs at APW, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wish. At these times, discussion with the coach is encouraged. It is the first and most integral step to understanding and resolution.

### **APPROPRIATE CONCERNS TO DISCUSS WITH COACHES**

1. The treatment of your child.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

It is very difficult to accept that your child is not playing as much as you hope. Coaches are professionals. They make judgment decisions based on what they believe to be the best for

all student-athletes involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as those listed below, must be left to the discretion of the coach.

Theodore Roosevelt - AT THE HARVARD UNION  
FEBRUARY 23, 1907

“One reason why I so thoroughly believe in the athletic spirit...is because the athletic spirit is essentially democratic. Our chief interest should not lie in the great champions in sport. On the contrary, our concern should be most of all to widen the base, the foundation in athletic sports; to encourage in every way a healthy rivalry which shall give to the largest possible number of students the chance to take part...”

### Player Ejection from a Contest, Player Carded, etc.

Any player ejected from a contest will not be allowed to participate in the next contest. If a player is ejected from a contest, a detailed report must be given to the Athletic Director. If a player receives a card, a technical foul, or is deemed unsportsmanlike by an official, then a report must also be filed in the Athletic Office.

### Coach's Ejection from a Contest

Any coach ejected from a contest will not be allowed to coach the next game. The coach may NOT be present at the game site after the ejection.

### Player/Coach/Parent Ejection from a Contest

**Anyone ejected from a contest** will have to complete the NFHS Sportsmanship class before attending the next home contest <https://nfhslearn.com/courses/sportsmanship-2>.

### Athletic Code of Conduct/Academic Eligibility

The Athletic Code of Conduct must be signed by the student-athlete and the parent/guardian. The signature will be completed electronically on Family ID. The enforcement of the rules of the Code of Conduct and the Academic Eligibility Standards are the responsibility of the coach (e.g. If a student is suspended from school, then the coach should NOT let that student attend practice or if a student is failing 3 or more classes, then the coach should NOT be letting that student in games.)

### Quitting a Team

Any athlete quitting a team after one week of practice, may not participate on another team during that season. Also, that athlete may not participate during the next scheduled season unless he/she talks to the coach and explains why he/she quit the team. A player being cut from a team may try-out for another team during the same season.

### Suspension from School

Any student-athlete, who is put in In School Suspension for a half-day or longer, or any student-athlete who is in out of school suspension cannot attend practices or games during their suspension.

### Team Rules

Coaches are encouraged to develop team rules for their players and communicate those rules to the Athletic Director, players, and parents. **The coach's rules can be more restrictive than the school rules, but not less restrictive than the school rules.** One example of a rule that a coach might have is: Any player missing practice without informing the coach will not be allowed to participate in the next contest. The coach should have the parents and students sign

the team rules. Team rules must be enforced and they must be enforced consistently from player to player.

## Helpful Resources

<https://www.apwschools.org/> - Parents, students, and coaches can refer to our website to sign up for sports, find practice schedules, the code of conduct, and other important information.

<https://nysphsaa.org/> - New York State Public High School Athletic Association features information on individual sports including rules. The NYSPHSAA Handbook can be found here along with information on safety including concussion management, heat index procedures, wind chill procedures, and thunder and lightning policy.

<https://www.schedulegalaxy.com/schools/8> - All games and contests are managed on this website. It will show date, location, and departure times.

<https://section3.org/> - Please consult this website for any information pertaining to Section III including Sectional playoffs and information about the Onondaga High School League (OHSL).

<https://nfhslearn.com/> - This website provides free and paid courses for students, coaches, officials, and parents. It is the governing body for most high school sports.

### Heat Index Procedures

[https://nysphsaa.org/documents/2023/5/5//Heat\\_Index\\_Procedure\\_5\\_23.pdf?id=3080](https://nysphsaa.org/documents/2023/5/5//Heat_Index_Procedure_5_23.pdf?id=3080)

### Wind Chill Procedures

[https://nysphsaa.org/documents/2021/8/16//Todd\\_Wind\\_Chill\\_Procedure.pdf?id=1859](https://nysphsaa.org/documents/2021/8/16//Todd_Wind_Chill_Procedure.pdf?id=1859)