

WYNANTSKILL UNION FREE SCHOOL  
DISTRICT

Gardner Dickinson School

ATHLETIC HANDBOOK

2009-2010

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## Letter from Athletic Director, Laurie Albright

Welcome to modified athletics at Gardner Dickinson. This handbook was created for you as a reference tool to understand our policies and procedures at GD pertaining to athletics.

At GD, we view interscholastic athletics as an extension to our traditional day. Research tells us that students that are involved in athletics do better academically, have less discipline problems, and have better time management skills.

This is an exciting time in a middle school student's life and I am glad you support our program. I believe students should feel privileged and honored to represent our school and community. We at GD want to offer our students a safe and healthy experience by encouraging personal growth, teamwork, and sportsmanship.

Gardner Dickinson is governed by the NYS Public High School Association (NYSPHSSA), Section II, and participates in the Big Ten Athletic Conference. Please acquaint yourself with the rules, regulations and guidelines outlined for athletes and spectators in the following pages.

If you have any questions, please contact me by phone at 283-4600 ext 32 or by e-mail at [lalbright@wynantskillufsd.org](mailto:lalbright@wynantskillufsd.org). I look forward to a great year working with all of you and your children to giving them the best athletic experience possible.

## Modified Athletic Sports Philosophy Statement

The modified program is available to all 7th and 8th grade students. The focus of modified sports is to introduce athletes to the fundamental skills involved in the sport of their choosing. Students will develop physical skills as well as social/emotional skills through being part of a team. Emphasis will be placed on player development and less emphasis on game outcome.

Modified sports are considered to be an extension of the academic program and therefore will be treated that way. Being part of a GD team, athletes will not only learn physical skills, but also teamwork, cooperation, communication, time management, and social development. GD athletes represent our school and our community.

At the modified level, as many students will be included as possible. However, to create a safe and meaningful experience, coaches may hold tryouts and limit their rosters.

## Sportsmanship and Fair Play, Section II, NYSPHSSA

Visiting team members, students and adult spectators are guests to be accorded all the courtesy and consideration that a friendly, well-mannered and well-intentioned host would normally give.

- Officials are the proper authorities to make decisions regarding rules and their interpretation; these decisions should be accepted.
- Spectators, student athletes and coaches must recognize that their conduct plays an important role in establishing the reputation of their school and that their positive actions can relate to the success of their teams.

## Requirements for Eligibility to Participate in Modified Sports Program

- All athletes must have a physical within one year prior to participation. All athletes must also have completed a health history and be approved by the school nurse prior to a practice or competition.
- Complete/update the Health Update Form for each sport playing (Appendix B)
- Sign Athletic Participation Form (Appendix A)
- Athletes must be in school for the full day in order to participate in practices & games
- Athletes must ride the school bus provided to every game

## Risk

By the very nature of athletic activity, participants are at risk of physical injury. No matter how careful the coach and athlete are there are some risks that cannot be eliminated. It is important that everyone understands there are many forms of injury that may result. All athletes need to follow safety directions from their coaches to reduce risk of injury.

### Responsibilities of an Athlete

As a GD athlete students are representative of their school and their community. Athletes are expected to act appropriately in all social situations, follow all Section II and NYSPHSAA sportsmanship rules and follow the District's Code of Conduct at all times.

### Responsibilities of the Coach

Coaches are responsible for the health and safety of their athletes at all times during practices and competitions. Coaches will provide athletes with the knowledge and skills to help them develop as athletes and as individuals.

### Attendance

Athletes are expected to attend all practices and games. Athletes must participate in scheduled physical education classes to be eligible to play that day. If a student is suspended from school he/she will be ineligible to participate during the suspension period.

### Transportation

GD will provide transportation to and from all contests. If parents request alternative pickup they must submit a letter in writing to the principal 24 hours in advance, who will then forward it to the coach. (A single blanket note for the season will not be accepted. Only individuals on the student's emergency card will be approved for pickup.) After the competition the approved individual must sign the students out and show identification to the coach. The sign out sheet MUST be returned to the coach before another individual signs. All athletes MUST ride the bus to away contests or they will NOT be eligible to participate in that contest.

### Equipment and Uniforms

Gardner-Dickinson will supply some pieces of equipment and uniforms necessary for competition. It is the responsibility of the student/athlete to return to the coach all clothing and equipment issued. Any lost or stolen equipment must be paid for by the

student/athlete. The student/athlete may not start the next season or receive athletic awards until all equipment and clothing are returned or paid for.

### Procedures for Discussing Concerns with a Coach

- Call to set up a meeting with the coach.
- Please don't attempt to talk to a coach before or after a game or practice. These can be emotional times for both the parent and coach. Meetings of this nature do not promote resolution.

What can the parent do if the meeting with the coach was not satisfactory?

- Call to set up an appointment with the Athletic Director and /or Principal. The parent/guardian, coach, and Athletic Director and Principal will meet to discuss the problem
- At this meeting, the appropriate next step can be determined.

### Appropriate Concerns to Discuss with Coaches

- The treatment of your child mentally and physically
- Ways to help your child improve
- Concerns about your child's behavior

It is not appropriate to discuss team strategy, play calling, playing time or other student athletes with the Coach.

### School Closing/Early Dismissal

On any day that school is closed due to inclement weather or other unplanned circumstances, teams cannot practice or compete in games or scrimmages. The same procedure will be followed on days when there is an early dismissal due to weather, or other unplanned circumstances.

### School Contact Numbers

Athletic Director---Laurie Albright, 283-4600 ext 32

Principal---Jack Lynskey, 283-4600. ext 10

### Frequently Asked Questions

Q. Can I sign my student out, after an away competition?

A. Yes. You must send a note to the Principal 24 hours in advance. You may not send one note for the entire season. Please refer to Private Transportation Policy in Appendix C.

Q. Can another relative/friend sign my child out from an away competition?

A. The individual picking up your child must be on your child's emergency contact sheet. Again send a note 24 hours in advance. Please refer to Private Transportation Policy in Appendix C.

Q. What happens if there are discipline problems with my child?

A. The District's Code of Conduct remains the same for athletics. Coaches are in charge of and responsible for their teams and the individual athletes.

Q. Who do I contact if I have a problem?

A. First contact is with the Coach. If the problem is still not resolved, then contact the Athletic Director. If needed, the next step would be to contact the Principal.

Q. What if my child has a conflict with a scheduled (or re-scheduled) game?

A. When a student makes the team, he/she is committing to being there for all scheduled games. If there are unique conflicts, please notify the coach before tryouts. If there are conflicts that interfere with the student athlete's full commitment to the team, then the student athlete will need to make a choice about which commitment they will honor.

Q. What happens if my child quits a team?

A. Trying out and making a commitment to participate on a team carries a responsibility to that team. When a player quits a team, he/she may be letting the rest of the team down and may also put the team/school in jeopardy of having to forfeit games. This is particularly sensitive when there have been some prospective players cut from the team after tryouts who could have otherwise had a chance to play. We ask that all players remember that in joining the team, they are making a commitment to be

there. A player who quits his/her obligation may be in jeopardy of not playing on subsequent teams.

## Wynantskill UFSD Guidelines for Athletic Participation Authorization Form

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Student-Athlete Name (Please Print)

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Grade

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Athletic Team (Please Print)

### **Parents/Guardian Authorization**

By signing below, you indicate that you have read the Interscholastic Athletic Handbook for student athletes and parents/guardians. You are aware of the risk factor in sports and the guidelines for athletic participation in the athletic program in the Wynantskill Union Free School District. Also, you agree to conduct yourself in accordance with them.

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Parent/Guardian

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Date

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Home Phone #

### **Student-Athlete Authorization**

By signing below, you indicate that you have read the Interscholastic Athletic Handbook for student athletes and parents/guardians. You are aware of the risk factor in sports and the guidelines for athletic participation in the athletic program in the Wynantskill Union Free School District. Also, you agree to conduct yourself in accordance with them.

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Student Athlete Signature

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Date

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Home Phone #

**Appendix A-----This form must be signed and returned to the respective coach.**