

**SPENCERPORT CENTRAL SCHOOLS
INTERSCHOLASTIC ATHLETICS**



**Handbook for
Student-Athletes & Parents**

RISE UP

2020-2021

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SPENCERPORT RANGER ATHLETIC SCHEDULES

Ranger Athletic schedules and directions to opposing sites can also be found on the following website:

www.spencerportschools.org then click on Athletics

or

www.sectionvny.org

Spencerport Central Schools Mission Statement

Our mission is to educate and inspire each student
to love learning, pursue excellence and use
knowledge, skills, and attitudes to contribute
respectfully and confidently
to an ever-changing global community.

DIRECTORY

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SPENCERPORT CENTRAL SCHOOL DISTRICT

Interscholastic Athletics Handbook for Student-Athletes and Parents

WELCOME

Dear Parents and Student-Athletes:

Welcome to the Spencerport Ranger's Interscholastic Athletic program. This handbook has been prepared to be used as a reference for our student-athletes and their parents/guardians in an effort to define responsibilities as they pertain to the rules and regulations, as well as the policy and procedures for participation in our interscholastic athletics program.

I am very pleased that you have shown an interest in this phase of our school program and it is my belief that participation in athletics is a privilege and honor and provides an opportunity for developing life-long skills that may not be available in the academic classroom. Our main goal is to provide first class experiences that promote team and individual growth in a safe and healthy environment both on and off the athletic fields.

When a student chooses to participate in our athletic program, we feel that they have committed themselves to certain responsibilities and obligations. This handbook will acquaint you with some of the specific policies/rules that are necessary for a well-organized and successful athletic program.

The Spencerport Interscholastic Athletic program is governed by the regulations of the New York State Commissioner of Education's basic code for extra class athletic activities. In addition, Spencerport is a member of the New York State Public High School Athletic Association (NYSPHSAA), Section V and competes in the Monroe County Public School Athletic Conference, Inc. (MCPSAC).

Please feel free to contact me (349-5170) or access our website (www.spencerportschools.org) if you have any questions or concerns regarding the Spencerport Ranger Athletic program. I look forward to working with you to ensure that you take advantage of the tremendous opportunities athletics can provide!

GO RANGERS!

With Ranger Pride,

Jen Placito
Director of Health/PE/Athletics

SPENCERPORT CENTRAL SCHOOLS

PHILOSOPHY OF ATHLETICS

The Board of Education of the Spencerport Central School District believes that the opportunity should be provided for all students to participate in some form of interscholastic or intramural athletic competition and is vital to the educational development of our students.

The Board believes that athletic competition provides opportunities for students to grow physically and intellectually through their experience in self-discipline and their contributions to a team effort. The actual competition is believed to be the culmination of many aspects of athletic instruction.

The teaching of basic fundamentals, rules and conditioning, as well as the fostering of a healthy attitude toward competition, are felt to be the primary and essential goals in athletic instruction.

It is the Board of Education's policy to provide students athletic competition in a variety of sports with equal access for men and women, with quality and competent coaching in all instances, including intramurals. The Board recognizes the importance of spectators at athletic competition and the role they play in the student's development of playing before an audience.

It is recognized that a well-organized and well-conducted athletic program is a potent factor in the morale of a high school student body and an important phase of good community school relations. The Board believes that students should develop a positive attitude toward both winning and losing. A gracious winner and a good loser are both important goals in the educational aspect of athletics. To this end the Board recognizes that the various athletic levels have differing goals. The following deals with each tier of the district's total athletic program:

NYSPHSAA, Inc.

CODE OF ETHICS

It is the duty of all concerned with high school athletics

1. To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
2. To eliminate all possibilities which tend to destroy the best values of the game.
3. To stress the values derived from playing the game fairly.
4. To show cordial courtesy to visiting teams and officials.
5. To establish a happy relationship between visitors and hosts.
6. To respect the integrity and judgment of the sports officials.
7. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
8. To encourage leadership, use initiative and good judgment by players on the team.
9. To recognize that the purpose of athletics is to promote the physical, mental, moral and social and emotional well-being of the individual players.
10. To remember that an athletic contest is only a game, not a matter of life and death for player, coach, school, fan, community, state or nation.

GOAL/OBJECTIVES

Our Goal

The experience of participation in athletic contests and activities should reflect the total educational goals of our district.

Our Specific Objectives

1. To develop an understanding and appreciation of the place which interscholastic sports and activities occupy in the American culture and by developing sound educational attitudes toward them.
2. To Educate the student body in the appreciation of sports and activities and the best way to enjoy them from the point of views of good sportsmanship.
3. To serve as a focal point for the morale, spirit and loyalty of students by providing a common meeting ground and enthusiasm, which is shared by all.
4. To allow for the development of physical growth, mental alertness and emotional stability for all those who participate in athletics.
5. To provide the opportunity for a student to learn to handle winning and losing and to make decisions that affect themselves and members of their team.
6. To learn to develop through hard work and dedication a feeling of self-confidence and self-esteem in all participants.

PHILOSOPHY BY SPORT LEVEL

GRADE 7/8 (MODIFIED B)

This program of competitive sports focuses on the fundamentals of the game and team play; rules, training and basic skills. At this introductory level, a large emphasis is placed on academics, sportsmanship, chemical-free lifestyle, and socio-emotional growth along with commitment and dedication. A smaller emphasis is placed on winning and maximum participation is desired. Playing time follows the Monroe County Public High School Athletic Conference (MCPSAC) guidelines. All members of the team that finish the season in good standing will receive an equal award (participation certificate).

MODIFIED A / FRESHMEN (FROSH)

This program is similar to the Modified B program in that basic skill development is stressed, but team and game strategy is increased. It is recognized that playing time will follow MCPSAA guidelines, where every participant who is eligible will play in each game but playing time may not be equal. The Frosh level is considered a high school level program and therefore, Grade 9 students and those students who are approved through the selection classification program only, are eligible. The Modified A level is for Grades 7, 8 and 9 with Grade 7 and Grade 8 students needing an invitation from the Varsity coach to participate. All members of the team that complete the season in good standing will receive an equal award (participation certificate).

JUNIOR VARSITY (JV)

The junior varsity level of competition places an increased emphasis upon team play, physical conditioning and refinement of basic skills. Winning at the junior varsity level is considered important and participants should be taught how to cope with game situations and how to win and lose properly. An attempt will be made to play all participants. It is recognized, however, that they may not all play equally in each game. All members of the team who complete the season in good standing will receive an equal award (participation certificate).

VARSITY

The varsity level of athletic competition is the culmination of the high school athletic program. Team play, sportsmanship, individual physical ability, motivation and mental attitude are very important aspects of competition at the varsity level. The team definitely plays to win the contest but varsity contestants should accept the fact that important lessons are to be learned from losing. There continues to be very strong emphasis on academics, sportsmanship, and chemical-free lifestyle and community service. It is recognized that not all participants may play in every contest. All members of the team that complete the season in good standing will receive an equal award.

TITLE IX

The Board of Education of the Spencerport Central School does not discriminate on the basis of sex, race, color, national origin, or handicapping condition in the educational programs or activities which it operates, and is in full compliance with Title IX of the Education Amendments of 1972 and Section 504 of the Rehabilitation Act of 1973. The Board's policy of non-discrimination includes the following: recruitment and appointment of employees, employment pay and benefits; counseling service for students; access by students to educational program; course offerings; and student activities.

The district official responsible for the coordination of activities relating to the above compliances is the Director of Human Resources Department, Spencerport Central School, 71 Lyell Avenue, Spencerport, NY 14559, telephone number (585) 349-5120. This official will provide information including complaint procedures to any student, employee, or person who feels that her or his rights have been violated by the district or its officials.

SELECTION CLASSIFICATION

Selection classification is a NYS Department of Education process for screening Grades 7 and 8 student-athletes to determine their readiness to compete at a higher level of competition (Freshmen, JV or Varsity) than their current grade level. It is based on readiness rather than grade level. This program has been designed to assess a student-athlete's physical maturation, physical fitness and skill. In addition, Spencerport carefully assesses the socio-emotional maturity of each student-athlete. This program is intended for the exceptional student-athlete only.

The Spencerport varsity coach of each sport recommends student-athlete candidates for inclusion in this process. Requests directly from parents or student-athletes will not be honored.

In addition, all student-athletes are requested to sign up for their current grade level team. The Spencerport coaching staff will invite appropriate student-athletes to a try-out at higher level when it is determined that the student-athlete meets the established criteria.

MIXED COMPETITION

All Commissioner of Education procedures for mixed gender competition will be followed along with the following:

- STEP I** Parental requests in writing for mixed gender competition by appropriate deadlines:
 - For Fall Sports: by July 26
 - For Winter Sports: by October 4
 - For Spring Sports: by January 31
- STEP II** Director of PE/Athletics conducts informational meeting with student-athlete and parent/guardian and provides and application packet.
- STEP III** Parent/guardian completes and submits Form A to Athletic Office
 - School completes and submits Form B to Athletic Office
 - School physician performs health examination
 - Student takes Selection Classification Athletic Performance Tests
 - Director of PE/Athletics completes individual athletic profile
- STEP IV** Review panel formed
 - Director of PE/Athletics provides review panel with all available information
- STEP V** Review panel decision with appropriate explanation(s)
 - Parent/guardian and student-athlete informed of decision in writing

ASSUMPTION OF RISK

Participation by a student in athletic activities involves a certain degree of risk of physical injury. Such physical injury can occur in any type of activity, be it a "contact" or a non-contact" sport. Furthermore, many injuries are truly accidental in nature and by volunteering to participate in a school-sponsored athletic activity, a student and his/her parents/guardians assume the risks for injuries to occur.

ATHLETIC RULES AND REGULATIONS

INTRODUCTION AND REGULATIONS

The purpose of these rules is to help an interscholastic athletic participant become a better citizen by seeking to demonstrate proper behavior and a good attitude at all times. The following rules were recommended by students, parents, coaches, and administration and adopted by the Department of PE/Athletics and supported by our Board of Education. These rules are designed to instill pride, discipline, and team spirit in the individual to enable the individual to achieve maximum physical and/or mental performance in athletics. The individual is required to make a commitment to our community, school, team, coach, and to him/herself by adhering to the established rules and regulations, a condition that must be fulfilled for satisfactory participation in any sport. Obeying the rules is a matter of honor to each individual who makes this commitment. Enforcement of the rules and adjudication of any violations is the responsibility of the coach.

RESPONSIBILITIES OF A SPENCERPORT STUDENT-ATHLETE

Being a member of a Spencerport athletic team is a privilege and honor. To many student-athletes, it is the fulfillment of an early ambition. The attainment of this goal carries with it certain traditions and responsibilities that must be attained. A solid athletic tradition at Spencerport has been developed by the hard work of many people over the years. As a member of an athletic team at Spencerport you have inherited a great tradition. Your actions will reflect not only on those who you are associated with now, but those who have contributed so much to our school in the past. Many of our student-athletes have established league, section and state records. Others have gone on to collegiate fame and the professional level. Because of this fine tradition a challenge is set for you to work hard and to make sure that your actions reflect the standards that are set by the athletic department. For the privilege of participation in Ranger athletics, all student-athletes must realize that MORE is expected of them than that of other students in our school.

In today's society you will be asked to make choices that will benefit yourself, your team and your school. Never before has the pressure of peer groups been so strong that you will now have to say "NO". In the long run you and your family will be proud of the commitment and dedication that you have put forth to be a member of our athletic teams. If you have taken this opportunity to make yourself a better individual, it will be truly a gratifying educational experience. The highs and lows of athletic competition are achieved through hard work, dedication and discipline and are rewarded with the development of fond memories and personal achievements. Younger students look up to you and it is your responsibility to set a good example for them. They will copy a lot of things that you do just to be a member of your group. They need attention and guidance, so always take a few minutes to encourage them in whatever way possible.

On and Off the Field... Character Counts

EXPECTATIONS

What We Expect Of Players:

- To uphold the school Code of Conduct
- To adhere to both the attendance and academic eligibility policies
- To adhere to team rules
- Demonstrate good sportsmanship at all times
 - MCPSAC Initiative- Review at Meeting
- Have a positive attitude
- Be punctual for games, practices and school
- Care of facilities, equipment and uniforms
- No alibi: no faulting team members, coaches or officials



Monroe County Public School Athletic
Conference, Inc.
www.mcpsac.org

Taking a Position in support of Respectful Speech and Behaviors in, at and around Interscholastic Athletic Contests

- On behalf of its member schools, the Monroe County Public School Athletic Conference, Inc. is committed to the promotion of high-spirited competition, fair play, and good sportsmanship at all interscholastic events and to the healthy communities that these qualities promote. Coaches, student athletes, school staffs, and spectators are expected to pursue these goals in positive ways, with unqualified respect for the dignity and humanity of all people. While encouraging high-spirited engagement at athletic events, the Conference and its member schools stand firmly against any mean-spirited speech or behaviors that convey insult, intolerance, or disrespect. Slurs, taunting, ridicule, discrimination, abuse, and other such behaviors hurt individuals, poison the atmosphere of the athletic arena, and bring shame on us all.
- Accordingly, the Monroe County Public School Athletic Conference, Inc. is developing a number of initiatives designed to promote a culture of respect for all people at all athletic events. Through educational programs, media, and the leadership of school administrators and coaches, the initiatives will establish and actively disseminate standards for behavior and speech at interscholastic athletic events. The programs will strengthen the understanding of all coaches, players, and spectators of what is and what is not acceptable, and will establish consequences for occasions where reasonable expectations are not met. When fully implemented, these programs will assure that incidents of abuse or disrespect do not tarnish healthy sporting events in our schools and will support essential educational elements of interscholastic athletics: the development of character, integrity, and respect for all.

What We Expect Of Parents:

- To be supportive of our athletes, coaches and programs
- Demonstrate good sportsmanship at all times
- Have a positive attitude
- Let the coaches coach, the players play and the officials officiate
- To model the behavior that we all expect from our student-athletes

What You Can Expect From Coaches:

- To maintain a healthy and safe environment for our student-athletes
- To treat student-athletes fairly and in a positive manner
- To communicate with student-athletes on how they can improve
- That the best players will play the most, but all will get a chance

RANGER STUDENT-ATHLETE CODE OF BEHAVIOR

It is the responsibility of the student-athlete to:

1. Demonstrate self-control and respect for others at all times, be they officials, spectators or other athletes.
2. Remember that participation in athletics is a privilege that is not to be abused by unsportsmanlike conduct.
3. Deal with opponents with respect. Shake hands after the competition and congratulate them on their performance.
4. Respect the integrity and judgment of the officials.
5. Remember that improper behavior while in uniform, in school or in our community reflects poorly upon yourself, your family, your school and your community.
6. Understand and abide by the rules and regulations of the game.
7. Accept victory with grace and defeat with dignity.
8. Remember that the possession of, use and abuse and resulting negative influence of drugs, including alcohol, tobacco, and performance enhancing supplements is detrimental to the game and its participants.

PARTICIPATION REGULATIONS

A. Eligibility: Each student-athlete will participate under the eligibility requirement, rules and regulations set forth by the New York State Commissioner of Education and the New York State Public High School Athletic Association, as well as the Spencerport Central School District Board of Education. In addition, the student-athlete and their parent/ guardian are **required to attend** the preseason meeting prior to participation in competition.

B. Health and Medical: Each participant must have a valid health appraisal (physical) exam, proof of which must be submitted to the nurse, before starting the first practice. These records will be kept in a permanent file in the school nurse's office. A health recertification review, given by the school nurse, is also needed before each new season. The participant must also turn in a completed Interscholastic Athletic Permission Slip/Medical and Eligibility Certification form that must be signed by the student-athlete, parent/ guardian, nurse, and athletic director prior to participation.

C. Extra-Curricular Academic Eligibility:

1. Academic Eligibility: To be fully eligible to participate in any type of extracurricular activity, a student must be passing all of his/her classes at the end of each five week marking period.
2. Academic Ineligibility: Any student who is failing **more than one class** at the end of a respective five week marking period is deemed **Ineligible**. This student may still practice or participate in preparation for the activity, however, this student will not be allowed to participate, perform, compete (scrimmage or games) or take planned trips until they regain eligible status. During Spencerport HS Activity Period (2:25 – 2:50 PM) a student on probation is **required** to report to a respective teacher or assigned area to improve their academic status.
3. Probation: Any student who is failing **one** class at the end of a five week marking period will be placed on **Probation**. A student will **still** be allowed to fully participate in any extra-curricular activity. A student has 10 school days from the date that they were placed on probation to raise their grade to passing status of 65% or above. During Spencerport HS Activity Period (2:25 – 2:50 PM) a student on probation is **required** to report to a respective teacher or assigned area to improve their academic status. At 2:50 PM the student must obtain a pass to gain entrance to their extracurricular activity.
4. Ineligibility Duration: Students who have been deemed ineligible will be so for a minimum of one week. Students may retain eligibility on succeeding Mondays only. Subsequently, Ineligibility can begin on Mondays only and end on Mondays only. The student must achieve a 65% or above in all classes in order to retain eligibility. The earliest a student can become eligible is a succeeding Monday.
5. Re-Eligible (REEL) Form Deadline: Re-eligible form that must be submitted to Mrs. Paolini's Office by 12:45 PM on Fridays throughout the year. Students are responsible for obtaining this form and procuring the appropriate signatures before 12:45 PM each Friday.
6. Ineligibility Status List Distribution: A list of ineligible students will be distributed **electronically** to all school personnel on the Monday following the end of each five week marking period.
7. Carry-Over/Monitor: Academic Eligibility is a **12 month expectation**. If a student is on probation or ineligible at the conclusion of the fourth quarter the student is automatically on probation for 10 school days beginning the second Monday in September. This student is required to follow probation procedures (see C above) for a period of 10 school days and complete a REEL form to demonstrate all classes are a 65% or above. If a student fails to adhere to this process they become ineligible.
8. The Procedure to be Removed from Probation or Regain Eligibility is as follows:
 - a. Student obtains REEL form from Mrs. Paolini's office.
 - b. Student obtains appropriate signatures from teachers when he/she is demonstrating passing grades in the respective classes.
 - c. Student returns signed REEL form to Mrs. Paolini's office on each Friday by 12:45 p.m.
 - d. Eligibility is reinstated on subsequent Mondays only.

C. Extra-Curricular Academic Eligibility (continued):

9. Common Student Questions Re: Academic Eligibility:

Q: Can I play if I'm only failing one class (on probation)?

A: Yes, but you have 10 days from the day designated to get that grade up to passing status and must use activity period to work with teacher to improve grade.

In addition, you must have a REEL form completed to verify this.

Q: If I was failing two classes, but now I'm only failing one, can I play?

A: No, you must be passing both in order to regain full eligibility.

Q: Will the coach let me know if I can play?

A: No, Mrs. Paolini will let you know when you can play, working collaboratively with the respective teacher and coach.

Q: Can I practice if I am ineligible?

A: Yes, but you need to follow your coach's expectation regarding this scenario.

10. Student Responsibilities During Probation/Ineligibility:

- a. The student is responsible to raise his/her grade.
- b. The student is responsible to procure the necessary eligibility form and work collaboratively with the teacher to raise his/her grade. Once the grade is a 65% or above, the student must get the form signed by the appropriate faculty member.
- c. The student must return the signed form to the designated individual by 12:45 p.m. on Friday of each week.
- d. The student has 10 school days from the date of probation inception to raise the grade to passing.
- e. A student becomes ineligible if he/she has not earned a passing grade within the 10 school days.

11. Advisor/Faculty Responsibilities During Probation/Ineligibility:

- a. The individual must monitor their students' weekly academic performance.
- b. The individual will converse with the student on probation.
- c. The individual will clearly articulate this policy to students and where applicable, parents/guardians.
- d. The individual will make it clear that it is the students' responsibility to improve his/her grade.

D. Code of Conduct and Training Rules:**

Participation in athletics demands a commitment which implies sacrifice and dedication to physical fitness and conditioning. Respect for one's health, physical development, and conduct must be an integral part of daily living. Unfortunately, education and reasoning alone are not always sufficient to deter poor decision making involving chemicals and behavior. Therefore, in an effort to provide clear understanding, the Spencerport Athletic Department requires all of its participants to agree to and abide by the following student-athlete code of conduct.

A) CHEMICALS: Drugs (chemical substances) are a health hazard and are having a large negative effect in our society. Significant findings in health research, along with publicity surrounding deaths and arrests of professional, college and high school athletes, have most certainly pointed out the undesirability of using chemicals (tobacco, alcohol, marijuana, cocaine, steroids, any performance enhancing food supplement [e.g. creatine], and any other controlled substance), especially at the teenage level. Our athletic program and staff, as well as the National Federation of State High School Associations, wholeheartedly endorse these findings.

First Offense: A first offense by any student-athlete who is found in possession of and/or using tobacco, alcohol, marijuana, cocaine, steroids (e.g. androstenedione), any performance enhancing food supplement (e.g. creatine), any other controlled substance, any type of drug related paraphernalia or misusing any other drug (anytime during the year * in school or out of school) will be suspended for **20% of the total number of contests of that season**. A conference will be held with the student-athlete, his/her parents/guardians, the coach, and the Director of PE/Athletics/designee. The student-athlete will be allowed to practice during the suspension from games and will also be referred to their respective school counselor and chemical dependency counselor for a consultation.

Second Offense: A second offense by any student-athlete previously suspended from any Spencerport Central School athletic team (grades 7-12) will result in a suspension for **50% of the total number of contests of that season**. A conference will be held with the student-athlete, his/her parents/guardians, the coach, and the Director of PE/Athletics/designee. The student-athlete must also participate in, and complete, a Spencerport Athletic Department approved chemical dependency evaluation. The student-athlete must submit written proof of completion of the evaluation and **adhere to treatment recommendations in order to regain and maintain full eligibility**. The student-athlete will be allowed to practice during the suspension from games.

Third Offense: A third offense by any student-athlete will result in automatic suspension from all athletic participation for a period of **one calendar year** from the date of the violation. A conference will be conducted with the student-athlete, parents/guardians, coach, and Director of PE/Athletics/designee. The student-athlete and family must also participate in, and complete, a Spencerport Athletic Department approved chemical dependency evaluation. The student-athlete and family must submit written proof of completion of the evaluation and **adhere to treatment recommendations in order to regain and maintain full eligibility**. The student-athlete will not be allowed to practice during this suspension.

B) BEHAVIOR: Inappropriate behavior, as defined by the SCS Code of Conduct and any involvement with police including accusations and/or arrests anytime during the year* in school or out of school will result in a disciplinary review and the student-athlete will be subject to suspension from athletic contests and or dismissal from the athletic program. The student-athlete will be allowed to practice during the suspension. The student-athlete is responsible for informing their coach of any disciplinary action within 24 hours. Failure to do so will result in further consequences.

C) SPORTSMANSHIP: Student-Athletes and parents are expected to behave in an orderly manner while attending sports events throughout the year. All negative and potentially harmful behaviors as outlined by the NYSPHSAA, Section V, MCPSAC and/or SCS are prohibited. Anyone who violates this code will be issued a "Yellow Card"

as a warning and/or be removed from the contest site. If a spectator is asked to be removed from an event, he or she will automatically be suspended for a minimum of one game.

D) HAZING: Hazing in any form, including initiation which is degrading, is strictly forbidden by NYS law. No student shall conspire to engage in hazing, participate in hazing, or commit any act that causes or is likely to cause bodily danger, physical harm, personal degradation or disgrace, resulting in physical or mental harm to any fellow student or other person. It is understood that hazing of any kind is not allowed on this campus or in athletics. It is further understood that we have a duty to report any acts of hazing that we see or know of to a coach or administrator and participation in or failure to report any hazing will result in a disciplinary review and possible suspension and dismissal from the athletic program.

***Please note:** These student-athlete code of conduct training and behavior rules are in effect from **July 1st to June 30th** of each year and cover twenty-four (24) hours/day, seven (7) days a week. The suspension will be for the sport in which the student participates and may carry over to their next sport of participation. All appeals are to be made in writing as per the Appeal Process.

E) APPEAL PROCESS:**

Level 1 – If the offense is a minor one and the coach has issued the consequence, the appeal is made directly to the coach.

If not satisfied, then the parent may progress to Level 2. If the Athletic Director has issued the consequence, the appeal process begins at Level 2.

Level 2 - The appeal is made to the Athletic Director. If not satisfied, the appeal may progress to Level 3.

Level 3 – The parent will request a Level 3 appeal to the Athletic Director. The Superintendent or his/her designee will convene a Level 3 appeal panel consisting of: a district level administrator, a school building administrator, a varsity coach and a counselor. If the Superintendent or his/her designee desires more information than the existing written documentation, both the parents and Athletic Director will be provided an opportunity to speak to the appeal panel. The decision of the appeal panel is final.

****Please note:** All appeals are to be made in writing. A parent may only appeal his or her son/daughter's consequence or the process used in the investigation. A parent may not appeal another student's consequence.

It is our belief that the current use, misuse and abuse of chemicals and poor decision making is destroying the lives of too many individuals. This plan of action may seem harsh, but it is what we have determined is needed to set expectations and consequences for our student-athletes. Common sense is the best guide in determining hours of sleep, diet, and social habits. These personal behaviors need to be a topic of discussion between parent and the student-athlete. In all these matters, the optimum athletic experience is our goal. Please join us in supporting your son/daughter as a student-athlete, their team, and our athletic program by reviewing it as a family, signing and returning this to your son's/daughter's coach before the first regularly scheduled scrimmage. Failure to sign and return will result in the student-athlete not being able to participate in athletic competition/contests. Thank you for your anticipated cooperation.

Supplements

Please Note: Information on supplements from the National Federation of State High School Association.

In response to the recent focus on the use of food supplements--specifically creatine--the National Federation of State High School Associations has issued a position statement on the use of drugs, medicine and food supplements in interscholastic sports. Text of the committee's statement is as follows:

"School personnel and coaches should not dispense any drug, medication or food supplement except with extreme caution and in accordance with policies developed in consultation with parents, health-care professionals and senior administrative personnel of the school district. Use of any drug, medication or food in a way not prescribed by the manufacturer should not be authorized or encouraged by school personnel and coaches. Even natural substances in unnatural amounts may have short-term or long-term negative health effects. In order to minimize health and safety risks to student-athletes, maintain ethical standards and reduce liability risks, school personnel and coaches should never supply, recommend or permit the use of any drug, medication or food supplement solely for performance enhancing purposes."

E. Discipline Progression:

A violation of established program rules and/or expectations will result in the following:

- First Violation:* The student-athlete will receive a warning from the coach and also be informed of the next consequence if there is a repeat or another type of violation.
- Second Violation:* The student-athlete will receive a reduction in playing time (the length to be determined by the violation.) The parent(s) will be informed by the coach and Also be notified of the consequence if there is another repeat and/or violation.
- Third Violation:* The student-athlete will have dismissed himself/herself from the team.

F. Physical Education Requirement: Athletics is an outgrowth of the Physical Education program. Those students demonstrating outstanding skill, attitude, and effort are those encouraged to participate in athletics. The wide range of activities in physical education gives the students an excellent background in physical fitness, lifetime sports and team sports. Because of the importance of physical education, all athletes will be required to participate in physical education throughout the year. Student-Athletes who have an unexcused absence from or do not participate in physical education class will not be permitted to participate in games or practice on the day of the absence. The NYSPHSAA regulations state that a student must be a bonafide pupil and be enrolled in physical education to participate in athletics.

G. Practice/Game Attendance and Tardiness: Each squad member is expected to be present at every practice session and game unless excused from school by the school administration or personally excused by the coach or covered by the Family Vacation Policy (Part S). All interested students who are eligible for athletic participation are welcome to try out for a team with the clear knowledge that:

1. absences from practices and/or contests (including school field trips) are subject to the reconditioning and ineligibility requirements; and
2. at any time, coaches may adjust playing time and/or position based on the performance and achievement of all players on the team.

Unexcused practice/game absences or tardiness to practices will result in disciplinary action and may impact their standing on the team. These absences must be made up (1 for 1) prior to return to competition.

H. Illness and Injury*: If a student is absent part or all of the school day due to personal illness, injury or an unexcused absence he/she will not be permitted to practice or play in any game scheduled that day or night.

Any and all injuries are to be reported to his/her coach and the SCS athletic trainer immediately. If a participant visits a doctor and/or misses five (5) consecutive days of practice and/or contests because of illness, injury, etc, he/she must have a note from your private physician stating that it is permissible to return to activity. After returning from an injury or illness of more than one day, the student-athlete must complete one (1) practice for every two (2) days of practice missed in order to regain competition eligibility.

* All participants must complete and sign a HIPAA form prior to participation.

**** Please Note: CONCUSSIONS** - When a student-athlete has a head injury diagnosed with concussion symptoms, he/she must be medically cleared by your private physician and remain completely symptom-free for at least 24 hours before a return-to-participation/play process is begun. A mandatory minimum six-day graduated return-to-participation/play protocol will be implemented by our athletic trainer. If symptoms return at any point during this graduated training period, the process is suspended and the student is referred back to the private health care provider. The student-athlete must be symptom-free again for 24 hours at which time the re-conditioning of the student-athlete may start over with the last phase where the athlete was symptom free.

*****All participants must acknowledge receipt of concussion management information prior to participation. Please refer to our website for further concussion awareness and management information.**

I. Curfew (Recommended):

High School - During a sport season, each squad member should be at his/her home or at a place permitted by parent/guardian no later than 11:00 p.m. On Friday or Saturday nights, the hour will be 1:00 a.m. unless there is a game/scrimmage the next day, in which case 11:00 p.m. will apply.

Middle School - During a sport season, each squad member should be at his/her home or at a place permitted by parent/guardian, no later than 10:00 p.m. On Friday or Saturday nights, the hour will be 12:00 a.m. unless there is a game/scrimmage the next day, in which case 10:00 p.m. will apply. If a participant has a special situation he/she may obtain special permission from his/her coach. A violation of this rule may result in disciplinary action as determined by the coach.

J. Profanity, Abusive Language and/or Action: The conduct of a student-athlete is closely observed in many areas of life. Your conduct is a reflection of the total education institution you represent. It is important that your behavior be above reproach. The use of profane or abusive language and/or action (i.e. fighting) is not acceptable and will not be tolerated. If profanity, abusive language or action is used, the participant will be removed from the situation for a cooling-off period. This may result in a period of suspension from the squad as determined by the coach. Fighting and/or disqualification from a contest will result in a minimum of a one (1) game suspension.

K. Suspension from School: A student-athlete who is suspended from school (including in-school suspension) by school authorities shall incur a suspension from his or her squad equal in duration to the period for which the individual is suspended. The principal will notify the athletic director, who will notify the coach of the suspension.

L. School Tardiness and Attendance: Repeated tardiness and absence will affect eligibility as determined by the coach.

M. Leaving a Squad/Transferring: In the event a student quits a squad, he or she will have 48 hours to personally ask the coach for reinstatement (excluding Saturdays, Sundays, and holidays). If the student does not personally apply for reinstatement within the 48-hour deadline, he/she is considered permanently dropped from the squad.

N. Transportation: All student-athletes are to be bused to and from athletic contests by the Spencerport Transportation Department. In extreme cases a parent may request in writing to the child's coach for permission to drive their child to and/or from an athletic event. Such requests need to be presented to the coach in writing at least 24 hours prior to the contest. At away contests, a student-athlete may be released by the coach directly to the student-athlete's parents for transportation provided a written request is given to the coach and approved by the coach 24 hours in advance. Permission for a student-athlete to leave with any other individual will not be given.

O. Specialization/Recruitment: The SCS Department of Athletics encourages students to participate in a variety of sports. As such, the district does not endorse in principle or practice the concepts of specialization or recruitment. Specialization occurs when a student involves himself/herself in one athletic activity over a period of time, forsaking other athletic endeavors. Recruitment occurs when a student who is involved in more than one athletic activity is encouraged by a coach that it is in their best interest to compete in only one sport.

P. Conflicts: A student athlete who attempts to participate in too many extracurricular activities will undoubtedly experience scheduling conflicts. The Athletic Department recognizes that each student should have the opportunity for a broad range of experiences within extracurricular activities and our department makes every effort to schedule events in a manner which fosters overall participation and minimizes conflict. Both coaches and club advisors make every effort to coordinate schedules annually or seasonally to streamline schedules, however, when conflicts do arise, we also collaborate to determine a solution so the student does not feel as though he/she must choose (or is in the middle). If a solution cannot be found, the student-athlete will be asked to make a decision based on the following:

- The relative importance of each event
- The impact of each event to the overall group/team
- The individual contribution the student can make
- When the event was scheduled (which was first)?
- Make an informed decision with cooperation and consultation with student(s) parents/guardian.

Q. Equipment: Student-Athletes are to wear only SCS issued uniforms. All athletic equipment must be returned at the end of the season directly to their coach or to the Athletic Office. A student-athlete will not be eligible to participate in a second sport until all equipment is returned. In addition, the student-athlete will be financially responsible for any unreturned equipment.

R. Personal Belongings: SCS is not responsible for the personal property of student-athletes. This includes items in lockers (locked or unlocked), in storage, being delivered on a student's behalf, or under any other circumstances. It is each student-athlete's responsibility to secure their personal property during practices/contests.

S. Insurance: The Spencerport Central School District does not carry student accident insurance and will not assume financial obligations for any injury that may occur.

T. Game Eligibility: In addition to all NYSPHSAA, Section V, MCPSAC and Spencerport athletic eligibility rules, student-athletes and parent/guardians must attend the mandatory preseason meeting and sign the Athletic Code of Conduct Rules form for eligibility.

U. Outside Participation: The NYSPHSAA allows outside participation. Spencerport student-athletes must understand that commitment to the school team comes first, and outside participation should not be detrimental to an individual or to a Spencerport team. There will be many circumstances where a student-athlete should not participate in an outside activity due to the possible effect on the team or on themselves. A student-athlete who misses a school practice or contest (whole or partial) in order to attend an outside team practice or contest will have chosen to no longer remain a member of the Spencerport school team. Do not participate until you check with the individual coach involved with our school team.

V. Chain of Communication: From time to time during the course of an athletic career in school, parents and student-athletes have questions/concerns that need to be addressed. The team coach is the best source of information. The student-athlete should first address concerns directly with his/her coach. If after speaking with the coach you are not satisfied, the next step would be for the parent to speak to your child's coach and then, if necessary, the varsity coach. The final step if you are still not satisfied would be for parent to communicate with the Athletic Director. Please be advised that anonymous concerns will not be addressed. Please refer to the Spencerport Athletic Department Communication Guidelines on page 17.

W. Social Media: The Spencerport Central School District Department of Athletics recognizes and supports its student-athletes' and coaches' rights to freedom of speech, expression, and association, including the use of social networks. In this context, however, each student-athlete and coach must remember that playing and competing for SCS is a privilege, not a right. As a student-athlete or coach, you represent the district and are expected to portray yourself, your team, and the school district in a positive manner at all times. Any online posting must therefore be consistent with Federal and State laws, District, School, Athletic Department, school, and MCPSAC rules and policies (including the Guidelines listed below).

****Please note:** Use of a cell phone is prohibited during a contest.

Guidelines:

If you participate on a social networking site, you must keep the following guidance in mind:

- Everything you post is public information – any text or photo placed online is completely out of your control the moment it is placed online – even if you limit access to your site. Information (including pictures, videos, comments and posters) may be accessible even after you remove it.
- Limit information about your whereabouts or plans to minimize the potential of being stalked, assaulted, or the victim of other criminal activity.
- What you post may affect your future. Many employers and school admissions officers review social networking sites as part of their overall evaluation of an applicant. Carefully consider how you want people to perceive you before you give them a chance to misinterpret your information (including pictures, videos, comments, and posters).
- Similar to comments made in person, the Department of Athletics will not tolerate disrespectful comments and behavior online, such as:
 - Derogatory or defamatory language;
 - Comments that create a serious danger to the safety of another person or that constitute a credible threat of serious physical or emotional injury to another person;
 - Comment or photos that describe or depict unlawful assault, abuse, hazing, harassment, or discrimination; selling, possessing, or using controlled substances; or any other illegal or prohibited conduct, including violating the High School's Policy on Prohibited Harassment and Discrimination.

X. Family Vacations: When parents/guardians and student-athletes choose to take their family vacations during sport seasons, it must be understood that the time missed by the student-athlete can affect team chemistry and personal conditioning.

- Coaches shall make every effort to inform parents/guardians and student-athletes of the season's schedule as far in advance as possible. A schedule of practice and contests will be provided to the student-athlete and parent at the pre try-out meeting.
- All interested students who are eligible for athletic participation are welcome to try out for a team with the clear knowledge that:
 1. Absences from practices and/or contests (including district/school sponsored trips) are subject to the reconditioning and ineligibility requirements; and
 2. At any time, coaches may adjust playing time and/or position based on the performance and achievement of all players on a team.
- Students are allowed to accompany parent(s) or legal guardian(s) on family vacations(s) during official school recess periods within the academic school year.¹
- Student absences from scheduled practices during school recess periods within the academic school year will be subject to the reconditioning requirement of one day of practice for every day of missed scheduled practices regardless of the number of practices scheduled for the missed day. This reconditioning requirement can only be fulfilled through team practices and must be completely satisfied before becoming eligible for contest participation.
- Students who miss contests during school recess periods within the academic school year will be ineligible for the same number of contests immediately after the recess period.

- With the exception of Board approved out-of-district sport field trips, no more than four (4) scheduled practices and/or contest will be held in a recess period. Coaches will attempt to schedule these events on consecutive days. If the recess period is longer than six school days, additional events at an equivalent rate (80% of the weekdays during the recess period, excluding legal holidays) may be scheduled.
- Practices and contests will not be scheduled on Labor Day (prior to 5:00 p.m.), Thanksgiving, Christmas Eve (after 12:00 p.m.), Christmas Day, New Year's Day, Good Friday, and Easter Sunday. Coaches may schedule optional practices during recess periods in addition to the scheduled practices and/or contests. These optional practices, if missed, will not be subject to the reconditioning requirement. Whenever possible, contests will not be scheduled on the

Y. Individual Team Rules

Each coach shall establish and administer specific guidelines for expectations he/she has for team members. These guidelines will be written, approved by the Athletic Director, and shared with parents and athletes in pre-season meetings and any other time necessary throughout a season. These rules can be somewhat different than the guidelines outlined in this handbook but can never be more lenient, or go against any school policy. Enforcement of these guidelines will be the responsibility of the coach. Any violations and consequences will be reported, in writing if possible, to the Athletic Director. Parents will also be contacted by the coach when any disciplinary or attendance issues arise.

violations and consequences will be reported, in writing if possible, to the Athletic Director. Parents will also be contacted by the coach when any disciplinary or attendance issues arise.

¹ This does not include the summer recess.

SPORTSMANSHIP POLICY

The Spencerport Central School Interscholastic Athletic program is committed to promoting the proper ideals of sportsmanship, ethical conduct and fair play at all sports activities. We will oppose instances and activities, which run counter to the best values of athletic competition in order to ensure the well being of all individual players. We will expect acceptable standards of good citizenship and propriety with proper regard for the rights of others.

We are further committed to the belief that schools participating in interscholastic athletic activities should be held responsible for the conduct of their players, coaches, faculty members and spectators. Conduct, which is detrimental to the educational value of athletic activities, may be deemed just cause for the schools reprimand, probation, suspension from a particular sport, or suspension from interscholastic athletic activities.

PARENT/SPECTATOR CODE OF BEHAVIOR/ETHICS

It is the responsibility of the parent/spectator to:

1. Keep cheering positive. There should be no profanity or degrading language/gestures.
2. Avoid actions which offend visiting teams or individual players.
3. Show appreciation of good play by both teams.
4. Learn the rules of the game in order to be a better-informed spectator.
5. Treat all visiting teams in a manner in which you would expect to be treated.
6. Accept the judgment of coaches and officials.
7. Encourage other spectators to participate in the spirit of good sportsmanship.
8. Avoid the use, abuse and resulting negative influence of drugs, including alcohol and tobacco.

STUDENT-ATHLETE CODE OF BEHAVIOR/ETHICS

It is the responsibility of the student/athlete to:

1. Demonstrate self-control and respect for others at all times be they officials, spectators, or other athletes.
2. Remember that participation in athletics is a privilege that is not to be abused by unsportsmanlike conduct.
3. Deal with opponents with respect. Shake hands after the competition and congratulate them on their performance.
4. Respect the integrity and judgment of the officials.
5. Remember that improper behavior while in uniform reflects poorly upon yourself, your family, your school, and your community.
6. Understand and abide by the rules and regulations of the game.
7. Accept victory with grace and defeat with dignity.
8. Remember that the use, abuse and resulting negative influence of drugs, including alcohol and tobacco, is detrimental to the game and its participants.
9. Will use social media appropriately and responsibly.

COACHES CODE OF BEHAVIOR/ETHICS


It is the responsibility of the coach to:

1. Promote good sportsmanship by setting a positive example while coaching your athletes.
2. Respect the integrity and judgment of the sports officials.
3. Approach competition as a healthy and constructive exercise, not as a life and death struggle that requires victory at any price.
4. Recognize that the participants in individual or team sports are young men and women with human frailties and limitations, who are capable of making mistakes.
5. Refrain from the use of crude or abusive language with players, opponents, officials or spectators.
6. Instruct the players in the elements of good sportsmanship, and remove players from competition who demonstrate unsportsmanlike behavior.
7. Avoid behavior that will incite players, opponents, or spectators.
8. Avoid and eliminate negative comments to radio, TV, newspaper reporters and in social media.
9. Avoid the use, misuse and negative impact of drugs, including alcohol, tobacco, and supplements on the players, spectators and the game.

SECTION V / SPENCERPORT DISQUALIFICATION POLICY

Sportsmanship is an integral and vital ingredient of any interscholastic athletic program. The National Federation of High School Athletics, the New York State Public High School Athletic Association, Section V, and the Monroe County Public School Athletic Association have targeted the area of sportsmanship for a major emphasis. Section V and Spencerport Central Schools have instituted the following policy to ensure the development of and the understanding of the importance of proper sportsmanship and fair play.

Any Spencerport student-athlete, coach or spectator who is ejected/disqualified from a contest will be automatically suspended for a minimum of one game. The game(s) is to be the next game(s) played and may be carried over to the player's, coach's or spectator's next season. A conference between the player, coach or spectator and the Director of PE/Athletics will take place before eligibility is restored.




FANS YELLOW CARD

This Yellow Card has been given to you as a warning that your behavior may not be appropriate for this educational setting. Please realize that your admittance is a privilege to observe a contest and support high school activities, not a license to verbally assault players, coaches, officials or other spectators. The student-athletes participating strongly believe in the following message for you:

"It's not your game, it's ours, the players and student-athletes that are competing. We hope that the spectators will watch, enjoy, encourage and be proud of us, win or lose. We need your support and enthusiasm, not your yelling and criticism."

Be a Fan - Not a Fanatic


Please Note: Failure to adhere to this warning may result in your removal from the contest.
Thank you for your cooperation.



MCPSAC, Inc. Sportsmanship Program

**It Starts With...
You!**

Spencerport Central School Mission Statement
OUR MISSION IS TO EDUCATE AND INSPIRE EACH STUDENT
TO LOVE LEARNING, PURSUE EXCELLENCE AND USE KNOWLEDGE,
SKILLS, AND ATTITUDES TO CONTRIBUTE RESPECTFULLY
AND CONFIDENTLY TO AN EVER-CHANGING GLOBAL COMMUNITY.



Section V Athletics	Be Loud... Be Proud... Be Positive...
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COMMUNICATION GUIDELINES FOR STUDENT-ATHLETE/PARENT/COACH

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 great benefit to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

Communication You Should Expect From Your Child's Coach

1. Philosophy of the coach.
2. Expectations the coach has for your child as well as all players on the squad.
3. Dates, locations and times of all the practices and contests.
4. Team requirements (i.e., team building activities, fundraising and off-season expectations).
5. Procedure should your child be injured during participation.
6. Discipline that results in the reduction or removal of playing time/participation.

Communication Coaches Expect From Parents

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concern in regard to coach's philosophy and/or expectations.

As your children become involved in programs at Spencerport High School, 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 and your child wishes. At these times, discussion with the coach is encouraged.

Appropriate Concerns To Discuss With Coaches

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

It may be very difficult to accept your child's playing time status. Coaches are professionals and they make judgment decisions based on what they believe to be the best for all students involved. As you have seen from the list above, certain things can and should be discussed with your child's coach. Other things, such as those on the following page, must be left to the discretion of the coach.

Issues Not Appropriate To Discuss With Coach

1. Playing time.
2. Team strategy
3. Play calling
4. Other student-athletes.

When there are situations that may require a conference between the coach and the parent, these conferences are encouraged. It is important that both parties involved have a clear understanding of the others' position. When these conferences are necessary, the following procedure should be followed to help reach a resolution to the issue

Procedure To Follow To Discuss A Concern With A Coach

1. We strongly recommend that your child discuss the concern with their coach first.
2. If the concern is not resolved, the parent may contact the coach and/or varsity coach.
3. Call or email to set up an appointment with the coach.
4. If the coach cannot be reached, call the Athletic Office. They will assist you in contacting the coach.
5. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and coach. Meetings of this nature do not promote resolution. **In addition, the coach has duties and responsibilities to perform!**

The Next Step

What Can A Parent Do If The Meeting With The Coach Did Not Provide A Satisfactory Resolution?

1. Call the Athletic Office to set an appointment with the Athletic Director. The parent/guardian, coach, and Athletic Director and student-athlete will meet to discuss the concern.
2. At this meeting, the appropriate next step can be determined.

Parents are encouraged to contact the Athletic Director only after discussion with the coach and/or varsity coach. However, if a parent has specific complaints regarding a coach, then the coach must have the opportunity to be present to meet with the parent(s).

We hope the information provided will help make you and your child's experience with the Spencerport Central School's Athletic Program less stressful, more enjoyable, as well as rewarding.

SPENCERPORT CENTRAL SCHOOLS`
RANGER ATHLETICS
INTERSCHOLASTIC PROGRAM OPPORTUNITIES – GRADES 7-12

FALL – BOYS

Varsity Soccer
 JV Soccer
 Modified A Soccer
 Modified B-1 Soccer
 Modified B-2 Soccer
 Varsity Football
 JV Football
 Freshmen Football
 Modified B-1 Football
 Modified B-2 Football
 Varsity Cross Country
 JV Cross Country
 Modified B Cross Country
 Varsity Volleyball
 JV Volleyball
 Modified B Volleyball

WINTER – BOYS

Varsity Basketball
 JV Basketball
 Modified A Basketball
 Modified B-1 Basketball
 Modified B-2 Basketball
 Varsity Swimming
 JV Swimming
 Modified B Swimming
 Varsity Wrestling
 JV Wrestling
 Modified B-1 Wrestling
 Modified B-2 Wrestling
 Varsity Indoor Track
 JV Indoor Track
 Varsity Hockey
 Varsity Bowling

SPRING - BOYS

Varsity Baseball
 JV Baseball
 Modified A Baseball
 Modified B Baseball (2)
 Varsity Track & Field
 JV Track & Field
 Modified B Track & Field
 Varsity Golf
 Varsity Tennis
 JV Tennis
 V Lacrosse
 JV Lacrosse
 Modified B Lacrosse
 Modified A Tennis

FALL – GIRLS

Varsity Soccer
 JV Soccer
 Modified A Soccer
 Modified B-1 Soccer
 Modified B-2 Soccer
 Varsity Volleyball
 JV Volleyball
 Modified B-1 Volleyball
 Modified B-2 Volleyball
 Varsity Tennis
 Modified A Tennis
 Varsity Swimming
 JV Swimming
 Modified B Swimming
 Varsity Cross Country
 JV Cross Country
 Modified B Cross Country
 Varsity Cheerleading
 JV Cheerleading
 Modified A Cheerleading
 Varsity Golf

WINTER – GIRLS

Varsity Basketball
 JV Basketball
 Modified A Basketball
 Modified B-1 Basketball
 Modified B-2 Basketball
 Varsity Indoor Track
 JV Indoor Track
 Varsity Bowling
 Varsity Cheerleading
 JV Cheerleading
 Modified A Cheerleading

SPRING - GIRLS

Varsity Softball
 JV Softball
 Modified A Softball
 Modified B Softball
 Varsity Track & Field
 JV Track & Field
 Modified B Track & Field
 Varsity Lacrosse
 JV Lacrosse
 Modified B Lacrosse

Spring Boys/Girls
 Unified Basketball

Fall Boys & Girls

Unified Bowling

DEFINITIONS

I. Regular Interscholastic Athletic Program

A. High School Program

1. Varsity and JV (grades 9-12) maximum age – 19 years old after July 1
2. Modified A (ages 13, 14, 15) maximum age – 15 years old after July 1(Grade 7 & 8 students by invitation only)
3. Freshmen (grade 9 only)

B. Middle School Program

1. Modified B (grades 7 & 8)

II. APP

A. Program for exceptions to the regular interscholastic athletic program.

B. This program is **NOT** for routine placement. For further information contact the Athletic Office at 349-5170.

SPENCERPORT RANGERS ATHLETIC AWARDS

- A.** Modified B (Gr 7/8) and Modified A team members who complete the season in good standing will receive a participation certificate.
- B.** Freshmen and Junior Varsity team members who complete the season in good standing will receive a participation certificate.
- C.** Varsity team members who complete the season in good standing will receive a chenille varsity letter "S" with the appropriate insert (pin), along with a varsity certificate. Only one varsity letter "S" will be given to any one student-athlete during their career. Additional inserts (pins) will be given for each subsequent year of participation in the same, or any other, sport. Captain and All-County pins will also be given to varsity student-athletes who earn them.
- D.** Managers of a varsity team will receive a varsity letter, varsity letter certificate and manager insert (pin).
- E.** The Most Improved Award and Most Valuable Award for varsity teams, as selected by a vote of team members at the end of the season, will receive an award presented at the Athletic Banquet at the end of the school year.
- F.** MCPSAC Scholar-Athlete - This award is given to one student-athlete on each varsity sport team as selected by the varsity coach who has a high GPA and also demonstrates leadership (on and off the playing area), teamwork and sportsmanship. This award is presented at the sport's team banquet by the varsity coach (certificate) and also at the Athletic Banquet at the end of the school year (medallion).
- G.** The Ranger Award will be presented at the Athletic banquet to the senior student-athlete(s) who have earned six (6) or more varsity letters during their career. The Ranger Award was developed to encourage varsity participation in the athletic program.
- H.** The Blue/Gold Award - presented at the Athletic Banquet to student-athletes who earn three (3) varsity letters in one year.
- I.** The Andy Vernooy Award is presented by the Varsity Club, along with the Spencerport XC and track programs, in recognition of a track athlete's overall contribution to the sport; their dedication, their achievement and their citizenship. This award will be given at the annual Athletic Awards Banquet.
- J.** The Coach Chow Award is presented in memory of Donald "Coach Chow" Wierzchowski, a long-time beloved Spencerport teacher and coach who passed away on May 1, 2002. It is awarded to a senior female student-athlete who best shared "Coach Chow's" philosophy of athletics and life - those of academic success, love of playing the game - not just winning and displaying a concern for others. This award will be given at the annual Athletic Awards Banquet.
- K.** The Rob Stultz Memorial Award - presented to a female and male athlete who best exemplifies the characteristics that Rob (a Spencerport student-athlete who passed away during a basketball scrimmage on November 28, 1998) demonstrated (team play, effort, attendance and sportsmanship). This award is voted on by the varsity coaching staff and presented at the annual Athletic Awards Banquet.
- L.** The Duane Tucker (male) and SSBC (female) Awards (Outstanding Senior Academic Student-Athlete) are based on the total points earned over a student-athlete's career in the Spencerport Central School District. Points are awarded for cumulative grade point average, varsity letters earned, MCPSAC Team Scholar Athlete Awards and All-County selections. These awards are presented at the annual Athletic Awards banquet.
- M.** The Harold "Chick" Schum and Joan P. Selander Awards are given to the Outstanding Senior Male and Female Athletes. These awards are voted on by the varsity coaching staff (male sports varsity coaches – Shum Award, female sports varsity coaches– Selander Award) and are presented at the annual Athletic Awards Banquet.
- N.** A student-athlete who receives a long term suspension between the beginning of the sport season and the presentation of awards will be subject to forfeiture of his/her right to any award.
- O.** If a student has been permanently dismissed from a squad during the season, or leaves the squad of their own free will, they shall not be entitled to receive a letter even though they may have completed other requirements for it.
- P.** All special athletic awards will be presented by the school district at the Annual Athletic Banquet at the end of the school year.

SPENCERPORT SPORTS BOOSTER CLUB

In January 1977, the *Spencerport Sports Booster Club (SSBC)* was formed and chartered. The organization began as an active parents association within the Spencerport Central School District and supports all sports. The SSBC is very active with many volunteers working at concession stands for various sports, serving as a board member or officer, making phone calls, helping with fund raisers and other volunteer organizations within the school and community. We have purchased and donated many items for the athletic programs and our student-athletes to the school district.

The SSBC meets the first Monday of each month in the Administration Building. The membership fee is \$5.00 per person each year or you can contribute at a higher level. Through concessions sold at home events and other fund raisers, the SSBC is able to purchase many requested items. Recent purchases include:

The SSBC also needs a parent liaison from each sport program to attend meetings. If you are interested in helping as a liaison or at an athletic event or fund raiser, please contact your varsity coach or an SSBC officer. The partnership between our Booster Club and the athletic teams plays an integral part in the success of the Ranger Athletic program. Our invitation is open to all in the community to get involved and help our athletes to become champions! The SSBC needs your support! Come join in the fun helping our athletes be successful!

SSBC Executive Board

Keith Rich, President	keith1951@aol.com
Barb Strine, Treasurer	sportsboosterclub@spencerportschools.org
Marcy Clapper, Secretary	mclapper@spencerportschools.org
Marlene Williamson, Membership	marster6@rochester.rr.com

For more information please contact Keith Rich, President at Keith1951@aol.com . Also, you can view more information on the SSBC on the SCSD website: www.spencerportschools.org and click on SSBC page under Athletics/Quick Links.

ALMA MATER

We'll sing of thee, our school so dear,
Spencerport, dear Spencerport.

We'll ever praise thee with good cheer,
Spencerport, dear Spencerport.

Then how our hearts with rapture swell
With love for thee no tongue can tell,
And fondly in our heads will dwell
Spencerport, dear Spencerport.

The days are passing swiftly by,
Spencerport, dear Spencerport.

We long to catch them as they fly,
Spencerport, dear Spencerport.

To comrades true we'll say farewell
to meet again, ah, who can tell?

Then let us all the chorus swell
Spencerport, dear Spencerport.

RISE UP

2020-2021

FIGHT SONG

Strong and mighty RANGERS are we,
Stand united, fighting for victory.

Spencerport will win over all.

RAH, RAH, RAH for Spencerport!

RAH, RAH, RAH, RAH
RAH for the blue and gold.

Fight song tune is from the University of
Minnesota rouser song;
words by Mike Fedoryshyn

Collegiate Athletic Participation

For information on NCAA Division I, II or III participation and recruiting please refer to:

www.ncaa.org

and

A Guide for College Bound Student-Athletes and Their Parents
National Interscholastic Athletic Administration Association

www.niaaa.org

Information and Resources for College-Bound Student Athletes and Parents

www.ncaa.org

Click on "Eligibility Center-Student-Athletes"

IT'S A MATTER OF



P.R.I.D.E

SPENCERPORT RANGERS