

Dear Parent/Guardian:

This material is presented to you because your son or daughter has indicated a desire to participate in our interscholastic athletic program. We believe that participation in athletics provides a wealth of opportunities and experiences, which assist students in personal development. Within this packet you will find:

- Extra-Curricular Code of Conduct
- New York State Fact Sheet on Concussion
- Sports Booster Membership Form

Please review all of these documents and return the signed forms for each to the coach of your team.

If you have any questions or concerns, please feel free to contact the Athletic Office at 624-7070.

Sincerely,

Brian Donohue
Director of Health, Phys. Ed., & Athletics

APPENDIX 1: INTERSCHOLASTIC AND EXTRA-CURRICULAR CODE OF CONDUCT

PARTICIPATION VALUES/STANDARDS/REGULATIONS – CATEGORY 1

Student Behavior

It is the expectation that all students exemplify competence, civility, good citizenship, and good character at all times both in and out of school, as well as in and out of season. This includes but is not limited to the following examples:

- Demonstrating self-control and respect for others at all times. This includes teammates, coaches, opponents, and spectators.
- Respecting officials and other game personnel.
- Respecting others possessions and property.
- Accepting responsibility to set a good example for the community.

1. Examples of Category 1 violations include, but are not limited to the following:

- Truancy
- Insubordination
- Ejection from a contest
- Fighting
- Vandalism
- Illegal absence from school or class

2. Consequences for **Category 1** violations will be communicated through individual team rules at the beginning of each season.

3. Any violation of Category 1 rules could result in a loss of participation and leadership positions.

PARTICIPATION VALUES/STANDARDS/REGULATIONS – CATEGORY 2

Substance Abuse Use

No student may use, possess, sell, or distribute alcohol or other substances, nor may use or possess drug paraphernalia, including counterfeit and designer drugs, including synthetic cannabinoids, except drugs as prescribed by a physician. The term “alcohol and/or other substances” shall be construed throughout this policy to refer to the use of all substances including, but not limited to, tobacco, electronic cigarettes, nicotine delivery devices, alcohol, inhalants, marijuana, cocaine, LSD, PCP, amphetamines, heroin, steroids, look-alike drugs, synthetic cannabinoids, and any of those substances commonly referred to as “designer drugs.” The inappropriate use of prescription and over-the-counter drugs shall also be prohibited. Persons exhibiting behavioral, personal or physical characteristics indicative of having consumed alcohol or having used illegal substances or marijuana, will be accompanied to a safe location by an administrator or teacher, while the student’s parent(s) are contacted.

Parties/Gatherings/Other Events

If a student attends a party/gathering where it is evident that marijuana or other illegal substances/drugs are present or being used, or where alcohol is being served to, or consumed by, persons under the age of 21, the student must leave the party/gathering within a reasonable period of time. A reasonable amount of time is defined as 15 minutes. Students are encouraged to contact a coach or administrator to establish their role in connection with the event. If such an event occurs during the summer or off season the student athlete should contact Athletic Director, Brian Donohue (624-7070). The purpose of the call is to protect students who have made the right choice from future allegations regarding the specific event.

Hazing

Hazing is defined as any activity that recklessly or intentionally endangers the mental health, physical health or safety of a student. Any hazing activity, whether by an individual or a group, shall be

presumed to be a forced activity, even if a student willingly participates.

The athletic program does not condone any form of initiation or harassment, known as hazing, as part of any school sponsored activity. No student, coach, volunteer or District employee shall plan, direct, encourage, assist or engage in any hazing activity.

Suspected acts of hazing should be reported to the coach, athletic administrator, principal or other school administrator.

Harassment

Harassment in any form will not be tolerated.

"Harassment" shall mean the creation of a hostile environment by conduct or by verbal threats, intimidation or abuse that has or would have the effect of unreasonably and substantially interfering with a student's educational performance, opportunities or benefits, or mental, emotional or physical well-being; or conduct, verbal threats, intimidation or abuse that reasonably causes or would reasonably be expected to cause a student to fear for his or her physical safety; such conduct, verbal threats, intimidation or abuse includes but is not limited to conduct, verbal threats, intimidation or abuse based on a person's actual or perceived race, color, weight, national origin, ethnic group, religion, religious practice, disability, sexual orientation, gender or sex.

Students are encouraged to discuss freely with coaches, teachers, or administrators any harassment involving themselves or others.

CONSEQUENCES

HF-L adheres to a four-tiered concept regarding consequences to violations of the athletic code. Four tiers of Consequences intend to facilitate the goals as an educational institution to alert and inform youth. In addition the consequences provide opportunity for students to learn from mistakes and be successful with future choices.

The training rules will be in effect from the beginning of the student-athletes' interscholastic participation through the student-athletes' high school graduation. The beginning of the season is defined as the first day of practice. This means it is 365 days a year.

- Example 1: a 7th grader first participates in sports in the winter season, the first day of practice that season begins the 365 days a year until graduation for adhering to these training rules.
- Example 2: A sophomore fall season begins interscholastic athletics, the first day of practice begins the 365 days a year until graduation for adhering to these training rules.

A violation of **Category II rules** will result in the following:

- *First Offense:* The student-athlete will be suspended 25% of his/her regular scheduled events as stated at the beginning of the season. (Example: 16 scheduled games-25%= 4 games)
- *Second Offense:* A second violation of these training rules will result in the suspension of the student athlete for 50% of scheduled events.
- *Third Offense:* A third violation of these rules will result in the suspension from interscholastic athletics of that student one calendar year.
- *Fourth Offense:* A fourth violation of these rules will result in permanent suspension from all athletic programs for the duration of school career.

Self Referral - 1st Offense Only

In recognizing the importance of the values of honesty and integrity, any first-time code violations that are self or family reported prior to District awareness will receive a reduction in penalty of 50%.

Notes

- An event is defined as a regular scheduled game. Scrimmages are not considered an event.

- If the duration of the consequence goes beyond the end of the current season, it will carry over into the next season in which the student athlete participates. It will not effect the tryout for the next season.
- Any violation of Category II rules will result in loss of team captaincy and other leadership positions.

Educational Component

We are committed to providing resources for families when a substance abuse problem has been identified. As part of the educational component of the consequence phase, student-athletes may be required to complete a program to assist them in dealing with any issues that led to the violation of the training rules. The educational component may include any or all of the following:

- Substance Abuse Counseling
- Anger Management
- Community Service
- Other Intervention Services as needed

Investigation

Any student, student-athlete, parent, coach, school administrator and community member may choose to report a violation of the training rules violation orally or in writing to:

- Building principals
- Athletic administrator
- Teachers
- Coaches
- Counselors

Reported violations concerning student-athletes must be forwarded to the building principal and the Athletic Director immediately. An investigation shall begin immediately to determine the nature of such allegations.

Investigative Process

- The principal/assistant principal will be notified.
- The Athletic Director will interview the student-athlete as to the reason(s) for suspected violations in an effort to confirm or refute the allegations.
- There will be parental notification if the interview does not succeed in obtaining the confirmation or exoneration of the suspected violation.
- The Athletic Director will further investigate through interviews with those who may be aware of violations first-hand, those who may have limited knowledge of the violations, or those who may be involved with such violations.
- If in the Athletic Director's opinion, there is evidence of a violation, the appropriate consequences will be applied.

Honesty Provision

If, when confronted by the Athletic Director with a violation the student is honest, then the consequences shall be as set forth in these guidelines. If the student is untruthful he/she will be subject to additional consequences.

Appeal Process

Each student athlete shall have the right to an appeal and hearing of the decision. The athlete will remain ineligible until the appeals process is complete. The following steps must be followed to initiate an appeal:

1. The student-athlete must submit in writing to the Director of Athletics a request for an appeal, no later than 7 days after the day in which the decision is made.
2. After the appeal has been received, a discussion will take place between the athlete and the Athletic Director. This will be considered the first step to resolve the appeal.
3. If the appeal is not resolved, a review board will be formed to consider the appeal. The review board will consist of the following (5 or 7 members must be present for an appeal to be heard):
 - Assistant Superintendent

- High School Administrator
 - Out of Season Coach
 - Current Coach
 - Teacher
 - Parent – not the parent of the student-athlete appealing the decision
4. Every attempt will be made to complete the appeal process within 5 business days.
 5. Both sides will present their case to the review board, and will receive, in writing, the decision of the review board within 10 days of the hearing. The student-athlete and a parent/guardian must be present during the hearing.

Seeking Assistance

Students in need of help, and/or are experiencing circumstances that are inhibiting their ability to follow these guidelines are encouraged to contact school personnel to seek assistance.

Team Rules

Coaches may establish additional rules and regulations for their respective sports with the approval of the Athletic Director. These additional rules must be in writing to all team members and parents and explained fully at the start of the season. Copies of all additional team rules must be on file in the Athletic Office.

New York State Scholastic Athlete Fact Sheet on Concussions

What is a concussion?

A concussion is a brain injury that:

- Is caused by a blow to the head or body.

From contact with another player, hitting a hard surface such as the ground, ice or floor, or being hit by a piece of equipment such as a bat, lacrosse stick or field hockey ball.

- Can change the way your brain normally works.
- Can range from mild to severe.
- Presents itself differently for each athlete.
- Can occur during practice or competition in ANY sport.
- Can happen even if you do not lose consciousness.

What are the symptoms of a concussion?

You can't see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury. Concussion symptoms include:

Amnesia	Balance problems or dizziness	Feeling sluggish, foggy or groggy
Confusion	Double or fuzzy vision	Feeling unusually irritable
Headache	Sensitivity to light or noise	Slowed reaction time
Loss of Consciousness	Nausea (feeling you might vomit)	Concentration or memory problems (forgetting Game plays, facts, meeting times)

Exercise or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headache or tiredness) to reappear or get worse.

What should I do if I think I have a concussion?

Don't hide it. Tell your athletic trainer, coach, and parents. Never ignore a blow to the head. Also, tell your athletic trainer and coach if one of your teammates might have a concussion. Sports have injury timeouts and player substitutions so that you can get checked out.

Report it. Do not return to participation in a game, practice or other activity with symptoms. The sooner you get checked out, the sooner you may be able to return to play.

Get checked out. Your physician, athletic trainer, or health care professional can tell you if you have had a concussion and when you are cleared to return to play. A concussion can affect your ability to perform everyday activities, your reaction time, balance, sleep, and classroom performance.

Take time to recover. If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a repeat concussion. In rare cases, repeat concussions can cause permanent brain damage, and even death. Severe brain injury can change your whole life. Once cleared to resume activity by the physician, you will follow a Return-To-Play Protocol.

How can I prevent a concussion?

Basic steps you can take to protect yourself from concussion:

- Do not initiate contact with your head or helmet. You can still get a concussion if you are wearing a helmet.
- Avoid striking an opponent in the head. Undercutting, flying elbows, stepping on a head, checking an unprotected opponent, and sticks to the head all cause concussions.
- Follow your athletics department's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Practice and perfect the skills of the sport.

Please detach and return to your coach

**Honeoye Falls-Lima School District
Interscholastic/Extra Curricular Code of Conduct**

Athlete's Name _____

Sport _____ Level _____

I have received and read the Interscholastic/Extra Curricular Code of Conduct.

I agree to the terms of this form and will support the Athletic Department in assuring that my son/daughter adheres to these expectations.

(Parent Signature)

(Date)

I have read and understand the Interscholastic/Extra Curricular Code of Conduct. I have discussed them with my parent(s)/guardian and agree to follow them.

(Athlete Signature)

(Date)

Please sign the NYS Concussion Acknowledgement on the reverse side



New York State Scholastic Athlete

Parent/Guardian Acknowledgement Regarding Concussion Information

I, the parent/guardian of _____
acknowledge the receipt and understanding of the “New York State Scholastic Athlete Fact Sheet on Concussions”, have reviewed it with my child, and asked any questions regarding its contents to the school district.

(Parent/Guardian Name – Print)

(Parent/Guardian Signature)

(Date)

If athlete is 18 years of age or older

(Student Name – Print)

(Student Signature)

(Date)

Honeoye Falls-Lima Sports Booster Club, Inc.

P.O. Box 27, Honeoye Falls, NY 14472

<http://www.hflsportsboosters.org>

The Team Behind Your Team



President: Sam Villanti

Treasurer: Matt Bailey

Vice President: Bill Millard

Secretary: Michele Shone

Athletic Director: Brian Donohue

2014 – 2015 Membership Application Form

The HF-L Sports Boosters Club supports our student athletes by investing in equipment, uniforms and fees associated with scholastic sports. All of the funds raised by the Sports Booster Club, including membership fees, are used to support HF-L athletics. The Athletic program budget has been very lean the past number of years and Sports Boosters, with input from the Athletic Department, has played a vital role in meeting the needs of our athletic teams.

We are conducting a membership drive to boost the participation of families, especially those with athletes in HF-L sports programs. You can become a member of Sports Boosters by filling in the form below or registering online at: <http://www.hflsportsboosters.org>. If you become a member you will receive periodic emails from Sports Boosters. There is no obligation to join our monthly meetings, but we are always looking for new people to participate in our meetings and provide input on how best to support our student athletes.

Will you become a Sports Boosters member? Yes No Current 2014-15 member

If No, please let us know why _____

Are you interested in volunteering with the Sports Booster's Club? Yes No

First and last name(s)***: _____

Address***: _____

Telephone***: _____

Email address(es)***: _____

Child's Name	Grad Year	Sport(s) Played
Child's Name	Grad Year	Sport(s) Played
Child's Name	Grad Year	Sport(s) Played
Child's Name	Grad Year	Sport(s) Played
Child's Name	Grad Year	Sport(s) Played

Membership Fee: \$25.00 Additional donation (greatly appreciated): _____

Please make ONE check payable to:
HFL Sports Boosters Club and mail it to PO Box 27, Honeoye Falls, NY 14472.

For questions about membership, please contact Michele Shone at micheleshone@gmail.com or 585-329-5126

*** required fields