

EAST ROCHESTER UNION FREE SCHOOL DISTRICT

ATHLETICS HANDBOOK



ATHLETIC HANDBOOK

Welcome Letter

On behalf of the East Rochester Union Free School District, we would like to welcome you to the East Rochester interscholastic athletic program. We offer 19 different sports, consisting of 40 teams for our student athletes in grades 7-12. Our coaching staff is made up of certified, dedicated adults who enjoy working with your children and our student athletes. They are individuals who work hard and care a great deal about the young student-athletes for which they are responsible. While some of our staff is made up of East Rochester educators, we also have a number of committed coaches that come from the community and the Rochester Region that serve in other areas outside of teaching in ER.

The modified program (Grades 7,8,9) prepares our young student athletes for the higher levels of high school competition. Winning is NOT emphasized and larger numbers and participation at the modified level are encouraged. To participate at the high school level, a higher refinement of skills and commitment is necessary, competition for success is viewed as a goal of our JV and Varsity programs. Our 23 JV and Varsity teams strive for success, and practice to produce as efficient and successful of a team as possible. The East Rochester Athletic Community believes this work ethic and commitment both in season and throughout the off season fundamentally supports the ideology of East Rochester S.O.A.R.S.


Students First

Opportunity

Achievement

Responsibility

Strength



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Athletic Philosophy

- Provide opportunities for the total development of our East Rochester students
- To nurture a sense of respect and integrity
- Foster leadership, sportsmanship, and game ethics
- Develop a competitive spirit
- Instill a sense of pride, loyalty and success within East Rochester
- Promote physical, mental, moral, social and emotional health.

Joining a Team

A. Registration

A student is not eligible to participate in any sport until the following requirements have been met:

- The student must register via the RschoolToday Activity Registration system (parents and students must keep this username and password from season to season)
- All eligibility requirements must be satisfied.
- The athlete's physical examination
- has been completed and a record of the examination is on file in the school nurse's office.

ATHLETIC HANDBOOK

B. Physical Examinations:

Each student wishing to participate in the interscholastic athletic program at East Rochester must have a physical from a physician prior to their first athletic season of practice and play. Student-athletes must have a physical within the past 12 calendar months to participate in any sport. The school will have the final decision as to whether a student is eligible to participate.

- Note: Injuries or illness that prevent participation for more than 5 days require a signed doctor's permission slip before returning to the team. Bring the permission slip to the school nurse who will give the student authorization to return to the team.
- [Page 116 NYSPHSAA Rules and Regulations](#)



C. Risk Factors in Athletics:

Participation in sports involves a certain degree of risk of injury. Such physical injury can occur in any type of sports or co-curricular activity and vary in nature and severity. Injuries can run from minor (e.g., bruises, scrapes) to more serious (e.g., fractures, dislocations, concussions, paralysis, and even death). We want you to be aware of the risk to make an informed decision about activities and athletic competition. Pre-season conditioning, learning proper skills and techniques, and knowledge of rules and safety factors may help reduce the risk of injury.

- Serious injuries will be reported on a school "Accident Report Sheet" and must be communicated through a chain of communication involving the coach, the athletic trainer and the school nurse. This process of the "Accident Report Sheet" begins with the coach.

D. Athletic Offerings

The following are current offerings provided to ER student athletes in grades 7-12.

Fall	Winter	Spring
Boys and Girls Soccer	Boys and Girls Basketball	Track and Field
Field Hockey (merger)	Wrestling	Baseball
Girls Volleyball	Ice Hockey (merger)	Softball
Football	Indoor Track and Field	Tennis (Boys)
Cheer (Varsity only)	Cheer (Modified/Varsity)	

East Rochester, in conjunction with Section V and NYSPHSAA allows for Dual Sports Participation in the same season. [Dual Participation Language](#). In addition to NYSPHSAA the language relative to East Rochester will be evaluated annually to provide clarity and guidance to student-athletes, coaches and families wishing to participate in dual sports in the same season.

ATHLETIC HANDBOOK

Athletic Awards

The ultimate recognition that East Rochester Student athletes are encouraged to strive for are the NYS Scholar Athlete Recognition, Wayne-Finger Lakes League Championships and ultimately Section V Championships. There are only a certain number of teams throughout our League and Section V that can attain that level, and success is not always defined by Championships, only enhanced.

East Rochester also has a number of individual awards that coaches, peers and the athletic programs recognize throughout the year. They are given to athletes that have complied with the policies in the Athletic Handbook, have completed the season as a member of a team, and have met the coach's requirements. There is a point system associated with these awards (see below).

- **Certificate:** All athletes (either Modified, Junior Varsity, or Varsity)
- **ER Letter:** Athletes with at least one Varsity certificate
- **Outstanding Athlete Award:** Athletes with the ER and a total of 500 points (Senior Plaque Award)
- **1,000 Point Plaque:** Athletes with an ER Letter and a total of 1,000 or more points
- There are also a series of awards to Juniors and Seniors including but not limited to **Outstanding Female and Outstanding Male Athlete Award**. No Male/Female athlete can receive this award more than once in their High School career.
- Modified and JV sports teams will recognize an **Ideal Teammate Award**. Varsity programs will recognize an **Ideal Teammate and MVP** for each varsity team.

E. General Eligibility for Interscholastic Activities:

NYSHSAA Handbook [Multiple Pages](#)

F. Athletic Placement Process (APP):

Students in grade 7 and 8 that are exceptionally skilled athletes and have the ability to compete at a higher level may be eligible for JV or Varsity teams by going through the APP, which is a set of guidelines set forth by NYS. Playing up is initiated by the coach. Please refer to the following link for more information. [APP Guidelines](#)

- Coach will contact the Athletic Director.
- Athletic Director will discuss with coach, school nurse, school social worker, and administration
- Athletic Director will contact parent to obtain signed parental permission form
- Parent will discuss with athlete and obtain a medical maturity exam administered by athlete's physician
- Student must pass a physical fitness test scheduled and administered by the AD before each sport season
- Student must attend try-outs for sport

G. Mixed Competition:

All Commissioner of Education procedures for mixed gender competition will be followed. If a student would like to be part of this process, the parents of the student must contact the Athletic Director at least 3 months prior to the start of the season. [NYSPHSAA Handbook Page 117](#)



ATHLETIC HANDBOOK

H. Tryout Process and Roster Selection:

Each specific coach is responsible for determining tryout schedules and whether or not cuts will be made. At the conclusion of the tryout period the coach will meet with every student-athlete to discuss their role on the team. [NYSPHSAA Handbook Page 119.](#)

I. Levels of Competition and Playing Time

Modified A/B

The focus of modified athletics is to develop a foundational understanding of the sport. Student athletes are taught the rules, proper training, a development of individual skills related to the sport, team play, and sportsmanship. Emphasis is not placed on winning, and effort is made to maximize participation for all student athletes.

Junior Varsity

At the junior varsity level, coaches continue to emphasize skill development, team play, and physical conditioning. The goal of JV programs is to prepare student athletes for varsity level competition. At this level, competitiveness is increased, and while adequate playing time for all student athletes is encouraged, the amount of playing time is influenced by both work ethic and skill level.

Varsity

Varsity level athletics is the culmination of the high school sports athletic program. A student athlete's sound attitude and skill level will determine the amount of playing time on a varsity team. The goal of a varsity team is to win while continuing to focus on team play and sportsmanship. Coaches believe in the importance of all team members to understand their role on the success of their team.

J. Vacations:

Family vacations that occur on official school days will be handled as per the District's Attendance Policy. It is important to note that the District recognizes the importance of family time and vacations. When parents and students choose to take family vacations during seasons of competition, it must be understood that the time missed by the student-athlete may affect team chemistry, personal conditioning, and/or activity readiness. To be fair to all members of the team, students who miss practices or competitions for any reason may see adjustments in positions or playing time as a natural consequence. The coach may determine that those students who were present for the practices/competitions are better conditioned for participation in competitive athletics or better prepared than those who have not attended all recently scheduled practices and contests. Athletes missing games/practices for family vacations can disrupt the growth and chemistry of the individual and the team, that disruption can have ramifications that often derail the goals of the team.

K. Removal from a Team:

1. An athlete may be removed from a team at any time by the coach, Athletic Director, or Principal, in which case, the athlete is ineligible to participate in any capacity in any other sport during this same season.
2. An Athlete must petition for reinstatement into the sport in any future school year by writing a formal letter to the coach and Athletic Director, which will be presented prior to the new season and discussed in a meeting with the student, parent/guardian, and coach. During this meeting is when the reinstatement will be granted or denied.
3. If a student-athlete leaves a team once interscholastic competition has begun there will be a process followed prior to re-entry on a team to another sport
4. If student-athlete quits a team they must remain out for the following 2 seasons (this can be appealed)
5. Appeals process includes a meeting between the parents, student-athlete and athletic director
6. If re-entry is not granted by the athletic director, an appeals panel made up of a coach (from a different sport), an athlete, and a counselor will be held to hear the student-athletes case for early re-entry into East Rochester Athletics.

ATHLETIC HANDBOOK

ER Rules and Expectations

A. Injuries in Athletics

1. Accident Report Sheet: All accidents must be reported on this paperwork, which is available from the coaches or the school nurse. The coach will fill this out and submit to the athletic office.
2. Concussions: Students that have been diagnosed with a concussion will need to be cleared by both the trainer and doctor and a strict return to play procedure will be followed. [NYSPHSAA Concussion Information](#)
3. Athletic Trainer: Trainer should be made aware of all injuries. East Rochester uses Rochester Regional Health as its trainer, all athletic related injuries should be run through RRH and its athletic trainer services.
4. Insurance: Your family policy is the first source of payment, with the school insurance being an added protection beyond what your personal policy may not cover. Any costs beyond your personal policy and the school policy will be the responsibility of the parent/guardian.

B. Training Rules Violations

1. Drugs, Alcohol and Vaping
 - a. Students participating in athletics and/or co-curricular activities are expected to abstain from use, possession, or distribution of alcohol, drugs, tobacco/nicotine, e-cigs, vapes or any paraphernalia associated with these substances.
2. Hazing, Bullying
 - a. Students have the right to attend games, practices and events both in public and private settings without being verbally and/or physically attacked or singled out on a consistent basis by fans, peers and coaches. If bullying and hazing occur, the appropriate personnel (coaches, administrators) should be informed by either parents or students.
4. Social Media, Cell Phone Usage
 - a. As a student athlete it is expected that your interactions through social media are positive and supportive of your team, peers and community. At no time should cellphones be out of bags or pockets in locker rooms or bathrooms. In addition, messages should be positive and interactions with opponents must be in a positive and friendly manner.

C. Consequences for Violations:

1. In-School Suspension
 - A student who has been placed on in-school suspension/alternative to suspension may not be involved as a participant in any interscholastic athletic activity until the first day following the end of the suspension, provided all other requirements for participation have been met. This does not apply for a student that may be assigned for 1 to 2 periods. This applies to a student that has been assigned for a ½ day or more of ISS.
2. First Offense
 - Any student athlete in grades 7-12 with a first offense of training rules will be suspended for 25% of the regularly scheduled contests for that season. In order to become eligible, the student athlete and parent/guardian will meet with the Athletic Director prior to reinstatement to discuss expectations and guidelines moving forward.
3. Second Offense
 - Any student athlete in grades 7-12 with a second offense of training rules will be suspended for the remainder of that school year and/or 50% of their next season if suspension occurs during the Spring Sports Season. In order to become eligible, the student athlete, parent/guardian and their

ATHLETIC HANDBOOK

coaches will meet with the Athletic Director and support staff prior to the start of the next season for which they plan to participate and gain eligibility.

4. Third Offense

- Any student athlete in grades 7-12 with a third offense of training rules will be suspended for the remainder of their Interscholastic Athletic Career. Following one complete calendar year, the student can petition the Athletic Department and an appeal will be heard. The appeals committee will comprised of a coach (from a different sport), a counselor and athletic director to hear the student-athletes case for early re-entry into East Rochester Athletics.

D. Athlete Contest Behavior:

- In the event an athlete displays behavior that is deemed worthy of a yellow card, technical foul, warning etc., the head coach or assistant coach has the ultimate authority when handling that player and situation. If the behavior continues throughout the season, the head coach is expected to communicate with the player, parent/guardian and athletic director in an effort to improve the student-athletes behavior.
- If a player is removed or ejected from an interscholastic athletic contest the player is removed from that contest and at minimum one additional game, match or contest. Please refer to pages 46 and 47 for further information [NYSPHSAA Suspensions Page 46, 47](#).

E. Communication Path:

In the event that a more detailed topic regarding the growth and success of the student athlete needs to take place, there is a clear line of communication that must be followed in order to assure the situation is addressed properly. The first and second lines of communication, when addressed properly, often settle the situation efficiently and benefit all parties involved. When concerns arise the athletes then parents should communicate with the coach first and Athletic Department second. The Superintendent and School Board should only be involved as a last means necessary.

- Athlete to Coach
- Parent to Coach
- Parent and Athlete to Athletic Director
- Parent to Superintendent
- Parent to School Board



F. Team Travel:

- Athletes must use school provided transportation to away activities unless a parent personally requests differently to the coach and must remain on-site at all away activities. Athletes not complying with regulations will be subject to discipline of the coach.
- In a unique occasion where a parent transports their child to an athletic event and an accident occurs, the insurance policy of the vehicle owner is the primary coverage, with the school insurance providing excess coverage covering any liability over and above the primary coverage.

G. Practice and Game Regulations:

- Athletes are expected to be at every scheduled practice/game unless he/she personally contacts the coach prior with a valid excuse.
- In order to practice or play in an event, an athlete must be present in school no later than 10:45 on the day of the contest. If you have been late to school on the day of a practice or game a legal excuse must be included.

ATHLETIC HANDBOOK

3. See specific team Code of Conduct (Each athletic team and sport is permitted to have their own additional expectations and goals shared with athletes as well).

H. Equipment:

1. Athletes are responsible for equipment issued to them and are financially responsible if not returned. All equipment and uniforms must be returned to their coach (not the athletic office) within a week of the conclusion of the season. Please make arrangements with your coach to return uniforms and equipment if things are not returned the day of the team turn in day.
2. Athletic equipment can only be used/worn on game days or when given permission by the coach.
3. Full uniforms are not to be worn in school, any uniforms given to athletes should only be worn outside of the contests on days when the entire team is wearing uniforms for team spirit.

I. Building Regulations:

1. Both before and after practice/games, loitering in the building will not be permitted. Parents and athletes must make arrangements to proceed home within approximately 30 minutes prior to or following the completion of a practice.
2. Spikes/cleats are not allowed inside the building.
3. If access is needed a coach or administrator will provide the necessary building access. Custodians do not need to allow student-athletes into locker and gym areas

School Guidelines

A. Physical Education Rule

Any student excused from PE for medical reasons is unable to participate in an athletic event for that day or days for which the excuse is written. If a student misses PE for an excuse other than

LEGAL EXCUSES

- Verified Medical Appointment
 - The student must give written notice to the office in advance.
- College Interview
- Court Appearance
- Religious Observance



the PE teacher will communicate with the athletic office. Consequences may include a warning, makeup, suspension or removal from team depending on severity and number of offenses.

B. General Behavior

Athletes are expected to always adhere to personal behavior guidelines that are expected in school and within the community, and if they do not, are subject to disciplinary action by the Athletic Director or their specific coach.

C. Conflicts with Other School Activities

Extracurricular activities will attempt to be scheduled to minimize conflicts, if a conflict arises, the athlete will notify the coach involved in a timely manner (not the day of) to come up with a resolution. When

ATHLETIC HANDBOOK

student athletes choose to play a varsity sport it is expected that the sport is a majority of their commitment, academics still being the primary focus.

D. Academic Eligibility

1. Students' grades will be assessed every 5 weeks.
2. If at the conclusion of a 5-week period a student is failing 2 subjects, the student-athlete will be placed on the ineligibility list.
3. The student-athlete will be notified by coach/advisor that they are on the ineligibility list.
4. If ineligible, the student is unable to participate in any extracurricular games, however, every student athlete must be with a teacher from 2:35-3:00 and must attend and participate in every practice.
5. In order to be removed from the ineligibility list, the student must work with the teachers of the courses they are failing and obtain a "yellow sheet" from the office to begin the process for removal from the ineligibility list.

Booster Clubs

Booster clubs are a fund-raising organization specific to each sports program for the East Rochester Athletics. They are to support the sports program, the student athletes, and coaches involved. Booster clubs' responsibilities include public relations, spirit initiatives such as senior night and end-of-season banquets, and continuous recruitment of members. Booster clubs work directly with the sports program they are supporting, clear communication between the booster club leadership and the coaches in the program is imperative to the success of each program.