

Mechanicville Student-Athlete Interscholastic Policy
(MSAIP) AND Parent(s), Guardian(s) guidelines



DIRECTIONS:

Student-Athletes, Parents-Guardians:

This is an electronic copy PDF of the MSAIP. Please read this together. Upon completion you will see a page to sign as declaration of agreement to the rules and regulations of this policy. You will not have to print this out. A hard copy will be given to all student-athletes to return to their coach ASAP, to be returned to the athletic director. The code of conduct for school policies is also in effect and will be signed as school starts. This is a separate code of conduct for all students in the MCSD. Any questions please email me @ tberrigan@mechanicville.org



Mechanicville Student-Athlete Interscholastic Policy
(MSAIP) AND Parent(s), Guardian(s) guidelines



22-23



Mechanicville Student-Athlete Interscholastic Policy
(MSAIP)



Mechanicville City School District
25 Kniskern Ave, Mechanicville, NY 12118



Kevin Kolakowski, Superintendent
Mike Mitchell, Sr-Jr. High Principal
John Howard, Assistant Principal
Thomas Berrigan, Athletic Director
Joseph Manzer-Head Custodial staff
Paula Dunn-Secretary Nurse Staff
Barb Sikamiotis-Nurse

HOME OF THE MECHANICVILLE RED RAIDERS

SPORTS OFFERED (2022-2023)

Fall Sports

Football	Varsity Jv Modified
Soccer boys	Varsity Jv Modified
Soccer girls	Varsity Jv Modified
Cross Country(B/G)	Varsity, Modified
Golf	Varsity, Jv
Cheerleading	Varsity
Volleyball girls	Varsity Jv Modified

Winter Sports

Basketball boys	Varsity Jv Modified 7, 8
Basketball girls	Varsity Jv Modified 7, 8
Wrestling	Varsity, Modified merger Stillwater
Cheerleading	Varsity, Jv
Indoor TR/F	Varsity
Alpine Skiing	Varsity, merger with Stillwater/Cambridge
Bowling boys	Varsity
Bowling girls	Varsity

Spring Sports

Softball	Varsity Jv Modified
Baseball	Varsity Jv Modified
Track/Field	Varsity Jv Modified
Lacrosse	Varsity, Modified merger Stillwater



Dear Parent(s), Guardian(s) and Student Athletes:

The school district offers many opportunities for our students to compete in. This handbook is presented to you because your son/daughter/child has indicated a desire to participate in interscholastic athletics or co-curricular activities here in the Mechanicville City School District. It is important that we all familiarize ourselves with the expectations that have been set forth by a rich tradition of academics and sports here at Mechanicville.

When your son/daughter/child signs up to participate in an activity or try-out for one of our sports programs this commitment comes with a great deal of responsibility and obligation. This handbook will introduce and continue to guide you all through the journey of organized athletics.

Mechanicville Jr./Sr. High School is a member of the New York State Public High School Athletic Association, competing in Section II and is affiliated with the Wasaren League as well as the Colonial Council for Girl's Varsity Bowling and Lacrosse. It is the role of the Department of Athletics to foster and maintain the rules that govern the spirit and letter of competition for all student-athletes and spectator's involved. These rules can best be achieved through continued communication with administration, coaches and families throughout all levels of involvement.

If at anytime I can be of assistance to you for any reason please feel free to call my office at 518-664-9888 X2409. Thank you for your time and attention to this handbook.

Sincerely,

Thomas Berrigan

Thomas Berrigan
Athletic Director Mechanicville City School District



MISSION STATEMENT

The Mechanicville City School Districts Athletic Department is dedicated to providing student-athletes with a rich co-curricular program that encourages our students to grow as individuals and leaders by experiencing the importance of being part of a team. The Mechanicville Athletic Department fosters commitment and loyalty to teamwork, pride, leadership, sportsmanship, and fair play.

VISION STATEMENT

The Mechanicville City School Districts Athletic Department strives to be an all inclusive program that provides access and opportunity for its student-athletes; we will strive to continue the reviewing of regular program offerings and best practices; and place greater emphasis on sportsmanship, character, leadership, the development of healthy lifestyle habits and safe exercise protocols.

PHILOSOPHY

Interscholastic athletics in the Mechanicville City School District is an integral part of the regular school program. It assists in preparing students for successes in their studies and lives.

While competition is important, our primary goal is to encourage good sportsmanship and responsibility among our students, coaches and community. Participation in a well-designed and structured interscholastic athletic program can help each student reach these goals. We recognize that winning is a desirable outcome, but the growth and development of healthy, mature, responsible students is our primary function.

The interscholastic athletic program provides a valuable experience that should be available to the largest possible number of students. An athlete's ability to participate will be determined at each coach's discretion and according to New York State Selection/Classification Program guidelines. Selection of teams will be determined using a variety of evaluation techniques that are specific to each sport.

The success of any program rests with the cooperation between coaches, parents and student athletes. Each coach recognizes that his/her responsibility extends beyond the contest to the positive development of our student athletes. At times, athletic practices and contests may conflict with academics. All coaches recognize that academics come first and student athletes seeking academic assistance will not be penalized.

PHILOSOPHY FOR ATHLETIC PROGRAMS

Teams shall be well-prepared and able to execute the skills and techniques associated with that particular sport. Teams shall be expected to display good sportsmanship and positive behavior during practice and game situations. Teams shall, regardless of their talent or team make-up, be well-conditioned, both physically and mentally, and play with enthusiasm while putting forth a quality effort at all times. Teams shall strive to demonstrate growth and improvement during the season in their play and execution of sports skills and techniques. Teams and individuals will learn and demonstrate through personal and team participation the following: Sportsmanship, Leadership, Commitment, Teamwork, Academic Responsibility, Citizenship, Self discipline, Pride, Physical fitness and Confidence.



CODE OF ETHICS

IT IS THE DUTY of all concerned with school athletics:

- To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
- To eliminate all possibilities which tend to destroy the best values of the game.
- To stress the values derived from playing the game fairly.
- To show cordial courtesy to visiting teams and officials.
- To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
- To encourage leadership, use of initiative, and good judgment by the players on the team.
- To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual players.
- To remember that an athletic contest is only a game—not a matter of life and death for player, coach, school, official, fan or community.
- **To POLICE YOUR AREA, clean up after yourself and teammates at practice, cafeteria after school, the bus, the courtyard outside, the track, the turf, the gym, the locker room, the foyer, the hallway, any place you play or practice.**

ATHLETIC PLACEMENT PROCESS FOR INTERSCHOLASTIC ATHLETIC PROGRAMS

Mechanicville participates in the New York State Education Department approved program that can provide the opportunity for 7th and 8th grade students to participate on varsity OR junior varsity teams. This program has been designed for the exceptional few in each school who would be served by playing on a higher level team than age and grade might indicate. It is expected there will be very few participating under this program. The following procedure will be followed to begin this process: Note: Not everyone who is identified to take the APP test will be allowed to take this test. It is at the discretion of the athletic director or director of physical education.

<http://www.p12.nysed.gov/sss/documents/AthleticPlacementProcess12-11-17FINALRevised.pdf>

Paraphrase of important information from the state site

“The APP is not to be used to fill positions on teams, provide additional experience, provide an opportunity for middle school or junior high students when no modified program is offered, or to reward a student. Instead, it is aimed at the few, select students who can benefit from such placement because of their level of readiness.”

“each district may find additional administrative considerations that they wish to include in the resolution; those included below are simply a sampling of the issues that should be considered”

“The APP is a program that may be implemented at the discretion of local school districts. It is not mandated.”

“ideally, it should be initiated by the district’s physical education director and/or athletic director and physical education staff, who recognize the student’s skill.”

“evaluation should be considered only for those students with the appropriate physical and emotional readiness, A

“A student who has undergone the APP does not need the procedure repeated if he/she achieved the required scores for fitness, maturity, and comparable physical size for the desired sport and level, regardless of the school year in which the testing was completed.”

“If a student has undergone the APP evaluation procedure and participated in the 7th grade, the process would not have to be repeated in the 8th grade *provided they remain at the same level of athletic competition in the same sport*. If the student changes levels or sports, the student’s scores should be reviewed to see if they meet the requirements for the desired level and sport. APP evaluation procedures must be repeated only if the scores do not meet the requirements for the desired level and sport and whose athletic abilities are outside of those of their age-related peers.”

It is intended only for the student who is truly at a level of physical and emotional maturity, comparable physical size, fitness, and sport skill that is commensurate with the level of competition that they wish to pursue.



APP PROCEDURES

1. The student-athlete will sign up for the modified sport that they would like to participate in.
2. The student-athlete will be identified by the head coach of that program and the names will be given to the athletic director.
3. The athletic director will contact the parent(s)/guardian(s) of the student-athlete. If the process continues:
4. The student-athlete will be given a packet to fill out at home and return it as soon as possible to the school nurse with the permission signed and the form filled out by the coach that he/she would be playing for if successful.
5. A medical examination will be performed by the school doctor including the development or maturity level determined by in accordance with established guidelines for the level of a particular sport. If the process continues:
6. A time to take the physical fitness test will be arranged by the athletic director
7. Parents/coaches/spectators are not allowed during the testing.
8. If successful the student-athletes name will be given to the coach for the try-out or participation period. It is important to note that passing of this test does not mean the student-athlete has made the team. It only allows him/her to try-out for three days.
9. After all decisions have been finalized everyone will be notified and the packet will be kept on file
10. If a student in grade 7 or 8 has reached the chronological age of 15 years old prior to July 1, he or she is eligible to participate on high school athletics without undergoing the APP

The APP test must be administered by a physical education teacher, the Director of Physical Education or the Athletic Director. The athlete must meet or exceed the criteria established for the level of participation desired. Students who do not meet the criteria during the test may have an opportunity to try one more time.

NO EXCEPTIONS

IMPORTANT NOTES: If a student has been approved through APP and participates at the JV or Varsity level, they may not go back down to modified during that school year. In addition, if the scores achieved do not meet the level that the student-athlete will participate at during the next school season as per the age requirements at that time, the student-athlete will need to be tested again for that level.

IN ADDITION: if a student-athlete is APP classified AND will be in 7th gr THEY HAVE 6 yrs of eligibility in that sport, 8th gr 5 yrs. , anyone who does not APP, eligibility starts in 9th grade. IF anyone is held back that year still counts towards eligibility.



Athletes-- New York State Requirement of Annual Physical Exams

In accordance with NYSPHSAA regulations, all students participating on athletic teams that engage in interscholastic competition must complete a physical examination and a health history update when required, and be approved for participation by the school physician. No student will be allowed to participate in try out sessions, practice, or competition until he/she has received medical clearance.

Physical examinations are provided to students by the school district at no cost to the student. These examinations are scheduled in the health office. Examinations are usually scheduled once per sport season and are valid for 12 continuous months. For further details, contact your child's school nurse. **Unless the examination is conducted within 30 days of the start of the first tryout session/practice, a health history update is required.**

You may choose to have the physical examination done by your own physician. If so, you must pick up the appropriate documentation from your child's school nurse prior to the scheduled examination and return all completed documentation to your child's school health office.

All athletes who are seen by a doctor, following an injury, must be released {signed statement} by that doctor in order to resume participation with their team. This release must be filed with the school nurse.

Risk Factor in Sports

Participation in sports involves a certain degree of risk for injury. Before going out for the team, we want you to be aware of the risk so you will be better able to reduce your chances for injury. Pre-season conditioning, learning the skills and techniques, and knowledge of rules and safety factors will enable you to have a healthy season.

Injuries/Insurance

It is extremely important to report any injury to your coach and/or athletic trainer immediately. Medical expenses resulting from any injury must first be submitted to your own insurance carrier and then any remaining balance can be submitted to the School Accident Insurance carrier. NOTE: THE SCHOOL ACCIDENT INSURANCE PROVIDES ONLY EXCESS COVERAGE ACCORDING TO A FEE SCHEDULE. Contact your child's school nurse for further details.



Athletes-- New York State Requirement of Annual Physical Exams

IN ADDITION:

The [Dominic Murray Sudden Cardiac Arrest Prevention Act](#) is a new law as of July 1, 2022. This law requires schools, students, and parents/guardians have information on sudden cardiac arrest risks, signs, and symptoms. Please note that sudden cardiac arrest in children and youth is rare. The incidence of sudden cardiac death (SCD) on the playing field is 0.61 in 100,000.¹

Sudden Cardiac Arrest (SCA) is an emergency that happens when the heart suddenly stops working. SCA can cause death if not treated immediately, and even with treatment death may occur. Immediate treatment is cardiopulmonary resuscitation (CPR) and use of an automatic external defibrillator (AED). All public schools must have a staff member trained in the use of CPR and AED in school and at all school athletic events.

Preventing SCA before it happens is the best way to save a life^[1]. Both your family health history and your child's personal history must be told to healthcare providers to help them know if your child is at risk for sudden cardiac arrest. Ask your child if they are having any of the symptoms listed below and tell a healthcare provider. Know your family history and tell a healthcare provider of any risk factors listed below.

The signs or symptoms are:

- Fainting or seizure, especially during or right after exercise or with excitement or startled
- Racing heart, palpitations, or irregular heartbeat
- Dizziness, lightheadedness, or extreme fatigue with exercise
- Chest pain or discomfort with exercise
- Excessive shortness of breath during exercise
- Excessive, unexpected fatigue during or after exercise

Student's Personal Risk Factors are:

- Use of diet pills, performance-enhancing supplements, energy drinks, or drugs such as cocaine, inhalants, or "recreational" drugs.^[2]
- Elevated blood pressure or cholesterol
- History of health care provider ordered test(s) for heart related issues



Athletes-- New York State Requirement of Annual Physical Exams

IN ADDITION CONTINUED:

Student's Family History Risk Factors are:

- Family history of known heart abnormalities or sudden death before 50 years of age
- Family members with *unexplained* fainting, seizures, drowning, near drowning or car accidents before 50 years of age
- Structural heart abnormality, repaired or unrepaired
- Any relative diagnosed with the following conditions:
 - § Enlarged Heart/ Hypertrophic Cardiomyopathy/Dilated Cardiomyopathy
 - § Arrhythmogenic Right Ventricular Cardiomyopathy
 - § Heart rhythm problems, long or short QT interval
 - § Brugada Syndrome
 - § Catecholaminergic Ventricular Tachycardia
 - § Marfan Syndrome- aortic rupture
 - § Heart attack at 50 years or younger
 - § Pacemaker or implanted cardiac defibrillator (ICD)

SCA in students at risk can be triggered by athletic activities. To decrease any chance of SCA in a student, the [Interval Health History for Athletics](#) must be completed and signed by a parent/guardian before each sports season unless a physical examination has been conducted within 30 days before the start of the season. This form has questions to help identify changes since the last physical examination or health history was completed. School personnel may require a student with health or history changes to see a healthcare provider before participating in athletics.

Finally, the law requires any student who has signs and symptoms of pending SCA be removed from athletic activity until seen by a **physician**. The physician must provide written clearance to the school for the student to be able to return to athletics.

Please contact the State Education Department's Office of Student Support Services for questions at studentsupportservices@nysed.gov or 518-486-6090.

[1] Maron BJ, Doerer JJ, Haas TS, et al. Sudden deaths in young competitive athletes: analysis of 1866 deaths in the United States, 1980-2006. *Circulation* 2009;119:1085-92. 10.1161/CIRCULATIONAHA.108.804617

[2] [SCA Prevention Toolkit – Eric Paredes Save A Life Foundation \(epsavealife.org\)](#)



Communication and Chain of Command



Communication You Should Expect from Your Child's Coach

1. Information about members of the coaching staff and which coaches may be specifically working with your child.
2. Expectations the coach has for your child.
3. Location and times of practices and contests.
4. Team requirements, i.e. special equipment, off-season conditioning, specific team rules.
5. Procedures should your child be injured during practice or a contest.
6. Discipline procedures that may result in the denial of your child's participation.

Communication Coaches Expect from Parents

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concerns in regards to a coach's philosophy and/or expectations.
4. Specific medical problems that could adversely impact your child's performance or safety.

Appropriate Concerns to Discuss with Coaches

1. The treatment of your child physically, mentally, emotionally and socially.
2. Ways to help your child improve.
3. Concerns about your child's behavior.
4. Family concerns that may have an emotional impact upon your child and his or her athletic participation.

It is very difficult to accept that your child's not playing as much as you may hope. Coaches make judgment decisions based on what they believe to be best for all of the student-athletes involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as the following items, must be left to the discretion of the coach.

Issues Not Appropriate to Discuss with Coaches

1. Playing time, team strategy, play calling, lineups, substitutions, and other student-athletes on the team.
2. Other members of your child's team.

Unacceptable Contact with Your Child's Coach

1. Prior to, during and after practice.
2. Prior to, during or after a contest.

These are typically either very busy times or, in the case of a contest, emotional times for all parties involved. Things can and will be said that are not meant. Meetings of this nature do not promote resolution.

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to promote resolution.

It is of utmost importance that the proper chain of command be followed. Though we understand the desire to talk with the Athletic Administrator first, those phone calls first must be referred to the appropriate coach.

If You Have a Concern to Discuss with a Coach, This is the Procedure You Should Follow:

1. Call or email the coach (during an appropriate time) to set up an appointment.
2. If the coach cannot be reached, call the Athletic Director 518-664-9888 ext. 2409 to schedule a meeting

What Can a Parent Do If the Meeting with the Coach Did Not Provide a Satisfactory Resolution?

1. Call and set up a meeting with the Athletic Director 518-664-9888 ext. 2409 to discuss the situation. At this meeting the next step can be determined which will include the Principal.



Modified Teams

Modified team participation shall serve as a developmental process that emphasizes basic skills, indoctrinates players to the varsity program philosophy and creates school pride and enthusiasm. Participation in interscholastic events will be based on coaches' discretion, skill level, attendance, work ethic and a positive attitude.

Development of our athletic program will be a major determining factor in deciding participation by modified program student athletes, rather than winning or losing. All student athletes will have an opportunity to participate in every athletic contest.

Tryouts will be conducted at the Modified level. An attempt will be made for all participants to become team members, whenever possible. The number of participants will be determined at the coach's discretion and the following factors:

- Athletes' safety
- Demonstration of skills
- Attendance and effort at practice
- Attitude and compliance with team and school rules
- Maintenance of productive practices
- Completion of necessary paperwork
- Knowledge of the game

Junior Varsity Teams

Junior varsity teams will begin the promotion of a winning team concept, with the identification of more skilled athletes. Participation in contests will be determined at each coach's discretion. There will be an emphasis on skill development and continuing to prepare junior varsity team members for the physical, emotional and mental characteristics necessary for varsity-level play.

Attendance, work ethic, attitude and skill level as evaluated by the coach(es) are the basis for interscholastic participation. Team selection at this level will be based on the following criteria:

- Athletes' safety
- Demonstration of skills
- Attendance and effort at practice
- Attitude and compliance with team and school rules
- Maintenance of productive practices
- Completion of necessary paperwork
- Knowledge of the game.



Varsity Teams

Varsity Teams will compete at the highest level with the most competent skilled athletes. The goal is to compete for league championships and qualify for sectional play. Student-athletes at this level must demonstrate high levels of proficiency in acquired sport specific skills, concepts, and strategies.

The major emphasis shall be promoting the successful development of highly skilled, motivated and well-conditioned athletes. These athletes should be physically, mentally and emotionally prepared to compete at this level. They will exhibit pride, sportsmanship and enthusiasm, as well as team unity, regardless of participation.

Skill level, work ethic, attendance and attitude, as evaluated by the coach and/or coaching staff, will be the basis for interscholastic participation. Team selection at this level will be based on the following criteria:

- Athletes' safety
- Demonstration of skills
- Attendance and effort at practice
- Attitude and compliance with team and school rules
- Maintenance of productive practices
- Completion of necessary paperwork
- Knowledge of the game Participation at any level will be contingent upon satisfactory academic standing

Participation at any level will be contingent upon satisfactory academic standing AND compliance with the Mechanicville Student-Athlete Interscholastic Policy (MSAIP)

Academic Specific Objectives:

You are a student first, athlete second, thus the student-athlete label. Success is an important part of Mechanicville City School District co-curricular programs. Team members are successful only when they succeed in the classroom, and then participate in team activities. All team members are expected to make school work and individual academic performance a priority over any team event or activity. All students who participate in a team activity will have their academic progress monitored by their coach at each progress report and semester report card every 5 weeks (details provided under Academic Eligibility) during the applicable school season(s).



Governance

The New York State Public High School Athletic Association handbook (www.nysphsaa.org) will provide the main guidelines governing both boys and girls interscholastic squads. Any policies set forth by the Section 2 Athletic Council (www.section2athletics.org) will also serve as governing policies.

Eligibility for Athletic Participation

A student is eligible to participate in interscholastic athletics if:

NYSPHSAA # 6

BONA FIDE STUDENTS: Regulation of the Commissioner of Education
[<https://www.hufsd.edu/assets/pdf/athletics/2020/nysphsaa-handbook.pdf>]

“A contestant must be a bona fide student of the high school represented and must be taking at least four subjects including Physical Education. A foreign exchange student may be considered a bona fide student if all of these eligibility rules are satisfied. A student in an education program in two schools may represent only the home school. NOTE: A student in shared services, part-time or full-time program, taking the equivalent of four subjects including Physical Education, is considered as being registered in the home school. Exceptions for special cases must be approved by League and Section. A student who satisfies all eligibility standards, enrolled in the equivalent of three requirements for graduation, may be enrolled in one or more college courses for advance placement. The student must be earning a minimum of three high school credits and Physical Education to be eligible.”

A student-athlete is ineligible to participate if their age is 19 prior to July 1st of that year.

TRANSFER STUDENTS: This can be found:

<https://www.cbasyracuse.org/media/ew5pr2sp/nysphsaa-transfer-rule.pdf>

NYSPHSAA Table of Contents can be found:

<https://www.hufsd.edu/assets/pdf/athletics/2020/nysphsaa-handbook.pdf>



Purpose

It is my belief that co-curricular involvement is an integral part of a student's total educational program, as it forms a connection between the student and the school community and nurtures each student's special interests and abilities. However, the commitment required for participation in many activities could, in some cases, prove detrimental to the academic goals and achievements of some students. Therefore, an academic eligibility policy has been developed to ensure students' academic success in order to participate in co-curricular activities.

Athletics

Co-curricular participation is defined as involvement in any non-credit bearing, school sponsored organization or activity that occurs over a period of time. This policy includes any student-athlete who is participating at any level of open gym, off season, intramurals or interscholastic sports for the Mechanicville City School District. A student may try-out for an activity at any-time however, he/she must follow the policy as it applies after the try-out period. It is a privilege to be part of a school sponsored team.

Initial Eligibility

For Fall 2022 only the policy will be in place at the start of all fall sports seasons, post Fall 2022 the policy will begin at the end of the previous year, this exception will be removed post 2022.

The initial eligibility will begin at the end of the previous school year commencement for all athletic programs. If a student-athlete was failing 2 or more classes at the end of the school year the student **will be given a plan over the summer to complete in order for the student-athlete to be in good standing at the beginning of the fall season.** If the student-athlete completes the requirements over the summer he/she will be allowed to try-out and participate in all phases of the team. If the requirements are not fulfilled the student-athlete will start out the year on **academic probation.**

Definition of an Academic Probation Student-Athlete

A student failing two or more classes is placed on **academic probation** and may continue to participate in all activities except games at this time weekly. The student-athlete will be monitored by the coach weekly over the next five-week period. The student-athlete must follow the remediation plan to be eligible to participate in practices, meetings, performances or games. **The student-athlete will sit the next available contest until** the student-athlete has demonstrated the required level of good standing in each class. This same procedure will be used throughout the five week period. The weekly sheet will be signed by the player and the coach and returned to the Athletic Director prior to each game. If at any time the student-athlete has failed to meet these terms the student-athlete will then become **academically ineligible.**



Definition of an *academically Ineligible Student*

1. If a student is placed on **academic ineligibility** the following will occur
 - A student declared **Ineligible** may not practice or attend meetings with his/her team during the next **full week** of the eligibility calendar. (this time should be used to get eligible by making up work, tests, etc and raising grade point average)
 - The student must follow the remediation plan to be eligible to participate in practices, meetings, performances or games at the end of the period. Checkpoints will be made at the end of the **week until the five week period has ended**).
 -
1. **A student will regain his/her status as eligible when their recovery sheet indicates that he/she has met the recovery plans at the end of the week. If at any time the recovery plan is not being met the student-athlete goes back to ineligible.**

REMEDICATION PLAN IS AS FOLLOWS

1. **The Recovery Sheet will be picked up by the student-athlete from the Athletic Director**
2. **The student-athlete will need to complete the sheet with the required staff weekly.**
3. **The student-athlete will sit the next available contest until the recovery plan is met.**

Eligibility Calendar - Each year a calendar will be created to establish the eligibility time frame.

This will be determined by the school calendar for semester progress reports and report cards.

Absence Due to Illness

- A student shall not be permitted to participate/attend a practice, competition, rehearsal, club meeting or event on a school day when he/she misses school due to illness.
- A student shall not be permitted to participate but may attend a practice, competition, rehearsal, club meeting or event on a school day when he/she is sent home ill via the Health Office.
- All situations will be handled individually and any additional decisions will be made by the principal of the Mechanicville City School District, Mr. Michael Mitchell.



Mechanicville City School District

Address: 25 Kniskern Ave, Mechanicville, NY 12118

Phone: (518) 664-9888 Fax: (518) 664-2107

Weekly Recovery Sheet/Report to Parents/Coach/Athletic Director/Principal

Student's Name: _____ Date: _____

Teacher/subject: _____

Please record number/letter:

effort _____ homework _____ behavior _____ progress _____

EFFORT/HOMEWORK: 1-Above Average 2-Average 3-below average 4-unsatisfactory

BEHAVIOR: S-Satisfactory Unsatisfactory

PROGRESS: P-Passing I-Improving F-Failing

(Student/Athlete signature)

(Parent(s)/Guardian(s) signature)

To meet the requirements of the recovery sheet for the week, the student/athlete must receive a 1 or 2 for effort and homework and an S for behavior. If the student/athlete has not met the requirements above he/she will sit the next available contest and the procedure continues per the academic eligibility policy.



Thomas Berrigan-Athletic Director
Mechanicville City School District
June 16th, 2022

2 sport student-athlete policy

Some sports seasons are set up to allow multiple participation
Some sports seasons do not match well to allow multiple participation
Each situation will be looked at and determined individually

- 1). When applicable student-athletes may sign up for 2 sports during a season
- 2). The head coaches of both sports and the athletic director will make a decision on the permission to allow a student-athlete to participate in multiple sports in one season. (All factors will be considered starting with scheduling and practicing)
- 3). If contest scheduling is a conflict that can not be agreed upon, then this will not be allowed.
- 4). If practice scheduling is a conflict that can not be agreed upon, then this will not be allowed.
- 5). If the student-athlete is allowed to participate in multiple sports during one season, the head coaches, the athletic director and the student-athlete will declare the sport that takes complete precedence over the other.
- 6). If one of the sports is based on conditioning and is not chosen as the number one sport, the student-athlete must demonstrate that conditioning is being maintained outside of regularly scheduled practices or this will not be allowed due to increased chances of injury. For example: cross country conditioning
- 7). If a student-athlete is allowed to participate in multiple sports during one season there is no guarantee that position and playing time will remain the same at any time. Be prepared to accept this accountability.
- 8). The final resolution will be made by the coaches and the athletic director with the student-athlete present and the parent(s),guardian(s) will be notified of the decision and the accountability. **A multiple sport contract will be signed with terms and conditions.** This will be final.
- 9). If an agreement to follow the rules can not be reached then the student-athlete will not be allowed to participate in multiple sports during one season.
- 10). At any time if the multiple sport contract is breached the student-athlete may no longer be allowed to participate in multiple sports.

It is important to note that while a student-athlete is participating in a secondary sport, their primary team is working hard at practice and some aspects may be missed by the student-athlete who is not present. Final decisions on playing time are solely the decision of the head coach of the sport and are not on the table for discussion.



Two Sport Agreement Contract

Permission to participate in 2 sports in one season

Name of Student _____

Sports Team: _____

Sports Team: _____

Coach: _____

Coach: _____

I/We have read and understand the 2 sport student-athlete policy.

I/We understand that the Mechanicville City District Athletic Department rules as it applies to the 2 sport season athlete.

I/We understand and agree that all of the 2 sport student-athlete policy procedures will be followed.

By signing this document, I agree to the rules and regulations as it pertains to the contract for the 2 sport athlete.

Student-Athlete print

date

Parent(s), Guardian(s) print

date

Coach primary print

date

Coach secondary print

date

This form must be handed into the coach by the parent/guardian or the student/athlete as soon as possible. The form will be given to the athletic director and will be kept on file during the season.

AD/Approval Signature: _____ Date: _____



Transportation

Student athletes are expected to travel to and from all contests by school provided transportation. If a student athlete is not able to take the school provided transportation to an athletic contest due to an unavoidable scheduling conflict (ex. medical appointment, driving test, funeral, etc.), then prior approval must be obtained from the Principal or the Athletic Director. If the request is approved, then the parent/guardian will assume responsibility for transporting the student athlete to the contest.

Student athletes will not be permitted to drive themselves to or from an athletic contest. If a student athlete wishes to ride home from a contest or event with a parent/guardian, the parent/guardian must present themselves to the coach at the end of the contest and sign the student athlete out.

If a student athlete wishes to ride home from a contest with a designated adult other than their own parent/guardian, they must obtain and fill out the release form to be signed by a parent/guardian, to the Principal or the Athletic Director 24 hours in advance. The release form will be signed by the Athletic Director, copied for school records, and returned to the student athlete to be presented to the coach. The designated adult must present themselves to the coach and sign out prior to leaving with the student athlete.

Attendance

Daily, on-time attendance is expected from all students. Students who do not attend school and/or demonstrate chronic tardiness or absenteeism may be declared ineligible to participate in practices, competitions, rehearsals, club meetings or events. Coaches, Advisors, the Athletic Director and Administration will monitor the daily attendance and punctuality of all students involved in extracurricular activities.

Students will need to be in attendance no later than 60 minutes from the start of their first scheduled class of the day. Those who arrive after 60 minutes from the start of their first class without a legal written excuse, shall not be allowed to participate in any activities on that day. (Senior Leave in A.M. will start on students first scheduled class of the day.)

In addition, exceptions will be handled on an individual basis by the Athletic Director. (not limited to, school related absences, emergencies and unavoidable appointments, afternoon leave or return to the building 12:30 P.M. or later.) A decision to attend, participate or be absent from the practice or contest will be made.

You must participate in your Physical Education class to practice or to play in a game that day.



SECTION II CODE OF BEHAVIOR FOR SPECTATORS

1. Spectators are an important part of the games and are encouraged to conform to accepted standards of good sportsmanship and behavior.
2. Spectators should at all times respect officials, visiting coaches, players, and cheerleaders as guests in the community and extend all courtesies to them.
3. Enthusiastic cheering for one's own team is encouraged.
4. Booing, whistling, stamping of the feet and disrespectful remarks shall be avoided.
5. There will be no ringing of bells, sounding of horns, or other noisemakers at indoor contests during play. Anyone who does not abide by this rule will be asked to leave the premises.
6. Pep bands or school bands, under the supervision of school personnel, may play during timeouts, between periods, or at halftime. Bands must coordinate their play so as not to interfere with a cheerleading squad on the floor or field.
7. The throwing of debris, confetti, or other objects from the stands is prohibited. Offending individuals will be asked to leave the premises.
8. During a free throw in basketball, all courtesies should be extended.
9. Spectators should encourage each other to observe courteous behavior. Improper behavior should be reported to the school authorities.
10. Spectators will observe the rules of the local school concerning smoking, food and drink consumption, littering, and parking procedures.
11. Spectators will respect and obey all school officials and supervisors at athletic contests.

ANY INAPPROPRIATE SPECTATOR BEHAVIOR DIRECTED AT THE COACHES, PLAYERS, SPECTATORS, AND OFFICIALS, COULD RESULT IN DISCIPLINARY ACTION INCLUDING PERMANENT SUSPENSION FROM ATHLETIC EVENTS. POLICE WILL BE CONTACTED AS NEEDED AND LAW ENFORCEMENT ACTIONS MAY BE TAKEN.

SECTION II SPORTSMANSHIP POLICY FOR ATHLETES

1. Learn and understand the rules of your sport. Play hard, play to win, but play fairly within these rules.
2. Do not allow your temper to distract you from the fundamentals of good sportsmanship. Maintain self-control.
3. Respect your opponent. Never taunt. Congratulate him or her at game's end. Acknowledge good play.
4. Respect the integrity and judgment of officials. Never question the decision of an official.
5. Be an example for your school, teammates and opponents. A player who is disqualified from a contest for unsportsmanlike behavior by an official is prohibited from playing in the next regularly scheduled contest.

A player who strikes or otherwise physically assaults an official will be subject to an extended suspension from athletic competition. A physical confrontation with an official is any incident in which a player either strikes, bumps, or otherwise physically intimidates an official prior to, during or after a contest or game.



Sportsmanship Matters NYSPHAA

Cheers and Chants

ACCEPTABLE

Let's-go-(team name!)

De-Fense!

Hey Everybody, get on your feet! (team name) can't be beat!

Yell Go-Fight-win!

YEAH! C'mon crowd, yell it loud!

Yell Go-Fight-Win

(cheer for your TEAM, not against the opponent, fans or officials)

OUT-OF-BOUNDS

Warm up the bus!

Na, Na..Na, Na, Na..Na, Na, Na...Hey Hey Hey... Goodbye

! You-can't-do-that!

We-can't-hear-you!

Check-the-score-board!

Whose that? Winning Team! Whose that? Losing Team!

NOTE: These are examples and are not limited. The host school has final discretion on what is acceptable and out-of-bounds.



Sportsmanship Matters NYSPHAA



10 Things Kids Say They Don't Want Their Parents To Do... by Darrell J. Burnett, Ph.D.

1. Don't yell out instructions. During the game I'm trying to concentrate on what the coach says and working on what I've been practicing. It's easier for me to do my best if you save instructions and reminders for practice or just before the game.
2. Don't put down the officials. This embarrasses me and I sometimes wonder whether the official is going to be tougher on me because of my parents yell.
3. Don't yell at me in public. It will just make things worse because I'll be upset, embarrassed, or worried that you're going to yell at me the next time I do something "wrong".
4. Don't yell at the coach. When you yell about who gets to play what position, it just stirs things up and takes away from the fun.
5. Don't put down my teammates. Don't make put-down remarks about any of my teammates who make mistakes. It takes away from our team spirit.
6. Don't put down the other team. When you do this you're not giving us a very good example of sportsmanship so we get mixed messages about being "good sports".
7. Don't lose your cool. I love to see you excited about the game, but there's no reason to get so upset that you lose your temper! It's our game and all the attention is supposed to be on us.
8. Don't lecture me about mistakes after the game. Those rides home in the car after the game are not a good time for lectures about how I messed up. I already feel bad. We can talk later, but please stay calm, and don't forget to mention things I did well during the game!
9. Don't forget how to laugh and have fun. Sometimes it's hard for me to relax and have fun during the game when I look over and see you so tense and worried.
10. Don't forget that it's just a game! Odds are, I'm not going to make a career out of playing sports. I know I may get upset if we lose, but I also know that I'm usually feeling better after we go get a pizza. I need to be reminded sometimes that it's just a game.

(From Playbook for Kids: A Parent's Guide to Help Kids Get the Most Out of Sports. The Gatorade Company)



Team Effort

ATHLETIC ADMINISTRATORS

Informs and provides insight to superiors.

Establishes philosophy with coaches.

Initiates programs and messages for athletes.

Parents as Partners

COACHES

Be a good role model.

Emphasize sportsmanship from the beginning.

Talk about combining seriousness and playfulness.

Communicate the importance of sportsmanship to fans.

Know and teach the rules of the game.

Don't forget to have fun.

STUDENT ATHLETES

Abide by the rules of the game.

Try to avoid arguments. Share in the responsibilities of the team.

Always play fair.

Respect the other team's effort.

Offer encouragement to teammates.

Accept the judgment calls of the game officials.

OFFICIALS

NYSPHSAA requires officials to enforce all sportsmanship rules for athletes and coaches

PARENTS

Get involved in promoting citizenship.

Be intentional about citizenship-use teachable moments.

Be a good role model.

Set high expectations and limits.

Reinforce positive behavior; address negative behavior.

SPECTATORS

Be Loud, Be Proud, Be Positive! • Be a FAN, not a fanatic • Support local rules & regulations

PA Announcement **BE LOUD BE PROUD BE POSITIVE** The New York State Public High School Athletic Association supports and encourages spectators to enjoy the competition between our student-athletes and cheer for their teams in a positive manner. Negative comments and behavior will be addressed by the appropriate site personnel. Spectators should "Be Loud, Be Proud, Be Positive" toward all players, coaches, officials and spectators. Thank you for your support and enjoy the game.



MECHANICVILLE CITY SCHOOLS ATHLETIC CODE OF CONDUCT TRAINING RULES

Each of you will be representing Mechanicville City Schools. All athletes are expected to recognize the need and importance of the following rules of behavior; therefore, failure to abide by any of the rules and regulations may result in suspension, dismissal or other disciplinary action. **Each member is expected to do the following:**

1. Responsibilities and Expectations of a Mechanicville Student-Athlete:

- a. Maintain passing grades in all coursework throughout their interscholastic athletic career.
- b. Abstain from the use of alcohol, tobacco, electronic nicotine delivery systems (vaping/juuling), performance-enhancing, and all other drugs.
- c. Be a responsible member of the Mechanicville community (community service).
- d. Act with respect for yourself, your team, and your school at all times.
- e. **Responsible use of Social Media and online platforms or communication systems, including but not limited to Instagram, Snapchat, Twitter, direct messaging, texting, group chats, and phone calls**
- f. An athlete shall care for his/her uniform and all equipment issued. This and all are property of the Mechanicville City School District. You do not own this, and failure to hand in this results in the school district having to waste an enormous amount of money to replace these items.
- g. Athletes, managers, etc. must respect the property of others and not remove any personal effects or athletic equipment from opponents' schools nor cause damage to equipment or facilities home or away.

2. Conduct of a Mechanicville Student-Athlete :

- a. Unsatisfactory citizenship on the part of a student-athlete (in or out of season) could result in the student-athlete being dismissed from a team or being deemed ineligible for participation in all interscholastic athletic competition
 - i. Have respect for the rights and feelings of others.
 - ii. Behave in a manner that reflects positively on yourself, your family, your team, your school, and your community.
 - iii. Behave in a sportsmanlike manner.
- b. On the field/court
 - i. Student-athletes may not use profanity, taunting, or tactics deemed as unsportsmanlike conduct by a coach or official.
 - ii. Game officials will always be treated with respect and a sense of understanding.
 - iii. The coaching staff and teammates must be treated with respect at all times.
 - iv. Try your hardest at all times in practice or in competition.
- c. Off the field/court
 - i. Any inappropriate behavior (including accusation, involvement with police, and/or arrests) will result in a disciplinary review by the school administration and be subject to suspension or dismissal from the team.
 - ii. Hazing or bullying of teammates will not be tolerated.



3. continued

- i. Athletes, managers, etc. will be respectful to officials, fans, coaches and members of opposing teams. Flagrant acts of unsportsmanlike conduct will result in suspension from the team for one game, (this is a Section II policy) a second act of unsportsmanlike conduct will result in a two game suspension, UNLESS further suspension are warranted.
- ii. Demonstrate appropriate behavior at all times as a representative of the team, school and community. Any conduct unbecoming to an athlete, whether on or off school property may result in suspension or exclusion from participation in interscholastic sports pursuant to a determination by the administration and the athletic director.
- iii. If an athlete is convicted of a crime (either a misdemeanor or a felony) the athlete will be immediately dismissed from the team.
- iv. Use of an obscene gesture, profane or vulgar language may result in suspension from play or dismissal from the team the student-athlete is presently a member of. This will be enforced whether the incident takes place on the field, on school property, on a school bus or while using private transportation.
- v. If the student-athlete is given permission to use private transportation, these guidelines are in effect from the time the student-athlete is dismissed by the coach until the time he/she arrives at their home. These guidelines include any time the student-athlete is in a Mechanicville High School uniform wherever he/she may be. This incident will be reported to the Athletic Director. The Athletic Director will then give the student-athlete the opportunity to tell their side of the story. If any disciplinary action is warranted, the Athletic Director will advise the student athlete of the consequence.

If the student athlete is suspended or dismissed from a team, the student-athlete will have the right to appeal this decision to the Athletic Director in writing within forty-eight (48) hours after receiving the disciplinary action. If an appeal is made, the case will be sent to the Athletic Appeals Committee for further review and a final decision will be rendered. A conference will be held between the student-athlete, Athletic Director and/or Principal to communicate the decision of the appeals committee.

The appeals committee will be comprised of the athletic director, the principal, and 2 varsity coaches from another sport.

Violations of any of the above rules and regulations will result in disciplinary action. Violations may be punishable by benching, suspension or dismissal from the team. In addition, in cases involving theft or vandalism, the player is to pay for the items stolen or destroyed.

4. Tobacco, Vaping, Alcohol and/or any other Drugs (24/7, 365 days a year)

An in/out of season student-athlete/participant shall not be in possession of an alcoholic beverage nor consume an alcoholic beverage.

An in/out of season student-athlete/participant shall not be in possession of a tobacco product nor use a tobacco or vaping product or paraphernalia.

An in/out of season student-athlete/participant shall not be in possession of, under the influence of, or be consuming or using marijuana, anabolic steroids, synthetic drugs or any illegal and/or controlled substance or prescription drug not prescribed for the student by a licensed medical practitioner.



- Students who find themselves at a location where prohibited or illegal activities are taking place must make every effort to safely leave as soon as possible. Students shall never intentionally visit a destination where prohibited or illegal activities are occurring or are planned to occur.
- An in/out of season athlete/participant shall not be in possession or under the influence of drugs or alcohol on school property, supply drugs or alcohol to other students, or host a party in which alcohol or drugs are present. Violations of this type will be considered more severe and will likely be considered a second offense.
- An in/out of season athlete/participant shall not find themselves involved in actions resulting in disciplinary action abuse school rules.
- A coach or advisor of a co-curricular activity may impose additional requirements which are unique to his/her activity or sport.
- **Consequences** - *With respect to violations of Section C the following disciplinary responses will be used as a guide by the AD and Principals.*

FIRST OFFENSE – 1 week (7 calendar days) suspension from the activity (minimum). The Principal will determine the suspension start date. The student, parent and activity related staff will be informed of the dates. During the suspension, a student may not participate in any Interscholastic Athletic contest or Extra-Curricular activity. The student **MUST** continue participation in all practices & rehearsals.

SECOND OFFENSE – 2 weeks (14 calendar days) suspension from the activity. The Principal will determine the suspension start date. The student, parent and activity related staff will be informed of the dates. During the suspension a student may not participate in any Interscholastic Athletic contest or Extra-Curricular activity. The student **MUST** continue participation in all practices, rehearsals, etc.

THIRD OFFENSE - 1 month (30 calendar days) suspended from the activity. The Principal will determine the suspension start date. The student, parent and activity related staff will be informed of the dates. During the suspension a student may *not* participate in any Interscholastic Athletic contest or Extra-Curricular activity. The student **MUST** continue participation in all practices, rehearsals, etc.

FOURTH OFFENSE -Removal from all extracurricular activities for the duration of the school year.

V. Parental Notification/Appeals

- A. In all cases of action under the code, the parents of the involved student will be notified in person or by telephone immediately following the disciplinary action. The parents will also be notified in writing in a follow-up letter or referral written by the Athletic Director/advisor who implements the disciplinary action. All such letters will be maintained on file by the Athletic Director and/or coach/advisor.
- B. The student and/or his/her parents or guardians may appeal the decision of the coach/advisor or the Principal and will be granted a hearing or hearings. Appeals will be heard by a supervisor one level above the person who implemented the punishment. Additional appeals at higher levels may also be pursued.
- C. At the discretion of the Principal or the Superintendent, the suspension or dismissal from sports or other activities may extend into other sports seasons or other co-curricular activities. A student's overall disciplinary record will be the primary factor in a determination of this type.
- D. Any cases involving theft or vandalism may result in mandatory dismissal and the athlete(s) involved must make restitution.
- E. It is an honor and *privilege* to represent Mechanicville City School District on a sports team and thus, by accepting this honor, the athlete must accept the responsibilities that go with it. These responsibilities include abiding by all the rules for behavior set forth here and any additional rules as set forth by the coach, administration, School Board, league and all NYSPHSAA rules and regulations.



- **INJURIES**

It is extremely important to report any injury to your coach immediately. Medical expenses resulting from any injury must first be submitted to your own insurance carrier and then any remaining balance can be submitted to the School Accident insurance carrier. NOTE: THE SCHOOL ACCIDENT INSURANCE PROVIDES ONLY EXCESS COVERAGE ACCORDING TO A FEE SCHEDULE.

RISK FACTOR IN SPORTS

Participation in sports involves a certain degree of risk for injury. Before going out for the team, we want you to be aware of the risk so you will be better able to reduce your chances for injury. Pre-season conditioning, learning the skills and techniques, and knowledge of rules and safety factors will enable you to have a healthy season.

VITAMINS, PILLS, ASPIRINS, MEDICATION

Mechanicville interscholastic coaches do not distribute or permit athletes to take vitamins, over the counter medication, prescriptions, aspirins, or others, or the use of such modalities as oxygen, dextrose tablets and “pep” pills for the purpose of stimulating students towards greater physical efforts. It will be clearly defined by the coach to the athletes that these types of vitamins/medications, etc. will be referred to the nurse/doctor/parent. Nothing will be taken at **practices** or **games/meets/contests**.

NOTE: If a student/athlete must carry an inhalant (something as a medicine to inhale) at practice/game(s) he/she must have a signed note from the doctor and parent to do so. This note/form must **FIRST** be presented to the School Nurse in their building. The nurse will notify the coach in writing.

- **ISSUING OF SCHOOL CLOTHING AND EQUIPMENT**

It is the responsibility of the athlete to turn back to the coach all clothing and equipment issued. Failure to do this will result in the athlete paying for the missing articles. Athletes not paying for the missing articles will forfeit their right to receive any school equipment or clothing in the next sport season or be eligible for any certificate, pin, or letter. A list of all violators will be sent to the Athletic Director’s office and forwarded to the building Principal involved.

- **OUTSIDE TEAM RULE**

The New York State Public High School Athletic Association allows outside competition. Mechanicville athletes must understand that commitment to the school team comes first, and outside participation should not be detrimental to an individual or to a Mechanicville team. There will be many circumstances where a student should not participate in an outside activity due to the possible effect on the team. Do not participate until you check with the individual coach involved with the school team. Team rules will be put in place by both the School District and Head Coach that will include this expectation and consequence for accountability.

- **NCAA INFORMATION**

Any senior student-athlete planning to enroll in college as a freshman and who wants to participate in Division I or Division II athletics, must be certified by the NCAA Initial-eligibility Clearinghouse. Applications may be obtained in the guidance office.



TRANSFERS

ALL SECTION 2 and STATE REGULATIONS WILL BE FOLLOWED

SPORTS PHYSICALS

Sports physicals will be given and **approved** by **our School Doctor** before a student is allowed to begin **practice** or **participate** in a game. The sports physical is in force for one calendar year; however, after 30 days a sports physical update form needs to be filled out by the parent and turned in to the nurse for each team you join each session.

ALL ATHLETES WHO ARE SEEN BY A DOCTOR MUST BE RELEASED (SIGNED STATEMENT) BY THAT DOCTOR IN ORDER TO RESUME PARTICIPATION WITH THEIR TEAM. THIS RELEASE MUST BE FILED WITH OUR SCHOOL NURSE.

BASIC RULE: NEVER DO ANYTHING WHICH WILL BRING EMBARRASSMENT OR AN UNFAVORABLE VIEW TO YOURSELF, YOUR TEAMMATES, COACHES, FAMILY, SCHOOL OR COMMUNITY.

***This policy also applies to an extra-curricular activity that a student may participate in regards to extracurricular activities.**

The following clubs, classes and activities (including but not limited to) come under these policies:

SADD

Classes of 2021-2026

Student Council

Any Honor Society

Halfmoon (yearbook)

Drama Club

**Band (not including events that are
required for course credit)**

Chorus (not including events that are required for course credit)

Cheerleading



ATHLETIC AWARD SYSTEM

I. Conditions/Criteria for Earning an Award and PINS

Athletes unable to complete a season due to injury, illness, or other such circumstances may earn a letter if the coach feels the letter is justified.

Any student having outstanding debts for equipment (lost or stolen) will not receive any awards until all debts are paid.

Any athlete who is suspended/removed from the team for any other reason other than academics and unable to finish the season is ineligible for an award.

In the event that the season is cancelled and no contests have been completed, only the seniors for that season will be recognized for letters if they have not received a prior letter in a sport. All will get certificates at the earliest convenience.

If any contests were played during that shortened season, normal procedures will take place.

II. Criteria for Earning a Letter in a Particular Sport

Anyone on a varsity roster submitted to the Athletic Director no later than 2 weeks after the season begins, and once contests are completed. Anyone brought up during the season or for sectional play also is eligible for a letter. (mid-season and end of the season rosters)

III. AWARDS CERTIFICATE

An athlete can earn: Modified Certificate Junior Varsity Certificate Varsity Certificate

LETTER One varsity letter will be issued to an individual for their high school career in all sports. After the letter is awarded sport pins will be awarded. Presently, this is a pin for each sport. Bars are no longer an award.

PINS One initial pin of the sport will be awarded, post years presently will not result in any initial pins at this time.



Mechanicville Student-Athlete Interscholastic Policy (MSAIP) AND Parent(s), Guardian(s) guidelines

In order to participate in Athletics in the Mechanicville City School District the student, parent/guardian, must sign the Mechanicville Student-Athlete Interscholastic Policy and Parent(s), Guardian(s) guidelines. The signing of this document certifies that you have read and understand the requirements of this policy as well as the consequences for engaging in prohibited conduct or behavior..

Please Sign and Return

I have read the Mechanicville City School District Student-Athlete Interscholastic Policy and Parent(s), Guardian(s) guidelines, and agree to adhere to these rules as a condition for my voluntary participation in Mechanicville Athletics/Activities. I understand that failure to do so will result in disciplinary measures related to my athletic/activity participation.

Student Name: _____

Student Signature: _____

I have read the Mechanicville City School District Student-Athlete Interscholastic Policy and Parent(s), Guardian(s) guidelines, and understand the requirements my child's voluntary participation in Mechanicville CSD athletics/activities. I have read the consequences that my child will face if he/she fails to adhere to these rules and agree to such terms.

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Date: _____