

Lansing Central School District

Athletic Code of Conduct and Athletic Handbook

Adopted: July 26, 2010

Updated: 7/8/2013
Updated: 8/15/2015



High School Sports

<i>Fall Season</i>	<i>Winter Season</i>	<i>Spring Season</i>
V Boys' Cross Country	V & JV Girls' Basketball	V & JV Baseball
V Girls' Cross Country	V & JV Boys' Basketball	V & JV Softball
V Football	V B&G Bowling	V Girls' Track & Field
V Cheerleading	V & JV Cheerleading	V Boys' Track & Field
V & JV Boys' Soccer	V & JV Wrestling	V Boys' & Girls Golf
V & JV Girls' Soccer	V Girls' Track & Field	V Boys' Tennis
V Girls' Swim & Diving	V Boys' Track & Field	
V & JV Girls' Volleyball	V Boys' Swim & Diving	

Modified "A" and "B" Sports

<i>Fall Season</i>	<i>Winter I Season</i>	<i>Winter II Season</i>	<i>Spring Season</i>
Football	Boys' Basketball	Girls' Basketball	Baseball
B Cross-Country	Girls' Volleyball	Wrestling	Softball
G Cross-Country		Boys Swim & Diving	B&G Track & Field
Girls Swim & Diving			
B&G Soccer			

LANSING CENTRAL SCHOOL DISTRICT

HOME of the BOBCATS

Dear Parents and Student-Athletes:

I would like to welcome you to the Lansing Central School district Interscholastic Athletic Program. This handbook has been developed to explain the beliefs and procedures that are necessary to conduct a safe and educational interscholastic program.

Parents and student-athletes are encouraged to carefully read this handbook. This booklet contains important information, so please keep it as a reference tool throughout your athletic season. This handbook is in direct correlation to the Lansing School District Student Handbook/Student Code of Conduct.

Along with this booklet, you can access team schedules and directions to other schools via the internet through the schools website www.lcsd.k12.ny.us or the Section IV website www.sectionivathletics.com.

Again, I wish all of the student-athletes the best of luck in the upcoming sports season and academic year, and I hope this booklet is a helpful reference with regards to your athletic program.

Sincerely yours,

Colleen Ledley
High School Principal

Christine Rebera
Middle School Principal

Stuart Dean
Interim Athletic Director

SUPREME COURT UPHOLDS CODES FOR ATHLETES

Sport and athlete specific Athletic Codes of Conduct and drug testing have been upheld five times by the Supreme Court of the United States of America. That is referred to as a shutout! The basis for that support is due to the fact that in athletics we must insure the health and safety of those that partake in high level physical activities.

NEW YORK STATE EDUCATION UPHOLDS CODES FOR ATHLETES

Secondly, in New York State, high school athletics is governed by the New York State Department of Education, with The New York State Public High School Athletic Association authorized to organize sports. In the year 2001 interscholastic athletics was referenced under the Educational Framework for Athletics, the learning standard written for Physical Education and Health, making these experiences educationally based.

The basis for this code of conduct for athletes is in this domain and this statement...

Learning Standard 2 for Health, Physical Education and Family and Consumer Sciences:

A safe and healthy environment, which calls for students to demonstrate personally and socially responsible behavior, to care and respect themselves and others, to recognize threats to the environment, and to demonstrate responsible personal and social behavior while engaged in physical activity.

EFA also links character development with educational goals and addresses the characteristics of the 4 C's, NY Character Educational Strategy.

The 4 C's were developed to help develop character through sport. Beyond the basic skills taught, it is our goal to develop the character of our youth through our athletic program:

Competence, Character, Civility, and Citizenship

We know that less than 2% of high school athletes go on to play team sports at the college level. Therefore, we understand that high school athletics provide a unique opportunity for the development of not only physical conditioning and athletic skill, but also character traits essential for success in life. To that end, we challenge every athlete to strive for the following:

Competence – the necessary level of knowledge and skill to sufficiently train and compete.

- To develop the skills necessary to participate competently in the game.
- To demonstrate knowledge of the rules and conventions of the game.
- To demonstrate knowledge of the strategies of the game.
- To demonstrate a level of physical conditioning and fitness sufficient to participate competently in the game.
- To demonstrate knowledge of healthy behaviors including nutritional issues.
- To understand the necessity of abstaining from the use of alcohol, tobacco, and other drugs in order to achieve the positive benefits of interscholastic athletics.

Character - the pattern of beliefs, attitudes and therefore behavior that relates to moral strength, constitution and essential qualities that embrace the positive values of Lansing Central School and the Community.

- To be dependable in fulfilling obligations and commitments.
- To accept responsibility for consequences of actions and not to make excuses or blame others.
- To strive to excel.
- To be committed.
- To persevere, give 100% effort and not give up in the face of setbacks.
- To demonstrate truthfulness.
- To play by the rules of the game and not cheat.
- To control anger and frustration and refrain from displays of temper and bad language.
- To accept losing and winning graciously; to congratulate opponents, not sulk, or display other negative behaviors.

Civility – to demonstrate behavior that exemplifies appropriate respect and concern for others.

- To practice good manners on and off the field.
- To refrain from trash talk and other put-downs of opponents and teammates.
- To treat all persons respectfully regardless of individual differences; to show respect for legitimate authority (e.g. Coaches Officials Captains).
- To be fair and treat others as one wishes to be treated.
- To listen to and try to understand others.
- To be compassionate and sensitive to others.
- To actively support teammates and others.

Citizenship – social responsibility as part of a ‘community.’

- To be faithful to the ideals of the game including sportsmanship.
- To keep commitments to team.
- To show team spirit, encourage others and contribute to good morale.
- To put the good of the team ahead of personal gain.
- To work well with teammates to achieve team goals.
- To accept responsibility to set a good example for teammates, younger athletes, fans and school community.

LANSING CENTRAL SCHOOL DISTRICT

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PHILOSOPHY OF INTERSCHOLASTIC ATHLETICS

The experience of participation in athletic contests and activities should reflect the total educational goals of our school district. Our specific objectives:

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

Lansing Central School has developed an Athletic Code for students in grades 7 – 12 who wish to participate in interscholastic athletics. While we believe that this code is important to students, we also feel it is important that parents are aware of what we expect. It is understood that participation in athletics is a privilege not a right. When an athletic code violation is reported to either the athletic director or building principal parents will be notified. We ask that you read this and discuss it with your son or daughter. If you have questions about a specific section or about the intent of the code, we would be glad to discuss these with you.

While trying to require good citizenship and an adequate training program for our athletes, we recognize that the coach cannot, and should not; enforce all aspects of a training program. Many of these training suggestions, such as adequate rest and a balanced diet, must be the responsibility of the athlete and his or her parents.

Before a student will be allowed to participate on a team, the parents and the athlete must sign and return the accompanying card indicating that the code has been read and discussed. We encourage you to help your son or daughter live by the code. Let it be known that the extra-curricular handbook is in effect from the time that it is signed through the following school year.

LANSING CENTRAL SCHOOL DISTRICT

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PHILOSOPHY OF INTERSCHOLASTIC ATHLETICS

MODIFIED “B” AND “A” PROGRAM PHILOSOPHY

The modified program of athletics at Lansing Central School District is governed by the NYSPHSAA, Section IV and the Interscholastic Athletic Conference (IAC) for seventh, eighth and for Modified “A” athletes, ninth grade students. Sport activities, when possible, are determined by the existence of leagues, and their relationship to the high school program. At this level, the focus is on learning athletic skills, and game rules, fundamentals of team play, socio-emotional growth, physiologically appropriate demands on the adolescent body and healthy competition. At this level playing time is composed of “significant playing time”, but not equal playing time based on several factors including effort during practice, character on and off the playing field, academics, and number of participants involved. Lansing Central Schools are committed to providing an opportunity to participate and not “cut” players, but when deemed necessary will need to reduce players to create a reasonable roster to handle safely by a coach.

In order for the desired development of the adolescent athlete and team to occur, practice sessions are vital. Occasionally, practice or contests will be scheduled for Saturdays. Opportunities for meaningful contest participation for each team member will exist over the course of a season.

Exceptional seventh and eighth graders may be selectively classified to be placed at an appropriate level of competition for that athlete that excels in the athletic arena, and would need to play at an upper level to meet comparative athletic competition. The Selective Classification criterion was developed by the State Education Department, and the criteria must be met in order to play at an advanced level and permission must be acquired prior to the selective classification test being given. It is required for each sport in each year of participation. The process is as follows:

1. The coach of the sport must recommend the athlete to the parent to begin the process.
2. Parental permission given and documents signed.
3. Teachers’ information is added.
4. Guidance Counselor and School Principal need to fill in the appropriate information.
5. Physical acquired from school designated physician.
6. Physical Fitness test administered.
7. Final approval by Athletic Director.

LANSING CENTRAL SCHOOL DISTRICT

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PHILOSOPHY OF INTERSCHOLASTIC ATHLETICS

JUNIOR VARSITY PROGRAM PHILOSOPHY

The junior varsity level is intended for those who display the potential of continued development into productive varsity performers. Team selection is based on a criteria set by the coaching staff and athletic department, and includes citizenship, academic progress, and athletic ability. Playing time is determined by the coach and not a right, but the Junior Varsity level is designed for the continued development of players, athletes will be given the opportunity to play when appropriate. At this level playing time is earned but not equal playing time based on several factors including effort during practice, character on and off the playing field, academics, and number of participants involved. Lansing Central Schools are committed to providing an opportunity to participate and not “cut” players, but when deemed necessary will need to reduce players to create a reasonable roster to handle safely by a coach.

At this level athletes are expected to have visibly committed themselves to the program, team, and continued self development. To this end, increased emphasis is placed on physical conditioning, refinement of fundamental skills, elements and strategies of team play in addition to socio-emotional development. Junior Varsity programs work toward achieving a balance between continued team and player development and striving for victory. The outcome of the contest becomes a consideration at this level.

The realization that practice sessions are important is a premise that is vital to a successful junior varsity team player. For all team members, meaningful contest participation is subjective and becomes an issue based on ability, desire as well as citizenship in and outside of the playing surface. Participants at this level are preparing themselves for the next level of competition at the Varsity Level. A commitment by the individual is necessary at this level and responsibility to communicate with the coach lies with the athlete.

LANSING CENTRAL SCHOOL DISTRICT

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PHILOSOPHY OF INTERSCHOLASTIC ATHLETICS

VARSITY PROGRAM PHILOSOPHY

Varsity competition is the culmination of each sport's program. Normally, juniors and seniors make up the majority of the roster. Occasionally underclassmen have the ability to play at the varsity level and will be placed upon this level. Underclassmen that are placed at the higher level should be receiving "quality" minutes and should not be brought up to fill out rosters. Playing time is the decision of the Head Coach.

Squad size at the varsity level is limited. The number of participants on any given team is a function of those needed to conduct an effective and meaningful practice and to play the contest. It is vital that each team member has a role and is informed of its importance. The number of roster positions is relative to the students' acceptance of their individual roles in pursuit of the team's goals. While contest participation over the course of a season is desirable, a specified amount of playing time at the varsity level is never guaranteed. A sound attitude and advanced level of skill are prerequisites for a position on a varsity team, as is the realization that a varsity sport requires a six-day-a-week commitment. This commitment is often extended into vacation periods for all sport seasons. While contests and practices are rarely held on holidays and Sundays, the dedication and commitment needed to conduct a successful varsity program should be taken seriously. The varsity coach is the leader of that sport's program and determines the system of instruction and strategy for that program. The communication among the modified, junior varsity and varsity programs is the responsibility of the varsity coach. Preparing to win, striving for victory in each contest and working to reach the group's and individual's maximum potential are worthy goals of a varsity level team.

CONDUCT AND EXPECTATIONS FOR STUDENT ATHLETES, COACHES, OTHER STUDENTS AND SPECTATORS

To be a member of a Lansing athletic team is a privilege, and each student-athlete should strive to perform to the best of his/her athletic and academic potential. All student-athletes should conduct themselves in a manner that reflects positively upon their school and promotes good health.

If an athlete has a concern or parent/guardian has a concern regarding his or her child, that concern should be addressed directly to that child's coach. The best form of communication is between the student-athlete and his or her coach; **step one** should be a conversation with the athlete and the coach. If the concern still exists, in those cases **step two**, the parent/guardian should set up an appointment to speak with the coach. If the concern has not been addressed or needs to be further discussed, **step three**, an appointment can be made to speak to the varsity head coach, who is the leader of that sport, and the team's coach regarding the concern. The next **step (four)** in this process if not resolved is to set up a meeting with the Athletic Director and the coach. Issues such as playing time are only discussed with the coach. Only topics concerning your child will be discussed. **At no time will we discuss matters that concern someone else's child. Please see caregivers code of conduct.**

We expect a great deal from everyone involved in our athletic program. We also believe the best way to resolve problems or concerns are through direct communication. When problems are discussed directly, all parties usually have a better understanding of the situation, and a constructive outcome is then accomplished.

SPORTSMANSHIP/FAIR PLAY

Visiting team members, students and adult spectators are guests to be accorded all the courtesy and consideration that a friendly well mannered and well-intentioned host would normally give. The visitors, in turn, are to act as invited guests, using the home school's facilities with care and respecting the rules and customs of the home school. Sportsmanship is of major importance and highly emphasized at Lansing. In all sports, coaches rate their opponents' sportsmanship at every contest. The Sportsmanship rating includes that of the opposing coach, players and spectators. Season team averages will determine winners in each league, conference or division. Officials are the proper authorities to make decisions regarding rules and their interpretation; these decisions should be accepted. Each coach on every league, and non-league contest also gives officials a rating. Spectators, student-athletes and coaches must recognize that their conduct plays an important role in establishing the reputation of their school and that their positive actions can relate directly to the success of their teams. On the other hand, student-athletes and coaches who exhibit unacceptable behavior (including profane and abusive language) toward officials can be ejected from the contest and must sit out the next scheduled contest. Spectators who exhibit unacceptable behavior will be required to leave the contest. ***Please remember that spectators play an important role at contests and their rating is a major contributor in team sportsmanship awards.***

ATHLETIC CODE OF ETHICS

It is the duty of all concerned with High 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 establish a happy relationship between visitors and hosts.
- To respect the integrity and judgment of sport 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 athletic 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 or death for players, coach, school, official, fan, community, state or nation.

SPECTATOR CODE OF CONDUCT*

1. Spectators are an important part of the game and shall at all times conform to accepted standards of good sportsmanship and behavior.
2. Spectators shall at all times respect officials, coaches and players and extend all courtesies to them.
3. Wholesome cheering is encouraged.
4. Stamping of feet, taunting, foul and abusive language, inflammatory remarks, and disrespectful signs and behavior are not acceptable.
5. Spectator noisemakers or sound devices are prohibited.
6. Spectators shall observe and obey the rules and regulations of the school concerning smoking, food and soft drink consumption, use of lavatory facilities and parking of cars.
7. New York State Law prohibits alcoholic beverages of any kind on school property; the law further prohibits any person under the influence of alcohol to be on school property.
8. Spectators shall respect and obey all school officials, supervisors, and police at all athletic contest.
 - ***Violators of this Code are subject to eviction from the area, and other sanctions as indicated in the District Code of Conduct.***

GETTING READY TO PLAY

MEDICAL CLEARANCE

The MS and HS nurses will post the sports offered 2-3 months prior to starting date. Once the child has signed up the family will need to fill out proper paperwork from the nurse and get an updated physical. Students are permitted to receive his or her physical from your own physician provided that the physician completes the school district's athletic physical form. It is important to contact the nurse to make sure all paperwork is approved and the athlete is ready to play.

COACH'S MEETING

Prior to the start of each sports season, coaches will meet with their athletes to distribute important information and forms that must be completed prior to the first practice session. These forms are: The **EMERGENCY CONTACT CARD**, (vital information of contact numbers for coaches) and a Parent/Guardian **PERMISSION FORM** (which allows a student to participate in athletics with the approval of parent/guardian.)

ATTEND PRACTICE SESSIONS

Student-athletes are expected to attend all scheduled practice sessions and games unless excused by the coach in conjunction with the parent. The importance of practice is clearly stated in the Philosophy portion of this handbook. Unexcused or illegal absence may result in exclusion from participation in the next game.

WEIGHT CERTIFICATION (Wrestling only)

All students participating in the sport of Wrestling at the high school level must be certified at a minimum weight at the beginning of this sports season. Since unhealthy weight loss procedures have continued over the years, the New York State Public High School Athletic Association's governing board has approved the Wrestling Minimum Weight Certification Program. Medical concerns for the wrestlers and the success of other State Association programs to determine minimum wrestling weight have resulted in all New York State high school wrestlers beginning in November, 1997 to participate in this program.

STATE GUIDELINES

Student-athletes must meet the requirements established by the New York State Public High School Athletic Association.

ACADEMICS

Academic Eligibility for Lansing Student-Athletes

Athletic Eligibility

Lansing's professional staff and parents believe that active student participation in extracurricular activities is vital to the total development of a well-rounded individual. In keeping with tradition, we will continue to encourage student involvement, emphasizing the honor and privilege of representing Lansing Central School District.

The eligibility criteria that follows is intended to motivate students to fulfill high standards of attendance, self-discipline, and academics; they are not punitive, and they should not discourage any student from active participation in the school's extracurricular program. To achieve these ends, the policy will be administered in a firm, fair and consistent manner.

Academics

1. Students failing one (1) or two (2) subjects at each five week report (including the marking period report) will be placed on the deficiency list. These students will be allowed to attend practice and play in contests as long as the student attends academic study hall and turns in green card with the teacher/teachers he/she is failing with. Student's failing one class will attend academic study hall with that teacher at least once a week. Student's failing two classes will attend both teachers' academic study halls at least once a week. Students who do not follow this procedure will be placed on the restricted list for a week. The student must continue to show an effort to improve their grades while attending academic study hall, otherwise they will not be allowed to practice or participate in contests. Teachers would present such concerns to the coach.
2. Students failing three (3) or more subjects at each five week report (including the marking period report) will be placed on the restricted for two weeks. Students may not practice and may not participate in any contests. Students will attend academic study hall on a daily basis with each of the teachers for all possible days of the week and turn in a green card. Students will be returned to eligibility when they are failing no more than two (2) subjects. Students will be required to obtain teachers signatures at the end of two weeks. The student will remain in academic study hall for the remainder of the five week period.
3. Students may not drop courses in order to achieve immediate eligibility.

CONSEQUENCE MATRIX

	1 st 5 Weeks 5 Week Report	2 nd 5 Weeks End of marking period	3 rd and consecutive 5 weeks
Failing 1 Class	Confidential Verbal Warning Academic SH with teacher at least once a week	Confidential Verbal Warning Academic SH with teacher at least once a week	Confidential Verbal Warning Academic SH with teacher at least once a week
Consequence	Fully Eligible to participate	Fully Eligible to participate	Fully Eligible to participate

	1 st 5 Weeks 5 Week Report	2 nd 5 Weeks End of marking period	3 rd and consecutive 5 weeks
Failing 2 Classes	Confidential Verbal Warning Academic SH with both teachers at least once a week	Confidential Verbal Warning Academic SH with both teachers at least once a week	Confidential Verbal Warning Academic SH with both teachers at least once a week
Consequence	Fully Eligible to participate	Fully Eligible to participate	Fully Eligible to participate

	1 st 5 Weeks 5 Week Report	2 nd 5 Weeks End of marking period	3 rd and consecutive 5 weeks
Failing 3 or more classes	Extra-curricular Ineligible Academic SH with those teachers that they are failing for the entire week, all five weeks	Extra-curricular Ineligible Academic SH with those teachers that they are failing for the entire week, all five weeks	Extra-curricular Ineligible Academic SH with those teachers that they are failing for the entire week, all five weeks
Consequence	No practice, games or activities for two weeks. Can re-enter activities once the student gets below 3 failures	No practice, games or activities for two weeks. Can re-enter activities once the student gets below 3 failures	No practice, games or activities for two weeks. Can re-enter activities once the student gets below 3 failures

ATTENDANCE

The following daily attendance policy applies to students involved in interscholastic sports:

1. Students in the High School are expected to be in school for the start of first period in order to practice or compete in a contest that day. Students who are tardy to school will be given a warning for their first offense, a detention for their second offense, and will be restricted from participation for that day for their third offense. This is cumulative for each season only.
2. Students in the Middle School must report to the start of “Home Base” to be considered eligible for practice or that days contest.
3. Students who sign out may not come back later for practice or a contest without the approval of the principal or athletic director.
4. Legal excuses will be accepted with approval from the building administrator.

CHANGING SPORTS

It is important that the student-athlete try to go out for the right sport, particularly at the Junior Varsity and Varsity levels. A student-athlete may not change from one sport to another once a team has been selected, without permission of the Athletic Director and/or meeting with the coaches involved. If he or she has been cut from one team it is legitimate to try out for another, if that squad has not been chosen. If an athlete would like to try out for a team that has made cuts, playing time may be significantly altered, and in some cases limited playing time given.

EQUIPMENT

Athletic equipment becomes more costly each year. It is the responsibility of the student-athlete to return to the coach all clothing/UNIFORMS and equipment issued in the condition that represents normal wear and tear. If clothing or equipment is modified or damaged beyond such normal wear and tear, student-athletes will be responsible for associated replacement costs. Students will not receive equipment for the upcoming season until past obligations have been settled.

TRANSPORTATION

Student-athletes will be transported to and from school sponsored activities by school-authorized vehicles only. An athlete may ride home with a parent following a contest, pending a signed release to the parent in front of the coach. The Athletic Director/Building Administrator must approve transportation requests for a student who is not the child of the parent driving one day in advance. A signed parent note with a phone contact must be approved one day prior to the request.

Note: The Lansing Central School District strongly encourages athletes to ride with their teams, unless imperative reasons necessitate differently.

FAMILY VACATIONS

Family vacations are important for the maintenance of good family ties, but student-athletes are also important to their team. Parents and student-athletes should make every effort to avoid conflicts between family vacations and scheduled games and practices. It must also be understood that the time missed by the student-athlete can affect team chemistry and personal conditioning. Coaches shall make every effort to inform parents and student-athletes of the season's schedule as far in advance as possible.

SCHOOL SANCTIONED PROGRAMS/TRIPS

The athletic department supports school sanctioned programs and trips, but also realizes that student-athletes who choose to participate in such a program may miss substantial amounts of practice time that affects personal conditioning and team chemistry. Coaches, parents and student-athlete have a responsibility to each other to plan and communicate well in advance of each sport season when considering participation in school-sanctioned programs/trips. This consideration of the team and its ultimate success is an integral part of being a reliable team member.

QUITTING A TEAM

Any athlete who quits a team will not be permitted to be a member of any other athletic team until he/she meets with the Athletic Director. A player should notify the coach of his/her intention to leave the team. Failure to personally notify a coach of one's intention may result in the suspension of part or all of his/her next sport season.

CONCUSSION POLICY

It must be noted any policy is only as good as the degree to which all parties succeed in meeting their related responsibilities. Specifically, student-athletes must accurately report an injury that occurs either in school or away from school and related symptoms to parents, teachers, coaches, school nurse and the athletic trainer. Parents must appropriately report injuries to the school nurse, and supervise post-traumatic recovery. Coaches must follow appropriate guidelines that are outlined as part of the district policy, and report all head related injuries to the school nurse.

Concussion has been defined by the Committee of Head Injury Nomenclature of the Congress of Neurological Surgeons as “a clinical syndrome characterized by immediate and transient post-traumatic impairment of neural functions, such as alteration of consciousness, disturbance of vision, equilibrium, etc., due to brain stem involvement.” Proper grading of the severity of the injury is necessary to establish a protocol for deciding when to allow an athlete to return to the athlete’s sport. This approach to concussions will minimize the risk of further complications.

What is a concussion?

A concussion is a brain injury that is caused by a sudden blow to the head or to the body. The blow shakes the brain inside the skull, which temporarily prevents the brain from working normally.

Some people have obvious symptoms of a concussion (such as passing out or feeling lightheaded), while others do not. With rest, most people fully recover from concussions within a few hours to a few weeks.

On rare occasions, concussions cause more serious problems. Repeated concussions or a severe concussion may require surgery or lead to long-lasting problems with movement, learning, or speaking. Because of the small chance of permanent brain problems, it is important to contact a doctor if you or someone you know has symptoms of a concussion.

What causes a concussion?

Your brain is a soft organ that is surrounded by spinal fluid and protected by your hard skull. Normally, the fluid around your brain acts like a cushion that keeps your brain from banging into your skull. But if your head or your body is hit unexpectedly hard, your brain can suddenly crash into your skull and temporarily stop working normally.

There are many ways to get a concussion. Some common ways include fights, falls, playground injuries, car crashes, and bike accidents. Concussions can also happen while participating in rough or high-speed sports such as football, boxing, hockey, soccer, skiing, or snowboarding.

What are the symptoms?

It is not always easy to know if someone has a concussion. Not everyone who has a concussion passes out. A person who might have a concussion should immediately stop any kind of activity

or sport. Becoming active again before the brain returns to normal functioning increases the person's risk of having a more serious brain injury.

Symptoms of a concussion range from mild to severe and can last for hours, days, weeks, or even months. If you notice any symptoms of a concussion, contact your doctor.

Symptoms of a concussion include:

- Passing out.
- Not being able to remember what happened after the injury.
- Acting confused, asking the same question over and over, slurring words, or not being able to concentrate.
- Feeling lightheaded, seeing "stars," having blurry vision, or experiencing ringing in the ears.
- Not being able to stand or walk; or having coordination and balance problems.
- Feeling nauseous or throwing up.

Sometimes it can be hard to tell if a small child has a concussion. If your child has had a head injury, call your doctor for advice on what to do.

Occasionally a person who has a more serious concussion develops new symptoms over time and feels worse than he or she did before the injury. This is called post-concussive syndrome. If you have symptoms of post-concussive syndrome, call your doctor. Symptoms of post-concussive syndrome include:

- Changes in your ability to think, concentrate, or remember.
- Headaches or blurry vision.
- Changes in your sleep patterns, such as not being able to sleep or sleeping all the time.
- Changes in your personality such as becoming angry or anxious for no clear reason.
- Lack of interest in your usual activities.
- Changes in your sex drive.
- Dizziness, lightheadedness, or unsteadiness that makes standing or walking difficult.

How is a concussion diagnosed?

If a doctor thinks that you have a concussion, he or she will ask questions about the injury. The doctor may also ask you simple questions such as "What day is it?" to see if your brain is working normally. Then the doctor will check your strength, balance, coordination, reflexes, and sensation. Sometimes a doctor will order imaging tests such as a CT scan or a MRI to make sure your brain is not bruised or bleeding.

How is it treated?

Initial treatment for a concussion is to watch a person closely for any changes in behavior or for any new symptoms. Some people have to stay in the hospital to be watched while others can go home safely.

If the concussion happened during a sports event, be sure to see a doctor before returning to play.

If you have any swelling on your scalp, your doctor may recommend using cold packs to reduce the swelling. He or she may also prescribe a pain medicine or recommend a pain medicine that you can buy without a prescription, such as acetaminophen (for example, Tylenol) or ibuprofen (for example, Advil or Motrin).

At home, rest is the best way to recover from a concussion. Get plenty of sleep at night and take it easy during the day. To prevent a second brain injury, avoid alcohol, illegal drugs, and any activities that could lead to another head injury for a few days or even a few weeks. Your doctor may also tell you not to drive or swim for a while.

Some people feel normal again in a few hours while others have symptoms for weeks or months. It is very important to allow yourself time to get better and to slowly return to your regular activities. It is also important to call your doctor if you are not improving as expected or if you think that you are getting worse instead of better.

At No time should you take Brain Trauma lightly and always seek medical attention prior to returning to activities.

LANSING SCHOOL DISTRICT DRUG AND ALCOHOL REGULATION

TRAINING RULES AND REGULATIONS

Our message to Student Athletes is loud and clear and should be understood by all Stakeholders:

There will be “NO POSSESSION OR USE” of alcohol, tobacco products, marijuana, controlled substances, or any illicit substances as indicated below.

A student is considered an athlete as soon as he or she begins practice with his or her first interscholastic sports team. The athlete has the responsibility to observe these rules from that time through graduation. This means that this regulation is in effect all year long including summers.

The possession or use of alcohol by anyone under the age of 21 years of age is against New York State law.

Marijuana and all classified street drugs and controlled substances are illegal for all and punishable by criminal arrest and prosecution.

Prescription drug possession or use of, without a medical authorization is against the law and punishable by criminal arrest and prosecution.

Possession and use of tobacco products by student athletes shall be a violation because of the well known health risks associated with use and the detrimental effect on physical performance.

- Abide by the rules and regulations explained in the Student Handbook and the District Code of Conduct.
- Attend all practice sessions, meetings, and games unless excused by the coach prior to the session.
- Keep all equipment, locker and team areas clean and in good care.
- Follow the instructions of the coach.
- Treat officials with respect and courtesy and accept their decisions as final.
- Ride the bus to all contests. Return home on the bus unless a parent signs a transportation release form.
- Demonstrate, on and off the field, a sportsmanlike attitude.
- Refrain from possessing and/or using alcohol, tobacco products and illegal drugs during their sports career at Lansing.

When an athlete fails to follow these rules, the athlete will meet with the athletic director, the coach and possibly the principal. Following this meeting the athlete may be restricted from participating on the team. The specific restrictions and the reasons behind the restrictions will be explained in a letter sent to parents.

CONSEQUENCES

First Offense

The first student offense in any given year – 7,8, 9, 10, 11 or 12 for tobacco use, drinking an alcoholic beverage, and using drugs or facsimiles (we consider the taking of any foreign substance to enhance performance, cut weight, or add muscle bulk a form of drug use) as well as possession of tobacco, alcohol and drugs or drug paraphernalia, will result in the student-athlete's dismissal from athletic competition for one-third (1/3) of the regularly scheduled season contests. If the athlete's season runs out or he/she quits the team before the suspension is complete, the remaining percentage will be served in the athlete's next athletic season.

During the athlete's suspension it is expected that the athlete is to be present at all contests with the team (not in uniform). Due to safety and conditioning reasons, suspended athletes are allowed to practice.

Student Athlete Responsibility

If a student is forthcoming about his/her involvement when in violation of the training rules then consequences may be reduced as much as 1/2 of the suspension penalty and be rounded up, in addition to a *community service project*. The coach, parent/guardian, athlete, athletic director and Principal must all agree to such an arrangement.

Community Service Project

The community service project may include a research paper, a presentation to a school group or a special project that would directly benefit the school and or athletic department. The student under the supervision of the athletic director and with the involvement of the parents will complete this project within a reasonable time frame. The athlete will remain suspended until the project is complete. The time spent on this project will be at least 10 hours in length. Outside agencies such as The Alcohol, Drug Treatment and Prevention Center may be used as a resource and can oversee projects such as research papers and/or presentations to a school community group.

Second Offense

A second offense of the policy will result in a sixty (60) school day suspension from any athletic participation. This violation may occur any time from when the athlete has begun athletic competition through completion of graduation.

Third Offense and Beyond

Any additional violations will result in removal of the individual from athletic participation for the remainder of the student's career.

If the violation were to occur on school grounds, the athlete would be responsible to both the athletic policy and the district code of conduct.

If suspension from contests or practices cannot be fulfilled during the sport season, it will be carried over into the next sport season in which the athlete chooses to participate.

PARTIES/PRESENCE AT PARTIES (IN THE PRESENCE OF...)

If a student-athlete attends a party/gathering, where alcohol or drugs are being illegally dispensed, the student-athlete must leave the party/gathering immediately* (LEAVING MEANS LEAVING IMMEDIATELY *) and report their attendance to a coach or administrator before the end of the next school day. Because possession and use of alcohol or drugs by youth under age 21, is against NY State law, it is our intent to prevent any community youth, including athletes from being in an environment which greatly increases the risk of use, danger and nearly all youth negative behaviors of concern.

DIVERSION PROGRAM

In addition to the suspension penalty, any student who violates regulations for drug or alcohol use may be recommended to participate in a Substance Abuse Diversion Program developed by the District after an initial interview by the substance abuse counselor. Such a program could include anything ranging from one or two meetings with the counselor to an intensive program delivered by an outside agency. Failure to participate may result in continued suspension until this requirement is met.

INELIGIBILITY FOR AWARDS

An athlete who violates training rules may be ineligible for all athletic awards for that sport season. Also, athletes that leave a team before the end of a season may not be eligible for awards. The ineligibility does not apply to an out of season violation, which allows an athlete to complete a season.

PARENTAL RESPONSIBILITY

We expect the parents to assist the school district in helping students make good choices and in the enforcement of training rules and reporting of such violations.

UNSPORTSMANLIKE CONDUCT AND FLAGRANT FOULS

Students must abide by the rules set forth in the Section IV Misconduct policy as follows:

Any member of a squad ruled out of a contest for unsportsmanlike conduct or a flagrant foul shall not participate in that sport in the next scheduled contest. Disqualification from one season carries over to the next season of participation. A second offense during the same season will result in the athlete being banned from participation for the remainder of that season. Any member of the squad who strikes, shoves, kicks or makes other physical contact with the intent to do so to an official shall be expelled from the game immediately and banned from further participation in all sports for one year from the date of the offense.

HAZING/BULLYING POLICY

The school district recognizes that hazing/bullying is abusive behavior that harms victims and negatively impacts the school culture by creating an environment of fear, distrust, intimidation and intolerance. The school district is committed to providing an educational environment that promotes respect, dignity and equality and that is free from all forms of hazing/bullying. Hazing means committing an act against another individual, or coercing a student into committing an act that creates a risk of emotional, physical, or psychological harm to a person, in order to be initiated or affiliated with an organization, or for any other purpose. Depending on the offense, penalties range for each offense from detention to in-school or out of school suspension coupled with suspension to dismissal from the student's athletic team. See the District Code of Conduct for more information regarding hazing and bullying.

CYBER IMAGE POLICY

Any identifiable image, photo or video which implicates a student-athlete to have been in possession or presence of drugs or portrays actual use, or out of character behavior or crime, shall be confirmation of a violation of the code. Since there is no way to establish a timeframe for when or location of where the image was taken, it shall be a responsibility that the student-athlete must assume. It must also be noted that there may be persons, who would attempt to implicate an athlete, by taking such images, to place them in a situation where they might be in violation of this code standard. This is our rationale for demanding that our athletes not place themselves in such environments. See the District Code of Conduct for more information regarding hazing and bullying.

WELLNESS AND SAFETY

INJURIES

It is the student-athletes' responsibility to immediately report to his or her coach any personal injury. The coach and athlete will then complete an accident report, and submit this form to the school nurse. If a student-athlete has been removed from a practice or contest because of an injury requiring medical attention, the student-athlete cannot return to practice or competition without a physician's release.

INSURANCE

Parents will receive school insurance forms from the nurse's office after the coach or athletic trainer has filed an incident/accident report. Parents must submit accident claim forms to their insurance company as well as the school's insurance company. The school's claim form must be submitted within 90 days from the date of the injury. For more information, please contact the school nurse or administrator.

CORPORAL PUNISHMENT

Corporal punishment is any act of physical force upon a student for the purpose of punishing that student. Corporal punishment of any student by any district staff is strictly forbidden. However, in situations where alternative procedures and methods that do not involve the use of physical force cannot reasonably be used, reasonable physical force may be used to:

1. Protect oneself, another student, teacher, or any person from physical injury.
2. Protect the property of Lansing Central School or others.
3. Restrain or remove a student whose behavior interferes with the orderly exercise and performance of Lansing Central School functions, powers, and duties, if that student has refused to refrain from further disruptive acts.

The district will file all complaints about the use of corporal punishment with the Commissioner of Education in accordance with commissioner's regulations.

RESPONSIBILITY FOR MATERIALS CONTAINED IN THE HANDBOOK

Parents and students are responsible for knowing and understanding the policies and procedures contained in this handbook. Student participation on any athletic team implies that the student and their parents have knowledge and understanding of this handbook. It is available in the main office, on the school website, and from each coach. Parents and students must sign the acknowledgement card that is part of the permission paperwork required before participating.

DISCRETION AND INTERPRETATION OF HANDBOOK

The building Principal has authority to waive aspects of the regulations in this handbook or make any changes in special cases where it is determined that circumstances require such action, if such action complies with New York State Education Law, and does not deviate from the intended purpose of the regulations.