WELCOME TO THE

EUGENIO MARIA de HOSTOS CHARTER SCHOOL
(EMHCS)

COACH’S ATHLETIC HANDBOOK

Believe, Achieve, Succeed

HOME OF THE de HOSTOS HORNETS!

2019-2020
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ATHLETIC PHILOSOPHY
Athletics is one phase of the total physical education program, along with the regular physical education classes and clubs. It is the portion of the total program that provides advanced opportunities for those students with interests and abilities in athletic activities. Through a variety of graded and controlled athletic experiences, students should grow physically, emotionally, and socially. Involvement and participation in athletics should help students develop a positive and sportsmanlike manner during competitive situations. The concept of competition and winning do exist, as in everyone’s life; however, the degree of each depends on the level of the athletic program being considered. The nature of our athletic program is not based solely on winning but on the “readiness” level of the various age groups. Individual skills, team strategies, and participation time also vary with the level of competition. Participation in athletics includes the players, students, and community spectators in an educational experience. Athletic participation is a privilege that carries with it responsibilities to the school, team, student body, community, and to the student and their families.

MODIFIED LEVEL
The Modified A (7, 8, and 9th grades) level of athletic competition focuses on the fundamentals of the game and team play. At this level, student-athletes should learn basic skills, rules, and obtain introduction of the goals of the sport program. Academics, sportsmanship, and social growth along with commitment and dedication are key elements student-athletes will focus on at this level. A smaller emphasis is placed on winning and maximum participation is desired. At this level, athletes might receive similar playing time as the focus of this level is for skill learning/development and growth. The coach of the sport has a right to state playing time at this level. If there is an issue on playing time please refer to page 12, chain of command.

JUNIOR VARSITY LEVEL
The Junior Varsity (JV), (9-11th grades) level of athletic competition places an increased emphasis upon team play, physical conditioning, and refinement of basic sport skills. The goal of this level of competition is to prepare student-athletes for the Varsity level. Student-athletes should be taught how to cope with game situations and how to win and lose properly. An attempt should be made to play all participants; however equal play is not necessary in each game. The JV level is not guaranteed similar playing time among athletes. Those athletes who are dedicated to the sport (attend all practices, participate in classroom activities, skill growth, and adhere to the athlete contract are subject to receive more playing time). The coach of the sport has a right to state playing time at this level. If there is an issue on playing time please refer to page 12, chain of command.
VARSITY LEVEL
The Varsity level (9-12th grades) of athletic competition is the culmination of each sport’s program. At the varsity level of competition, team play, sportsmanship, individual physical ability, motivation, and mental attitude are very important. The goal at the Varsity level is to be competitive and prepare to win. Student-athletes will be taught life-long lessons through situations that arise throughout the season. A continued emphasis on academics, sportsmanship, and community service is to be expected at this level. It is to be understood that dedication and commitment is needed to participate on a Varsity team. Playing time is not guaranteed at this level. An athlete who had demonstrated the skill level of their sport, show sportsmanship on and off the field/court, and show growth in their classroom are subject to receive more playing time. There may be games where an athlete will not play at all at this level. The coach of the sport has a right to state playing time at this level. If there is an issue on playing time please refer to page 14, chain of command.

RESPONSIBILITIES OF THE COACH
Head coaches are responsible for all duties associated with the guidance of the Varsity team in accordance with the job description. They report directly to the Athletic Director. Assistant Junior Varsity, and Modified Coaches are responsible for all duties associated with the guidance of their teams in accordance with the job description and report directly to the Head Coaches and then the Athletic Director. Assistant Coaches are held to the same standards of this handbook as the Head Coach.

It is the duty of all athletic coaches to have a thorough knowledge of the policies of the Board of Education and regulations set forth by the Department of Athletics and the Administration of EMHCS. It is the duty of all athletic coaches to have a thorough knowledge of the league regulations for his/her sport and the New York State Public High School Athletic Association (NYPHSAA). In addition, it is the responsibility of all coaches to enforce all EMHCS policies and regulations which affect his/her team.

DUTIES OF THE HEAD COACH INCLUDE, BUT ARE NOT LIMITED TO:
1. Follows medical clearance and regulation procedures.
   a. His/her building nurse must medically clear an athlete before being allowed to practice.
   b. When an athlete sees a doctor as a result of an injury, an Accident Report must be filed out with his/her building nurse within 24 hours.
   c. If an athlete is injured and has seen a doctor, he/she is not allowed to practice until the building nurse, upon receipt of a certificate of release from physician, sends the coach a release form to participate.
2. Demonstrates knowledge of game rules. The coach will inform athletes of basic rules of the sport and/or event.
3. Demonstrates knowledge of game skills.
a. A thorough knowledge of the skills needed to perform in a particular sport.
b. An understanding of how the skill is broken down into movement mechanics.

4. Demonstrates enthusiasm and genuine interest in the sport. The coach will have a genuine interest in the sport. This interest should be enthusiastically demonstrated to the players and fans in a way that promotes participation and good sportsmanship.

5. Demonstrates ability to teach appropriate skills.
   a. Attendance at coach’s clinics.
   b. General practice plans with amount of time spent in each area.
   c. Shows continuity in approach to teaching skills, as demonstrated by the team’s performance on game days, win or lose.

6. Maintains equipment and facilities. The coach is responsible for:
   a. Preseason and postseason inventory.
   b. Communicating with Athletic Director regarding repairs or problems with facilities.
   c. Condition of equipment at season’s end.
   d. Requisitions from support level coaches (Head Coach).
   e. Maintaining facilities on game and practice days and procedures for support level coaches (Head Coach).
   f. Collection of uniforms is the Coach’s responsibility.

7. Demonstrates coaching ethics with fellow staff, community and players. It is the duty of the coach to establish, communicate, and reinforce:
   a. Emphasize the proper ideals of sportsmanship, ethical conduct, and fair play.
   b. Stresses the values derived from playing the game fairly.
   c. Show courtesy to visiting teams and officials.
   d. Establish a positive relationship between visitors and hosts.
   e. Respect the integrity and judgment of the sports officials.
   f. Achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
   g. Encourage leadership, use of initiative, and good judgment by the players on the team.
   h. Recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual players.
   i. 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.

8. Demonstrating a positive relationship with fellow staff and players. Coaches within our district will work together for the benefit of the student athlete in order to minimize conflicts of interest.

9. Promotes positive public relations.
   a. Take care of publicity.
   b. Promotes the program in a positive light in the community.
10. Exhibits knowledge and application of first aid and safety procedures and principles. The coach must have:
   a. A current American Red Cross Card or Standard First Aid or its equivalent (per NY Education Law)
   b. An organized plan in his/her mind to handle a serious emergency for every practice or play area.
      i. Stabilize the athlete. Find someone to take charge. For example: Do not move anyone suspected of having a spinal injury.
      ii. Activate and enter into emergency system.
11. Tell the dispatcher who you are, where you are, what kind of injury is suspected and how access to the injured athlete can best be gained. Send someone to meet the emergency vehicle. Turn the situation over to the paramedics, giving them as much information as you can. Inform the parents. Carry a copy of your roster with telephone numbers in your first aid kit.
   a. Complete an Accident Report within 24 hours.
   b. An athlete who must see a doctor cannot return to practice or game without a written release being presented to the school nurse.
12. Demonstrates loyalty to the philosophy and regulations as stated in the handbook.
13. Supervises team before, during, and after practices and games.
   a. All students must be supervised until picked up by their parent/guardian or authorized person.
   b. Coaches must be sure parents know where to pick up their child or other children they might be driving home from practice.
14. Devotes appropriate time to the sport. The coach will spend an appropriate amount of time with the team and program. The head coach will inform coaches of specific duties relating to this responsibility.
15. Communicates effectively with Athletic Director’s office. The Coach will:
   a. Pick up and return needed keys.
   b. Hand in a completed team roster.
   c. Check their office mailbox daily.
   d. Communicate equipment or supply needs.
   e. Communicate facility problems for practices and games.
   f. Submit a postseason inventory of supplies and equipment.
   g. Submit a post-season evaluation of his/her assistants.
   h. Communicate any scrimmage game information or problems with schedule.
   i. Communicate any transportation problems.
   j. Submit athletic award winners to the athletic office at least two weeks before they are to be presented.
   k. File any final Varsity statistic information. Head Coach, Athletic Director’s office, and guidance office will work together in helping student-athletes.
16. Attends required meetings. The coach will attend:
   a. EMHCS pre-season meeting with the Athletic Director.
   b. League pre-season meeting.
   c. Parent/Athlete meeting.
   d. League post-season meeting.
   e. Self-evaluation post-season meeting with the Athletic Director.
17. The coaches will recruit student-athletes to be apart of their team.

**MOVEMENT FROM MODIFIED TO A HIGHER LEVEL**
EMHCS Athletic Department may permit pupils in grades no lower than seventh to compete on any senior high school team, or permit senior high pupils to compete on any teams in grades no lower than seventh, provided the pupils are placed at levels of competition appropriate to their physiological maturity, physical fitness, and skills in relationship to other pupils on those teams in accordance with standards established by the Commissioner.
Student-athletes will be required to be cleared physically from our Medical Director, as well as pass the Advanced Physical Placement (APP) physical fitness assessment. Coaches should contact the Athletic Director as soon as possible, to allow a student to potentially participate in a higher level athletics program.

**ATHLETIC RULES AND REGULATIONS**
The purpose of these rules is to help a sports participant become a good citizen by seeking to demonstrate proper behavior and a good attitude at all times.
These rules are designed to instill pride, discipline, and team spirit in the individual and to achieve maximum physical and/or mental performance in athletics. The individual is required to make a commitment to the community, school, team, coach, and herself by adhering to the established rules and regulations – a condition that must be fulfilled for satisfactory participation in any sport. Obeying the rules is a matter of honor to each individual who makes this commitment. Enforcement of the rules and adjudication of any violations is the responsibility of the Coach.

**ACADEMIC ELIGIBILITY POLICY**
Academic achievement is the first priority for all students. School activities also play an important role in the lives of high school students. It is important for students to achieve a balance between school, work, and extracurricular activities.
A student is considered ineligible for athletics and extracurricular activities if they are failing two or more classes at the interim progress report or at the end of the marking period. When a student is ineligible, they may:
   1. Practice, but not participate in interscholastic sport contests.
   2. Practice, but not participate in any performing art performances.
3. Grades considered failures are below 65%.
4. Students that are ineligible should create an after school schedule to obtain extra help with classes they are failing.

**Academic Probation**
If failing one class at the end of the collection of the Run Around Sheets, the student will be placed on academic probation.
1. Academic progress will be checked every 3 weeks using a Run Around Sheet.
2. Students on academic probation may participate in practice, interscholastic sports contests, and any performing art performances ONLY if academic progress reports are returned indicating an eligible Run Around Sheet.

**Becoming Ineligible and the Length of Ineligibility**
If failing two or more classes at the end of the week when a Run Around Sheet is due, the student will be ineligible:
1. They can regain their eligibility immediately once they prove they are no longer failing two classes (this is done with another Run Around Sheet).

**PRACTICE ELIGIBILITY**
Recertification Form - ALL PAPERWORK MUST BE IN BEFORE THE 1ST PRACTICE. No paperwork equals no practice/participation. Students need a Requalification Form (Requalification Eligibility Certification) completed by a parent/guardian, an updated physical, and meet with the nurse to receive a requalification form in order for a student-athlete to participate in athletics. Without these steps a student CANNOT practice or play in a game.

**PRACTICE ATTENDANCE AND TARDINESS**
Each team member is expected to be present at every practice session including practice sessions scheduled during vacation periods unless legally excused from school or personally excused by the Coach. Team members who “cut” a practice session can expect disciplinary action. Tardiness will not be tolerated, but a late arrival pass from a teacher who is giving academic assistance may be presented to the Coach without penalty.

**Practice Schedules**
   a. Keep attendance records.
   b. Keep a folder or notebook of what you cover daily.
   c. Notify the Athletic Director’s office of any practice changes or cancellations. Do not assume you can practice on campus at any time. Facility requests must be communicated to the Athletic Director.
   d. Make sure the athletes and their parent/guardian know the practice schedules.
e. Inform your athletes of the equipment they must supply.

Starting Times for Practices
a. Practice times will vary depending on facility availability, level of play, and program needs. Typically, 3:30 and no later than 5:30 pm. Coaches must be aware of bus transportation times. Coaches are responsible for making sure parents are aware of practice times and locations.

COACHING CERTIFICATION
In order to be certified under Section V New York State Department you must have:
   a. Updated CPR/First Aid
   b. DASA (Dignity for All Students Act) Training
   c. SAVE (School Violence and Intervention)
   d. Child Abuse prevention courses

ILLNESS AND INJURY
If a student is absent from school, he/she will not be permitted to practice or play in any game scheduled for that day or night. If a participant misses five (5) consecutive days of practice and/or contests because of illness or injury, she must have a note from a physician stating that it is permissible to return to activity.
All injuries should be reported immediately to the Coach and the Coach should fill out an accident report and return it to the athletic office the next school day. The Coach will inform the parents/guardians immediately either verbally or in writing. This needs to be documented in SchoolTool for the school’s record.

SUSPENSIONS
Out of school Suspension (OSS) - If a student receives OSS, they are ineligible for their practice/contest the day(s) they are serving their suspension.

SCHOOL ATTENDANCE/TARDINESS
All student-athletes are expected to be in attendance at school in accordance with the New York State Public High School Athletic Association, 80% attendance rule. While in school, the student-athlete is expected to attend all of his/her classes.

POST PRACTICES/GAMES
No Coach should leave the practice grounds or games contest until every student-athlete leaves. No student should be left without an adult present.
EMERGENCY PROCEDURES
a. Have an organized emergency plan for every place that you practice. AED’s are available in the main office, at the YMCA and Reaves Gym. Know where they are located for Carter Street Park and Norton Village Park.
b. Carry a copy of your roster with telephone numbers in your first aid kit, along with your copy of each member’s medical information.
c. Take care of Accident Reports within 24 hours. If the athlete sees a doctor, a written release from the doctor must be presented to the school nurse in order to return to practice or a game.
d. First Aid Kits can be obtained from the Athletic Director. If you need a replacement item, send an email to the Athletic Director. Remember that vinyl gloves are in your First Aid Kit for your protection. Make sure kits are at all practices, scrimmages, and games.
e. If an athlete with a medical problem goes to a doctor for a second opinion, a release must be received from that doctor.

PHYSICAL EDUCATION ATTENDANCE
Athletics is considered an extension of physical education class. It is important that all student-athletes are participating and demonstrating adequate effort within physical education. Students who choose not to participate in physical education class will not be permitted to attend practice or games on the day of the refusal.

CLEATED ATHLETIC SHOES
Athletes must not wear cleated athletic shoes in the halls of the school. They are also not to be worn on the buses. They should be removed and sneakers should be worn to and from any scrimmage or game.

TRANSPORTATION
All team/activity members are expected to travel to and from contests/activities by means of the transportation provided or organized by EMHCS. Exceptions to this rule include; preapproval from the Athletic Director and Coach/Advisor at least 24 hours in advance (email or written note) OR return travel from a practice/competition is not provided by EMHCS. The Coach will assist the bus driver with supervision. No “horseplay” is allowed. Students must remain seated when the bus is in motion. Head or arms are not to be placed outside of windows. Nothing is to be thrown out of the windows. Large items, objects, or equipment cannot be stored in the bus aisle. Loud noises or cheering that affects the driver’s ability to hear an emergency vehicle is not allowed.
CHAIN OF COMMAND
It is important that information and concerns about the athletics programs proceed through logical level of authority with efforts at resolving problems at the lowest level possible. Parents are advised that they should address their concerns and requests using the below communication process:

   Step 1: Athlete arranges meeting between the player and Coach.
   Step 2: Athlete and parent arranges meeting with Coach.
   Step 3: Athlete and parent arranges meeting with Coach and Athletic Director.
   Step 4: Athlete and parent arranges meeting with Coach, Athletic Director, and Administration staff.

PUBLIC RELATIONS
In promoting public relations, each Coach is responsible for information concerning his/her team. For varsity teams, the head coach is responsible for contacting the D & C on final scores. Varsity Teams- sports@democratandchronicle.com and include the following information:

1. Provide the score/result
2. Relevant statistics and career achievements
3. Notable facts (win streaks, division title, clinchers, etc.)

OUTSIDE INSTRUCTION AND COACHING
If an athlete wishes to go outside her athletic team for instruction, she may legally do so, but only if it does not interfere with the school’s team practice. Outside team coaches are not allowed to Coach EMHCS athletes during an interscholastic contest, unless they meet the approval of the EMHCS Board of Trustees, the Athletic Director, and the Coach of that team.

CANCELLATION OF ATHLETIC EVENTS AND PRACTICES
1. If EMHCS closes because of bad weather or any other reason, all athletic contests and practices involving EMHCS teams will be cancelled. If this happens on a Friday, we must have the approval of the principal to hold Saturday games and practices.
2. The cancellation of fall and spring outside athletic contests will be done by the Athletic Director.

CHOOSING A TEAM
Choosing the members of any particular team is the sole responsibility of the Athletic Coach of that team. However, he/she must keep within the team limits as determined by the Athletic
Director and Varsity coach, and team members must be chosen in accordance with the philosophy of the athletic program.

Team Rosters
- TEAM ROSTERS ARE DUE THE DAY OF YOUR FINAL CUT.
- Eligibility checks.
- Attendance - in school and at practice.

UNIFORMS, SUPPLIES, AND EQUIPMENT
Uniforms, supplies, and equipment are issued directly by Coaches to team members. The purchase of athletic uniforms, supplies, and equipment is the responsibility of the Athletic Director. Coaches are encouraged to make recommendations concerning personal preference in uniforms, supplies, and equipment. However, the Athletic Director is not obligated to comply with these recommendations. It is the responsibility of the Coach to inform the Athletic Director of concerns for safety and rule changes as far as uniforms, supplies, and equipment are concerned for his/her sport. If a piece of equipment is faulty or presents a safety problem, it is the responsibility of the Coach not to use that equipment. It is the responsibility of the Coach to see that game and practice uniforms, supplies, and equipment are properly cared for and not abused. Uniforms are to be worn at scheduled times only. Team members must return uniforms, supplies, and equipment to respective Coaches at the end of each season. Failure to do so will result in the student reimbursing the school for items not returned and/or denial of any further athletic participation at EMHCS.

SCHEDULING GAMES AND SCRIMMAGES
The Athletic Director, in accordance with his/her job description, schedules all athletic contests at EMHCS.
Coaches may assist in scheduling but must notify the Athletic Director for confirmation and bus scheduling.

CLAIM FORMS FOR HOME CONTESTS
- Pick up Official’s Vouchers in the Athletic Office.
- Turn completed Officials Vouchers in to the Athletic Director’s office after your event.

LOCKER ROOMS
Only team members, managers, coaches, the Athletic Director, and administrators of EMHCS will be permitted in the locker rooms after games. It is the responsibility of the coach to see that all other people are kept out. Only the coach and his/her players and managers may be in the locker rooms before games and between halves. At home games a coach will inspect the visiting team locker room. The inspection should be cursory to determine if matters are in order, in like
fashion, at away games, a Coach will request similar visits to the away locker room before and after the contest.

Please supervise the athletes at all times.

a. Be the last to leave the building and do not leave an athlete alone waiting for a ride.
b. Team rooms and locker rooms - be seen, hang around, check for damage.

REPORTING VIOLATIONS
Coaches will report to the Athletic Director any and all violations of rules and regulations as well as actions taken in response to these violations as soon as possible, certainly no later than 24 hours after the violation.

STUDENT-ATHLETE DISMISSAL FROM A TEAM
Student-athletes and their families must be informed of the school’s and coach’s policies and procedures for the specific sport they are participating in.

If the need to dismiss a student from an athletic team arises, the following procedures will be followed:

1. The coach will notify the athlete, the parents, and the Athletic Director of the dismissal and reasons why it has occurred in writing and verbally.
2. If the parents have questions or wish to pursue the situation, they will first speak with the Coach.
3. If the parents or the Coach feel a third party is needed, they will ask the Athletic Director to become involved. (See also Chain of Command, page 11.)
4. It is imperative that the Coach documents, in writing, problems as they occur. These records will be very important if further discussions involving the situation are needed.

OFFICIALS

1. The Athletic Director will be in charge of Officials for all contests. Any changes or contacts with Officials will be made through the Athletic Director or with his/her permission.
2. Coaches are to present officials with the Official’s Voucher before the contest. The official will fill out the voucher in ink and return to the Coach who will submit the voucher to the Athletic Director the first school day following the event.

POSTPONED GAMES
All postponements and rescheduling of contests will be made through the Athletic Director. Coaches can assist in this, however, they must let the Athletic Director know.

LEGAL LIABILITY
Legal liability is the biggest problem facing athletics today. Here are some guidelines:
1. The failure to instruct the student in the physical activity in which they are engaged. You must warn them of the risk of injury or death by involvement in the activity.
2. The failure to supervise the sports and activities and the circumstances under which they are played.
3. Many cases show failure to use proper safety equipment or using defective equipment. Facility conditions could also apply.
4. Many cases show liability where failure to take proper first aid steps aggravated an injury and led to unnecessary liability for the Coach.

THUNDER/LIGHTNING POLICY
The NYSPHSAA Thunder and Lightning Policy states:
1. Thunder and lightning necessitates that contests be suspended. The occurrence of thunder and/or lightning is not subject to interpretation or discussion – thunder is thunder, lightning is lightning. With your site administrator, set up a plan for shelter prior to the start of any contest.
2. When thunder is heard and/or when lightning is seen, the following procedures should be adhered to:
   a. Suspend play and direct participants to go to shelter, a building normally occupied by the public or if a building is unavailable, participants should go inside a vehicle with a solid metal top (e.g. bus, van, and car).
   b. Do not permit people to stand under or near a tree and have all stay away from poles, antennas, towers and underground watering systems.
   c. After thunder and/or lightning have left the area, wait approximately 30 minutes after the last boom is heard or strike is seen before resuming play or competition.
   d. The Weatherbug Bug weather application is used by Section V to determine weather conditions for practices and games.

PAYMENT
1. Payment will be processed at the end of an athletic season and after all uniforms/warm-ups/or any other team related uniform and equipment is turned in to the Athletic Director.
   a. Payment is as follows (unless otherwise agreed upon by the Athletic Director, CFO, and Principal):
      i. Modified Head Coach - $1,000
      ii. Modified Assistant Coach - $500
      i. JV Head Coach – $2,000
      ii. JV Assistant Coach - $1,000
      iii. Varsity Head coach - $3,000
      iii. Varsity Assistant Coach - $2,000
2. With the approval of the Secondary Principal, the Athletic Director, and the CFO, there will be an increase of $100 after completion of a successful athletic season for the start of the next season.

PRIVATE PARROCHIAL LEAGUE (PPL) OF ROCHESTER
This league follows the rules and regulations of Section V. This league consists of the following schools:

1. Destiny High School
2. Aquinas High School
3. Bishop Kearney High School
4. Mercy High School
5. Lima Christian High School
6. Rochester Prep High School
7. Rochester Academy Charter
8. Charles Finney High School
9. North Star Christian High School
10. University Prep High School
11. Young Women’s College Prep
Eugenio María de Hostos Charter School Athletic Contract for Parents/Athletes

Team Expectations:
All EMHCS athletes are expected to:

- Acknowledge that playing on this team is an HONOR and a PRIVILEGE, not a right.
- Every player is expected to attend EVERY scheduled practice, scrimmage, game, and all other team related activities.
- Work and play hard everyday to improve as individuals and as a team.
- Respect all coaches, teachers, staff members, peers, and especially teammates. Failure to be respectful may result in IMMEDIATE removal from the team. Disrespect will NOT be tolerated!
- Be dressed, on time, and ready for every scheduled practice, contests, and team activities.
- Every EMHCS athletes must participate in physical education. Failure to do so will result in not playing in a practice or contest.
- Be supportive and encourage every teammate.

Team Rules

- EMHCS athletes will conduct themselves and treat others with the utmost respect. Any behavior that is considered disrespectful or inappropriate may result in a one (1) or more game(s) suspension or will be removed from the team.
- EMHCS athletes will maintain respectable grades in ALL classes (overall GPA of a 2.0 and no more than one F) and treat all teachers and staff with respect.
- EMHCS athletes are to conduct themselves as respectful young ladies/gentlemen. Therefore, they are not to fight on and off school campus. If a student-athlete engages in a fight, he/she will be removed from the team.
- EMHCS athletes will need to complete a Run Around Sheet that must be filled out by each teacher every other week.
- EMHCS athletes will be dedicated to the team’s goals and present a positive attitude that will not hinder the progress of the team.
- EMHCS athletes will strive to improve as individuals on the court, in the classroom, and in the community.
- No tobacco, drugs, or alcohol use will be tolerated. Use of any of these may result in your immediate dismissal from the team. Section V also has the right to random drug test all athletes.

I, _________________________________, parent/guardian of _______________________________, understand these rules and expectations. I will support the coaches and teaching staff at the Eugenio María de Hostos Charter School to ensure my son/daughter is meeting these expectations. I understand that if my son/daughter does not meet these expectations, he/she may be removed from the team.

__________________________________  ______________________
Parent/Guardian’s Signature          Date

__________________________________  ______________________
Student-Athlete’s Signature          Date
EMHCS Run Around Sheet for Athletes

Name: _________________________________________ Sport: __________________________

This form needs to be completed by all teachers in order for above athlete to play in our next game. Remember, you need to have an overall GPA of 2.0 and no one than one F to be eligible to play.

<table>
<thead>
<tr>
<th>Class</th>
<th>Grade</th>
<th>Comments</th>
<th>Teacher Signature</th>
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By signing this form below you acknowledge the grades above and understand that with a GPA of lower than a 2.0 and no one than F a student-athlete cannot play in the next contest.

__________________________________________  ____________________________
Student-Athlete’s Signature                     Date

__________________________________________  ____________________________
Parent/Guardian’s Signature                      Date
### Eugenio Maria de Hostos Charter School
### Interscholastic Athletics
### Medical Eligibility Certification

<table>
<thead>
<tr>
<th>Student Name:</th>
<th>Grade:</th>
<th>Birthday:</th>
<th>Age:</th>
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</thead>
<tbody>
<tr>
<td>Name of Parent:</td>
<td>Telephone Nos.:</td>
<td>Sex:</td>
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<tr>
<td>or Guardian:</td>
<td>Home:</td>
<td>F</td>
<td>M</td>
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<tr>
<td>Address and zip:</td>
<td>Business:</td>
<td>Emergency:</td>
<td>(circle one)</td>
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<tr>
<td>Data Entered Ninth (9th) Grade:</td>
<td>Sport:</td>
<td>Modified</td>
<td>J.V.</td>
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**Part I**

- Injury clearance for participation must be signed by parent/guardian and student prior to medical clearance by the nurse.

**Name of Physician / Health Care Provider:**

**Date of Expiration:**

This is to certify that _______ has not had an injury or medical problem that will prevent her/him from participation in the sport specified above.

**Parent/Guardian Signature:**

**Date:**

**Student Signature:**

**Date:**

**Part II** (To be completed by the parent prior to the student's interview with the nurse)

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
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<tbody>
<tr>
<td>1. Have you been to an emergency room or seen a doctor for illness, injury, or absconded lab test within the past year?</td>
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<tr>
<td>2. Have you ever been treated in the hospital?</td>
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<td>3. Have you been hospitalized overnight by any reason?</td>
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<td>4. Have you ever had any of the following: head injury (concussion/fracture)</td>
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<td>5. Have you ever had any of the following: cervical, sacral, or lumbar fracture</td>
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<td>6. Have you ever had any of the following: myocardial infarction (heart attack)</td>
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<td>7. Have you ever had any of the following: diabetes</td>
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<td>8. Have you ever had any of the following: asthma</td>
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<td>9. Have you ever had any of the following: seizure disorder</td>
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<td>10. Are you currently taking any medications?</td>
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<td>11. Have you had a recent illness such as:</td>
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<td>12. Have you had symptoms or problems such as:</td>
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<td>50. Have you ever had symptoms or problems such as:</td>
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**Part III** (To be completed by nurse)

**Date of last approved physical:**

**Date of nurse interview:**

**Restrictions include:**

- (circle) none or

This certifies that the above student is qualified to participate in the sports specified above:

**School Nurse:**

**Date:**

**Athletic Director:**

**Date:**
DECLARATION OF COACH'S HANDBOOK RECEIPT AND COMPREHENSION

By signing below, I understand the coaches handbook and will uphold the information presented in the handbook.

_____________________________________________  _________________
Coach's Signature                          Date

_____________________________________________  _________________
Athletic Director's Signature               Date