

ATHLETIC HANDBOOK



HOME OF THE HORNETS!



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Dear Students and Parents/Guardians,

Welcome to the Eugenio María de Hostos Charter School (EMHCS) Athletic Program for the 2022 - 2023 season. We are part of the Private Parochial League (PPL) of Rochester. This league consists of the following schools Destiny High School, Aquinas High School, Bishop Kearney High School, Mercy High School, Lima Christian High School, Rochester Prep High School, Rochester Academy Charter, Charles Finney High School, North Star Christian High School, University Prep High School, and Young Women's College Prep. This handbook has been developed to explain the values, philosophies, rules, and procedures that are the foundation of a safe athletic program for our student-athletes. Parents and student-athletes should read this handbook carefully. It contains information that is important throughout a sports season. It should be kept close at hand for future reference. When student-athlete chooses to participate in an athletic program at EMHCS, they and their families are committed to specific responsibilities and obligations. When parents actively participate in their son or daughter's efforts in athletics, they ensure an enjoyable, educational, and successful experience. Currently, we offer ten sports/clubs at EMHCS. These sports/clubs include:

1. Girls Volleyball (Fall)
2. Boys Volleyball (Fall)
3. Boys/Girls Soccer (Fall)
4. Club Boys and Girls Flag Football (Fall)
5. Girls Basketball (Winter)
6. Boys Basketball (Winter)
7. Girls and Boys Track and Field (Spring)
8. Girls Softball (Spring)
9. Boys Baseball (Spring)

If there is anything we can do to make your participation in our athletic program a more successful experience, please feel free to call Mr. Stewart, Athletic Director, if you have any questions.

Sincerely,

EMHCS Athletic Staff

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Rochester, NY 14650

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PRINCIPLES OF THE ATHLETIC PROGRAM

A high-quality athletic program is important to our students, school, and community. Athletics is intended to be a broadening experience in which athletes strive for physical and mental excellence. A well-coordinated program is important to the morale of the school culture. Students who participate in athletics should realize they are obligated to themselves, their peers, their school, and the school community to strive for excellence. Everyone involved in athletics possesses a unique opportunity to teach and learn positive life skills and values and learn the sport. The skills learned on and off the field/court through athletics help make each student-athlete college and career ready. Student-athletes need to develop the desire, dedication, and self-discipline to ensure their success in any athletic program. There is a great deal of commitment and personal sacrifice required by athletes. Winning games has often been considered the measure of success; however, the number of victories is only one criterion determining a season's success. Guiding the team to attain maximum potential is the ultimate goal. Working toward this common goal involves maximum performance, consistent effort, and a commitment to the EMHCS sports program.

ATHLETIC CODE OF CONDUCT/TEAM EXPECTATIONS

All EMHCS athletes are expected to:

- a. Acknowledge that playing on this team is an HONOR and a PRIVILEGE, not a right.
- b. Every player is expected to attend EVERY scheduled practice, scrimmage, game, and all other team-related activities.
- c. Work and play hard daily to improve as individuals and as a team.
- d. Respect all coaches, teachers, staff members, peers, and teammates. Failure to be respectful may result in IMMEDIATE removal from the team. Disrespect will NOT be tolerated!
- e. Be dressed, on time, and ready for every scheduled practice, contest, and team activity
- f. Every EMHCS athlete must participate in physical education. Failure to do so will result in not playing in a practice or contest.
- g. I understand that I must return all EMHCS uniform apparel to my coach by the end of the athletic season. If I don't, I am responsible for paying the uniform cost.
- h. EMHCS athletes will conduct themselves and treat others with the utmost respect. Any disrespectful or inappropriate behavior may result in one (1) or more game(s) suspension or removal from the team.
- i. EMHCS athletes will maintain respectable grades in ALL classes (overall GPA of 2.0 and no more than one F) and treat all teachers and staff respectfully.
- j. EMHCS athletes are to conduct themselves as respectful young ladies/gentlemen when attending events off school grounds that are associated with the school. Therefore, they are not to engage in behaviors that create an unsafe situation for themselves and others. If a student-athlete engages in a fight, they will immediately be removed from the team.

- k. EMHCS athletes must complete a Run Around Sheet that each teacher must fill out every other week.
- l. EMHCS athletes will be dedicated to the team's goals and present a positive attitude that will not hinder the team's progress.
- m. No tobacco, drugs, or alcohol use will be tolerated. Use of these may result in your immediate dismissal from the team. Section V also has the right to random drug test all athletes.

COMING TO SCHOOL UNDER THE INFLUENCE

EMHCS students represent themselves, their families, and the school and, therefore, should not come to school under the influence of drugs and/or alcohol. If an athlete comes to school under the influence, they must go home for the day and cannot participate in athletics for that day. This includes but is not limited to contests/games and practices. The student-athlete, coach, school administration, and parent/guardian will devise an action plan for this student-athlete and seek treatment if there is an addiction problem. Coming to school under the influence will result in a consequence as per the EMHCS Secondary School Parent/Student Handbook and may also result in removal from the team.

SPORTSMANSHIP/FAIR PLAY

Students, coaches, EMHCS staff, athletes, and other spectators are guests and must be well-mannered and adhere to Section V spectators' rules and policies. The host court/field can enforce its rules and policies. Officials are the proper authorities to make decisions regarding rules and their interpretation; these decisions should be accepted. Spectators, student-athletes, and coaches must recognize that their conduct plays an important role in establishing the reputation of EMHCS and that their positive actions can relate directly to the success of their teams. Remember that an athletic contest is only a game-not, a matter of life and death for a player, coach, school, official, fan, or community.

ABSENCES AND TARDINESS

A student-athlete who misses a school day unexcused is ineligible for participation in practice/game that day. An excused absence is up to the coach if the athlete may participate in games or practices. Excused absences include but are not limited to the following:

1. Death in the family
2. Hazardous roads or weather
3. Remedial health treatment
4. Religious observance
5. College visitation
6. Court dates
7. Motor vehicle driving test
8. Doctor or dentist appointment (a doctor's note is needed).
9. Or an excused absence that's stated in the Student Code of Conduct

All excused absences should be brought to the attention of the coach. The coach has the right to enforce their own absences/tardiness policies. These policies must be addressed to parents and athletes before the start of the season.

LOCATION OF PRACTICES

The sports offered at EMHCS require space and equipment that we currently do not have in our school. Therefore, there will be times in which the team will practice at a location outside of EMHCS. Practices that are held outside of EMHCS will be communicated by the coach to athletes and their parents. Students can take a school-provided bus to the location of the practice. The practice location can be at the Metro YMCA (444 East Main Street), Carter Street Park, EMHCS gym, or another location. Parents/guardians can pick up their student-athlete from the practice location. Coaches and student-athletes mustn't wait more than fifteen minutes for rides to come after practices and games.

ATHLETE/PARENT/COACH COMMUNICATION PROCESS

Various concerns may arise during the season. Parents and student-athletes are encouraged to pursue the following communication process – if the first level is not successful at resolving the issue – the student-athlete and family should then move to the next level:

1. The athlete arranges a meeting between the player and the coach.
2. The athlete and parent arrange a meeting with the coach.
3. The athlete and parent arrange a meeting with the coach and Athletic Director.
4. Athletes and parents arrange a meeting with the coach, Athletic Director & Administration staff.

QUITTING A TEAM

Players should first notify the coach of their intention to leave the team. A player must return the team's uniforms, warm-ups, or any other clothing as part of the uniform to their coach within two days of leaving the team. It is up to the coach if an athlete can rejoin the team.

RISK FACTORS IN SPORTS

Participation in sports involves a certain degree of risk of injury. Physical injury can occur in any sports activity and vary in nature. Athletic injuries can range from minor injuries such as bruises and scrapes to more severe injuries such as fractures, dislocations, paralysis, and even death.

INJURIES

All injured athletes a doctor has seen must be released (signed statement) by that doctor to resume participation with their team. This release must be filed with our school. In the case of a long-term or severe injury, clearance by the nurse may be necessary before an athlete's return to competition.

SPORTS PHYSICALS AND FORMS

Sports physicals must be given yearly for athletes to participate in athletics. Students must have a physical on file one year or less from the start date of a season. For example, if a student had a physical on 8/18/15 (with a Fall Sports start date of 8/17/15), they may participate until the end of the fall season but need a physical before the winter season. Requal forms must also be

completed by a parent/guardian and submitted to the nurse before an athlete can try out for the team or practice. Requal forms are located on page 10 of this handbook.

CONCUSSIONS

A concussion is a type of traumatic brain injury that impairs the brain's normal function. It occurs when the brain moves within the skull due to a blow to the head or body. What may appear to be only a mild jolt or blow to the head or body can result in a concussion. The understanding of sports-related concussions continues to evolve. We now know that young athletes are particularly vulnerable to the effects of a concussion. Once considered little more than a "ding" on the head, it is now understood that a concussion has the potential to result in a variety of short- or long-term changes in brain function or, rarely, death. Any suspected concussion must be taken seriously. The athlete does not have to be hit directly in the head to injure the brain. Any force transmitted to the head may cause the brain to bounce or twist within the skull, resulting in a concussion.

Signs of a Concussion can include but are limited to:

If an athlete exhibits any signs, symptoms, or behaviors that make you suspicious of a concussion, the athlete must be removed from play and closely observed. Sustaining another head injury after a concussion can lead to worsening concussion symptoms, increased risk for further injury, and, rarely, death. Parents/guardians and coaches are not expected to "diagnose" a concussion. That is the role of an appropriate healthcare professional. However, everyone involved in athletics must be aware of the signs, symptoms, and behaviors associated with a concussion. If you suspect an athlete may have a concussion, then the athlete must immediately be removed from all physical activity. Signs Observed by Coaching Staff

1. Loss of consciousness (even if brief)
2. Seizure
3. Increasing sleepiness
4. Worsening headache
5. Persistent vomiting
6. Dazed or stunned appearance
7. Confusion about assignment or position
8. Forgetful, for example, doesn't follow instructions
9. Uncertainty of game, score, or opponent
10. Clumsy movements
11. Slow response to questions
12. Mood, behavior, or personality changes
13. Inability to recall events before hit or fall
14. Inability to recall events after hit or fall
15. Serve Symptoms Reported by Athlete:
 - a. Headaches or "pressure" in head
 - b. Nausea or vomiting
 - c. Balance problems or dizziness
 - d. Double or blurry vision
 - e. Sensitivity to light
 - f. Sensitivity to noise
 - g. Feeling sluggish, hazy, foggy, or groggy

- h. Concentration or memory problems
- i. Confusion
- j. Emotions of "not feeling right" or "feeling down."

When you suspect that a player has a concussion:

1. Remove the athlete from play.
2. Ensure an appropriate healthcare professional evaluates the athlete. If any severe symptoms are present, the athlete should go to the emergency department)
3. Inform the athlete's parents/guardians about the possible concussion and give them concussion information.
4. Keep the athlete out of play the day of the injury until an appropriate healthcare professional says the athlete is symptom-free and gives the okay to return to activity.
5. What to do in an Emergency Although rare, there are some situations where you must call 911 and activate the Emergency Medical System (EMS). The following circumstances are medical emergencies:
 - a. Any time an athlete has a loss of consciousness of any duration. While a concussion does not require a loss of consciousness, it may indicate more severe brain injury.
 - b. If an athlete exhibits any of the following:
 - i. Seizure
 - ii. Increasing sleepiness
 - iii. Worsening headache
 - iv. Persistent vomiting
 - v. Rest The first step in recovering from a concussion is rest. Rest is essential to help the brain heal. Athletes with a concussion need rest from physical and mental activities that require concentration and attention, as these activities may worsen symptoms and delay recovery. Exposure to loud noises, bright lights, computers, video games, television, and phones (including texting) may worsen concussion symptoms. Athletes typically require 24-48 hours of rest, though some may require longer.

Return to Play

After a concussion, no athlete should return to play or practice that same day. An athlete should never be allowed to resume play following a concussion until symptom-free and approved to resume **physical activity by an appropriate healthcare professional**. Once an athlete no longer has signs or symptoms of a concussion and is cleared to return to activity by an appropriate healthcare professional, they should proceed stepwise to allow the brain to re-adjust to exercise. In most cases, the athlete should progress no more than one step each day, and at times each step may take more than one day. Below is an example of a return to physical activity program:

Progressive Physical Activity Program (ideally under supervision)

Step 1: Light aerobic exercise- 5 to 10 minutes on an exercise bike or light jog; no weight lifting, resistance training, or other exercises.

Step 2: Moderate aerobic exercise- 15 to 20 minutes of running at moderate intensity in the gym or on the field without equipment.

Step 3: Non-contact training drills in full uniform. May begin weightlifting, resistance training, and other exercises.

Step 4: Full contact practice or training.

Step 5: Full gameplay.

ACADEMIC/BEHAVIOR ELIGIBILITY POLICY

Academics and athletics work jointly to ensure the student has educational success in the classroom. We encourage all student-athletes to be well-prepared for their studies. All student-athletes are encouraged to stay after school with individual teachers to enhance the learning experience. Student-athletes must maintain an overall GPA of 2.0 and no more than one F to be eligible to participate in contests/games. Athletes must also have parents, teachers, and the student-athlete sign a Run Around Sheet with all teachers. This Run Around Sheet also includes behavior in all classes/hallways. A sample Run Around Sheet is located on page 9 of this handbook. EMHCS athletes are to conduct themselves as respectful young ladies/gentlemen. Therefore, they are not to fight on and off the school campus. A student-athlete will be removed from the team if they engage in a fight.

SUSPENSION FROM SCHOOL

A student-athlete suspended from school cannot participate in athletics until the suspension ends, including attending games as a spectator. Upon returning to school from the suspension, a return conference will be held with an administrator and the Athletic Director to decide if the student will be allowed to continue as an athletic team member. Playing on a team at EMHCS is an HONOR and a PRIVILEGE, not a right.

TRANSPORTATION TO AND FROM CONTESTS

Athletes will travel to all away contests on the bus provided for them. A coach may enforce a rule that everyone rides back to school on the bus; otherwise, the athlete may leave an away contest with their parents/guardians. The athlete must notify the coach before they leave the contest with a parent/guardian.

CONDUCT DURING BUS RIDES

The coach will assist the bus driver in supervising the student-athletes. No "horseplay" allowed. Athletes 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. Loud noises or cheering affecting the driver's ability to hear an emergency vehicle is prohibited. The driver can enforce their own rules when driving the bus.

CANCELLATION OF ATHLETIC EVENTS OR PRACTICES

If EMHCS closes or closes early, all athletic contests and practices involving EMHCS teams will be canceled. The coach will communicate the cancellation of contests and/or practices to the athletes and their families.

RESPONSIBILITY FOR MATERIALS CONTAINED IN THE HANDBOOK

Parents and students are responsible for knowing and understanding the policies and procedures contained in this handbook. A student's participation on any athletic team implies that the student-athletes and parent/guardians know and understand this handbook. It is available in the Athletic Director's office, on the school website, and from each coach.

DISCRETION AND INTERPRETATION OF THE HANDBOOK

The Administration staff has the authority to waive aspects of the policies in this handbook or make any changes in special cases where it is determined that circumstances require such action. Failure to meet these expectations within the handbook could result in disciplinary action or removal of the athletic team.

Eugenio María de Hostos Charter School Athletic Contract for Parents/Athletes

All EMHCS athletes are expected to:

1. Acknowledge that playing on this team is an HONOR and a PRIVILEGE, not a right.
2. Every player is expected to attend EVERY scheduled practice, scrimmage, game, and all other team-related activities.
3. Work and play hard daily to improve as individuals and as a team.
4. Respect all coaches, teachers, staff members, peers, and teammates. Failure to be respectful may result in IMMEDIATE removal from the team. Disrespect will NOT be tolerated!
5. Be dressed, on time, and ready for every scheduled practice, contest, and team activity
6. Every EMHCS athlete must participate in physical education. Failure to do so will result in not playing in a practice or contest.
7. Review the Student–Athletic Handbook and abide by the rules within the handbook. The handbook is located at <http://www.emhcharter.org/wp-content/uploads/2019/10/EMHCS-Sports-Handbook-2019-2020.pdf>
8. I understand that I must return all EMHCS uniform apparel to my coach by the end of the athletic season. If I don't, I am responsible for paying the uniform cost.

Team Rules

9. EMHCS athletes will conduct themselves and treat others with the utmost respect. Any disrespectful or inappropriate behavior may result in one (1) or more game(s) suspension or removal from the team.
10. EMHCS athletes will maintain respectable grades in ALL classes (overall GPA of 2.0 and no more than one F) and treat all teachers and staff respectfully.
11. EMHCS athletes are to conduct themselves as respectful young ladies/gentlemen when attending events off school grounds that are associated with the school. Therefore, they are not to engage in behaviors that create an unsafe situation for themselves and others. A student-athlete will immediately be removed from the team if they engage in a fight.
12. EMHCS athletes must complete a Run Around Sheet that each teacher must fill out every other week.
13. EMHCS athletes will be dedicated to the team's goals and present a positive attitude that will not hinder the team's progress.
14. No tobacco, drugs, or alcohol use will be tolerated. Use 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 meets these expectations. I understand that if my son/daughter does not meet these expectations, he/she may be removed from the team.

Parent/Guardian signature

Date

Athlete's signature

Date

EMHCS Run Around Sheet for Athletes

Name: _____ Sport: _____

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

Class	Grade	Comments	Teacher Signature

By signing this form below, you acknowledge the grades above and understand that a student-athlete cannot play in the next contest with a GPA of lower than 2.0 and no one than F.

Student-Athlete Signature Date

Parent/Guardian Signature Date

**Eugenio Maria de Hostos Charter School
Interscholastic Athletics
Medical Eligibility Certification**

Student Name: _____	Grade: _____	Birthday: _____	Age: _____
Name of Parent: _____	Telephone Nos.: _____		
or Guardian: _____	Home: _____		Sex
Address and zip: _____	Business: _____		M F
_____	Emergency: _____		(circle one)
Data Entered Ninth (9 th) Grade: _____	Sport: _____		
	Modified _____	I.V. _____	Varsity _____

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 Center _____ Date of last exam _____
 This is to certify that _____ (Student name) has not had an injury or medical problem that will prevent him/her 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 students interview with the nurse)

	Yes	No
Please answer each question		
1. Have you been to an emergency room or seen a doctor for illness, injury, or abnormal lab test within the past year? If yes, list _____		
2. Have you ever have an operation? If yes, list _____		
3. Have you been hospitalized overnight by any reason? _____		
4. Have you ever had any of the following: Head injury? (concussion/fracture) _____		
5. Have you had injury to joints, muscles, or bones within the past year? (ex: severe sprain, fracture, dislocation) If yes, are there any after effects? _____		
6. Do you have pain or problems with your shoulder? Arm? _____ Elbow? _____ Wrist? _____ Back? _____ Hips? _____ Knee? _____ Ankle? _____		
7. Do you have problems with Eyes or vision? _____ Ears or hearing? _____		
8. Do you have absence or loss of function of paired organ? (eye, ear, kidneys or testicle)		
9. Do you have any Lumps? _____ Sores? _____ Infected areas? _____		

	Yes	No
10. Are you currently taking any medication? If yes, list _____		
11. Have you had a recent illness such as: Infectious mononucleosis? _____ Bladder infection? _____ Skin disease? _____ Pneumonia? _____ Other? _____		
12. Have you had symptoms or problems such as Dizziness? _____ Severe headache? _____ Chest pain? _____ Wheezing? _____ Shortness of breath? _____ Abdominal pain? _____ Burning on urination? _____ Excessive bruising? _____ Prolonged bleeding from small out? Adverse reaction from heat? High blood pressure? Allergies? _____ Asthma? _____ Heart trouble? _____ Diabetes (sugar)? _____ Hernia? _____ Scoliosis? _____ Motional disorder? _____ Other? _____		
13. Have you seen a doctor for any of the above? _____		
14. Is there anything else we should know about your health? _____		
15. Is there a history of sudden unexplained death in your family? If yes, relationship _____		

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: _____

I, _____, parent/guardian of, _____,
Have read and understand the expectations of this handbook. By signing this form, I am responsible for maintaining the rules and expectations within this handbook. Failure to meet these expectations and regulations within the handbook could result in disciplinary action or the removal of the athletic team.

Parent/guardian signature

Date

Student – Athlete signature

Date