



South Seneca Central School

Parent & Student Handbook

2011-2012

SOUTH SENECA ATHLETICS PARENT & STUDENT HANDBOOK

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2011-2012 FLHSA A SEASON STARTING DATES:

FALL 2011-2012

Varsity/JV	August 15, 2011
Modified	September 1, 2011
Modified Football	August 25, 2011

WINTER 2011-2012

Varsity/JV	November 7, 2011
Modified	November 1, 2011
Modified Wrestling	January 1, 2012

SPRING 2012

Varsity/JV	March 5, 2012
Modified	March 19, 2012

COACHES PRE-SEASON MEETING(Mandatory)

Fall Season – August 7, 2011

Winter Season - TBA

Spring Season - TBA

PARENT/COACHES PRE-SEASON MEETING(Mandatory for both)

Fall – August 7, 2011

Winter – TBA

Spring – TBA

Rev. 6-18-10
South Seneca Central Schools
Athletic Department
Information for Student Athletes and Their Parents
Regarding Participation in Athletics

2011-2012

Philosophy Statement

The South Seneca Central Schools Athletic Program is an integral part of the education process at South Seneca Central Schools. The program is designed to promote and encourage students and the school community to play an active role in the sports program, either as participants or spectators. The Athletic Program is designed to give all students, males and females alike, access to a wide variety of opportunities to participate in organized sports competitions.

The goal of the athletic program is to develop a competitive program, which teaches students, athletes, and the school community values such as sportsmanship, health education, and scholastic attainment. The program is designed to occupy a position in the South Seneca Central Schools' curriculum comparable to that of other subjects and to aid in promoting student morals and well-being.

The number one priority of the South Seneca Central Schools is to educate the whole child - first, by stimulating the intellect academically and, second, by providing opportunities for students to participate in activities designed to develop the social, physical, and ethical values necessary to become a productive member of society. Extracurricular programs, such as participation on an athletic team, help to provide such experiences and are considered an integral part of our school's curriculum. The athletic program at South Seneca Central Schools is viewed as an extension of the classroom.

Code of Conduct

Note: South Seneca Central School District's Code of Conduct is available in its entirety at any school office or on the SSCS web site:

Participation in the Athletic Program is a privilege that carries with it responsibilities to the school, to the team, to the student body, and to the community. When an athlete accepts this privilege, he or she must also live up to a Code of Conduct and assume responsibility as an ambassador for the South Seneca Central Schools. This responsibility applies whether the student athlete is on campus, off campus, or at a competitor's school and also applies during both the sporting season and the off-season. While all students at South Seneca Central Schools are expected to conform to the school's Code of Conduct, student athletes, because of their visibility, have an additional responsibility to maintain good sportsmanship and a positive attitude in all sporting competitions.

Training Rule Expectations

It is a proven scientific fact that keeping students from engaging in the use of alcohol, illegal drugs and tobacco will improve their performance and success in their athletic endeavors. For this reason, there are significant consequences in this policy for students who engage in the use of these substances. The reasons for these sanctions are:

- To provide students with a good reason not to participate in illegal activities where alcohol, and other drugs are present;
- To send a positive message of support to those students who do not engage or support by their presence off campus use of alcohol or other drugs;
- To send a message to students and parents that the presence of students at off-campus parties involving the illegal consumption of alcohol and other drugs, when discovered, will result in consequences;
- To send a message that the district takes seriously its commitment to its belief that students should not engage or support through their presence the illegal consumption of alcohol or other drugs.

The basis for the athlete's Code of Conduct is that of good citizenship and sportsmanship. In addition, student athletes are expected to follow local, state and federal laws. Student athletes are also expected to follow the rules and policies of the school district and the athletic department. Student athletes are expected to refrain from bad behavior, both on and off school property, and expected to comport themselves as role models.

Some examples of conduct that are unacceptable for student athletes both on and off campus include but are not limited to:

Section A Inappropriate Conduct:

Truancy/Illegal absences from school or classes
Insubordination
Assault
Fighting
Disrespectful behavior or disorderly conduct
Vandalism
Violation of the rights of others
Cheating
Harassment and Hazing

“Hazing” refers to any activity expected or required of someone joining a group, or to maintain or achieve full status in a group, that humiliates, degrades or risks emotional or physical harm, regardless of the person’s willingness to participate in such activities.

Section B Alcohol, Tobacco, Drugs & Illegal Substances:

Possession or use of tobacco products
Using/possessing an alcoholic beverage
Implying use of an alcoholic beverage, drugs or illegal substances
Using/possessing an illegal drug or drug paraphernalia
Drugs not prescribed by a physician
Possession by association

Student-athletes who at an event where it is a violation of state law or local ordinance regarding possession, purchase, sale or consumption of alcohol, drugs or illegal substances occurs, whether or not they consume, are deemed to be possession by association of those substances and will be subject to discipline.

Consequences for Violating Section A of the Code of Conduct:

- I. In-Season Violations: A student-athlete who violates the Code of Conduct will be subject to appropriate discipline. Disciplinary actions that may be taken against a student athlete include:
- a single game suspension;
 - a multi-game suspension;
 - a one-year suspension from participating in athletic department activities, or permanent removal from interscholastic athletics.

The Athletic Director and/or the Athletic Review Board will determine the severity of a student athlete's violation of the Code of Conduct and will determine the appropriate level of discipline. Subsequent violations will result in increased penalties for the student athlete.

- II. Out of Season Violations: For violations that occur outside of the student athlete's sporting season, the student athlete may be subject to a penalty involving community service or other consequences as determined by the Athletic Director and/or Athletic Review Board*.

* **Athletic Review Board:** The Athletic Review Board will be comprised of the following individuals (based on availability): Athletic Director, Principal or designee, substance abuse prevention coordinator or school counselor, a coach not directly involved in the sport in question or a teacher, two parents and/or community members, and the school resource officer or designee.

Consequences for violating Section B of the Code of Conduct:

In-Season Violations:

1st Violation: Suspension from participation in 30% of the regularly scheduled contests of the team he/she is playing on. Participation in the Mandatory Diversion Program.

2nd Violation: If there is a second violation at any time within the student's remaining career as an athlete at South Seneca Central School, the athlete will not be allowed to participate for the remainder of that sports season. If an athlete's second violation occurs out of season, the Athletic Review Board will determine the consequences.

3rd Violation: A third offense at any time within the student-athlete's career will end an athlete's eligibility to participate in any sport at South Seneca Central School.

Out of Season Violations

Students who violate the training rules when they are out of season (or when school is not in session) shall be required to participate in the Mandatory Diversion Program **and** be required to meet with the Athletic Director, Coach(es), and Parents.

1st Offense: Parent is informed; student is required to meet with the coach, Athletic Director and a substance abuse counselor; a letter of reprimand is placed in the student's athletic record. Student-athlete is required to attend the Mandatory Diversion Program.

Any subsequent offense: Parent is informed; meeting is held with the parent, coach, Athletic Director, athlete, and substance abuse counselor. The consequences and appropriates of the student's continued participation in athletics will be determined by the Athletic Review Board.

Mandatory Diversion Program: Any student athlete who violates Section B of the Athletic Code of Conduct shall be required to participate in a Substance Abuse Diversion Program developed and approved by South Seneca Central Schools. A failure to participate in this program shall result in continued athletic suspension until this requirement is met.

Implementation of Suspension: Suspensions shall begin immediately after the athlete is determined to be in violation of the Athletic Code of Conduct and regulations regarding athletic participation. All violations of the regulations and Athletic Code of Conduct shall be maintained in the student athlete's athletic record and the student athlete's history of violations shall be considered when determining appropriate sanctions. ***During a period of suspension, a student athlete shall attend all practices and shall be allowed to participate in practice. On game days, the suspended student athlete will be expected to attend the athletic contest and sit on the bench, but not be in uniform and not participation in team functions.***

Loss of Post Season Honors

Athletes who violate the Athletic Code of Conduct or the regulations relating to participation in the athletic program will be ineligible for post-season awards from South Seneca Central School. This may be appealed to the Board of Education.

Appeal Process

Step 1: The parent must contact the Athletic Director to initiate the appeal.

Step 2: The Athletic Director convenes the Athletic Review Board to meet with the student and parent to discuss and present issues. If not resolved at this step, the appeal moves to Step 3.

Step 3: The Superintendent of Schools hears the appeal. If not resolved, the appeal moves to Step 4.

Step 4: The Board of Education hears the appeal.

During the appeal process, the student athlete's suspension will remain in effect. If the Athletic Review Board made the initial determination regarding the student's penalty, the first step of the appeal process will be to the Superintendent.

Communication Process

If a student athlete or his/her parents have a problem during the sport season, the following steps should be taken to resolve these concerns.

Step 1: The student athlete should discuss the problem with the coach.

Step 2: The student athlete's parent should discuss the problem with the coach.

Step 3: If the parent or coach is unable to resolve the problem, the problem should be brought to the attention of the Athletic Director.

Step 4: If the Athletic Director cannot resolve the problem, it should be brought to the attention of the Building Principal.

Step 5: If the Building Principal cannot resolve the problem, then the problem should be brought to the attention of the Superintendent.

Step 6: If the Superintendent is unable to resolve the problem, then, lastly, the problem should be brought to the attention of the Board of Education.

Requirements for Participation

1. Physical Examinations: All students who wish to participate in the Athletic Program must have a current physical. Student-athletes may not practice without a current physical. Physicals are good for one calendar year and physical dates are recertified through the school nurse's office for each season.

2. Acceptable attendance and behavior: Students who wish to participate in the Athletic Program must be in good standing and have acceptable attendance and behavior.

A. A player cannot attend practice or a game if he/she has an unexcused absence from school on that day. This will result in an unexcused absence from practice.

B. A player cannot attend practice or a game if he/she was absent due to illness for any part of the school day unless released in writing by the school nurse and/or a physician.

C. Two (2) unexcused tardies to school will be equivalent to an unexcused absence. A tardy is defined as being more than 15 minutes late to school.

D. Unexcused absences from practice will result in:

1st Occurrence: A record of the occurrence

2nd Occurrence: Suspension from the next interschool contest.

3rd Occurrence: Suspension from the next two interschool contests.

4th Occurrence: Removal from the team for the remainder of the season.

E. Family vacations are considered unexcused absences. To ensure eligibility, athletes must present a written note to the attendance office prior to departure. If

the athlete missed more than four (4) consecutive calendar days, upon return, the athlete will be allowed to participate in a contest only after participating in a minimum of one (1) scheduled normal length team practice prior to the next scheduled contest. Athletes who miss practices and /or games due to vacations may be subject to loss of team positioning and /or playing time.

F. Players reporting late to practice or a game without acceptable excuses are to receive coaches' discipline. Repeat offenses should receive stronger punitive action with consultation from the Athletic Director. The coach may remove a perpetual offender from the team with agreement of the Athletic Director.

G. Illegal absences from a scheduled class, study hall or other assignment will result in the following consequences:

1st Occurrence: A record of the occurrence

2nd Occurrence: Suspension from the next interschool contest.

Any additional occurrence results in additional contests (each missed occurrence equals one missed contest).

H. The assignment of in-school suspension (ISS) or out of school suspension (OSS) is absolutely unacceptable and the following consequences will occur:

- a. **In-School Suspension** (placement by administrative staff)
 - i. 1st Occurrence-suspension from the next scheduled practice (may not be in attendance)
 - ii. 2nd Occurrence-suspension from the next scheduled contest
 - iii. 3rd Occurrence-suspension from the next two scheduled contests
 - iv. 4th Occurrence- removal of the athlete from the team for the remainder of the season

Athletes who are suspended for any contest due to ISS may attend the contest(s) but may not suit up for the contest or participate in any team activities on that date(s).

- b. **Out of school Suspension** (under no circumstances will an athlete be able to participate in or attend a practice or a contest while serving an OSS. In addition, the following consequences will occur:
 - i. The athlete will be penalized by a minimum of one (1) game suspension if no contests were held during the OSS.
 - ii. A repeated offense in a school year may result in the removal of the athlete from athletic participation based on a decision made by the Athletic Director and/or the Athletic Review Board.

I. Any student athlete seen by a physician for an injury must have a release by the school physician or school nurse prior to returning to practice or competition.

J. No practice may take place without the presence of the coach or a certified adult designee.

K. No student will quit a team without first talking with the coach and explaining the reason for leaving the team. Any athlete who quits or is dismissed from the team forfeits all athletic awards for that season and is unable to practice for any other sport until that season is complete.

L. Candidates for teams must try out for the squad during the designated tryout period. This means through the completion of 10 practices from the first day of tryouts. However, Fall sports have until the 3rd day of school to try out. This does not apply to transfers students who may try out at any time in compliance with the New York State PHSAA handbook. Candidates who are ill or injured at the beginning of a season should notify the coach that they wish to try out when healthy.

3. Satisfactory Academic Achievement: In order to be eligible to participate in the Athletic Program, a student must have achieved, and maintain, satisfactory academic achievement. Please refer to the academic eligibility policy.

4. Physical Education Requirement For Athletes: Because of the importance of physical education, all athletes will be required to participate in the full physical education program throughout the year. If an athlete is unable to participate in physical education class on any day they may not participate in a practice or contest on that day.

STUDENT/PARENT INFORMATION

TO THE PARENTS

This athletic guide is presented to you because your son or daughter has indicated a desire to participate in our athletic program. Your family interest in and support of our athletic program is most welcome and appreciated. We are dedicated to providing a well-managed, organized athletic program that offers opportunities for self-expression, mental alertness and sound physical training. **A parent or guardian will be required to attend the pre-season meeting before your child will be allowed to participate. The meeting will focus on handbook policies and procedures. There will also be a video pertaining to drug and alcohol issues. If you can't attend the meeting we will video tape the meeting and an alternative time must be scheduled with the Athletic Director to view the videos before a student athlete can participate.**

TO THE STUDENT

A student voluntarily chooses to participate in athletics and is making a choice of self-discipline as well as self-denial. The student who participates in athletics should recognize that they have an obligation to themselves, their teammates, and the school community. We encourage you to discipline your mind and body for rigorous competition, and to strive for excellence.

Modified

The modified program of competitive sports focuses on teaching the fundamentals of the game, skill development, responsibility and sportsmanship, and building an interest in maintaining a sound mind and body. Maximum participation for all is a goal. Winning is not the primary goal, but the desire and will to win is important. Being able to accept winning with pride and losing as a challenge to improve on skills is a more important goal. Modified is a preparatory stage for higher-level competition.

Junior Varsity

At the junior varsity level, emphasis continues to be placed upon skill development and the refinement of those skills. Player development, mastering individual and team fundamentals, and execution of the system taught by the coach are of primary importance. More emphasis is placed on winning at this level.

The junior varsity program prepares athletes for the varsity level of competition. At the junior varsity level, competition is increased. Participation becomes more competitive. While adequate playing time for team members is strongly encouraged, the amount of playing time is influenced primarily by skill level and dedication. Other factors such as sportsmanship, effort during practice sessions, and motivation to succeed are also important considerations.

Varsity

The varsity level of athletic competition is the culmination of the high school athletic program. Playing time becomes very competitive. A more aggressive work ethic and more advanced skill levels are expected. Playing time is earned at this level. It is vital for each team member to understand his/her role and importance to the team.

Team and individual goals are set. Discipline, responsibility, sportsmanship, working as a unit and reaching maximum performance are stressed more for varsity teams. Additionally, goals are to win league titles and qualify for sectional and state competition. At this level, winning is great, losing is motivational; but competing, improving and learning are still the goals of our athletic program.

AWARDS

Letters, pins and certificates are awarded to students who participate on a junior varsity or varsity team. Students participating on a modified team will receive a certificate. A student must complete the entire season including sectional play to be considered for an award.

RESPONSIBILITY FOR EQUIPMENT

Athletes shall assume the responsibility for the proper care and return of all equipment and supplies issued. The athlete will be expected to pay for any damaged, lost or stolen items.

INTERSCHOLASTIC ATHLETICS

Participation in interscholastic athletics will be subject to approval by the Board and will be in accordance with regulations and recommendations of the commissioner of Education and New York State Public High School Athletic Association (NYSPHSAA).

All interscholastic athletic programs will be conducted in accordance with the following requirements:

- Student participation will be voluntary.
- Participation is limited to students in grades 7-12.
- Those teachers having direct responsibility for the conduct of the athletic program of the school will conform in all ways to the general education program as established by the Board, including schedules, financial expenditures, relationships with other schools, state requirements and health and safety regulations.

- The district is a member of the NYSPHSAA and will adhere firmly to the rules and regulations of the body and to the philosophy of sports that it encourages. The eligibility of students to participate in the athletic programs is determined by the association program and the regulations of the Commissioner.
- No student may start practice for any interscholastic athletic team until he/she has passed a physical examination or completed a screening form and written consent has been obtained from the parent. Coach must be issued a 'Pink Slip' from the nurse for that player to participate.
- SSCS participation in interscholastic athletics will be subject to annual approval by the Board.

These contestant rules, from the NYSPHSAA handbook, apply to interschool competition only. Authority for enforcement of these rules is placed with the Director of Athletics and the principal of the building the student attends.

CONDUCT AND BEHAVIOR

Athletes represent themselves, their parent, the school and the community. Proper conduct is expected at all times, on or off the playing field.

- As a member of a team, an athlete should be proud of his/her appearance. Athletes are expected to dress neatly and keep well-groomed. A coach may determine a dress code on the day of a contest.
- An athlete must be willing to dedicate herself/himself to being a scholar athlete.
- The athlete should be aware that nothing worthwhile is accomplished without hard work and a sincere desire to succeed.
- The athlete must also understand this means making a commitment to attending all regular school classes, practices, contests and team meetings. The athlete must be willing to sacrifice his/her own desires for the good of the team.
- Anyone associated with athletics shall use language which is socially acceptable. Profanity, vulgar talk, ethnic or religious slurs will not be tolerated on or off the playing field at any time.
- Athletes are to show proper respect and courtesy to all coaches, teachers, administrators, officials, spectators, facilities, equipment and opponents at all times. You may be suspended from the team for the remainder of the sports season for conduct unbecoming an athlete. The coach will make this decision after consulting with the athletic director and the principal.
- You may be suspended from the team for the remainder of the sports season if you have two unexcused absences from practice, a scrimmage or a game. An unexcused absence is one in which you fail to tell the coach ahead of time that you will not be at practice, a scrimmage or a game; or provided an excuse that is deemed unreasonable by the coach. The coach will make the decision, after consulting with the athletic director and the principal.

Transportation

An athlete may go home with a parent/guardian only, from an away contest (by state law, athletes are not permitted to ride with anyone other than a parent or guardian). Parents must present such a request in writing to the athletic director or principal prior to leaving for the contest.

SOUTH SENECA CENTRAL SCHOOLS

ATHLETIC CONTRACT

PARENT PERMISSION

I give permission for _____ to participate in

(Student's Name)

_____ during the _____ school year.

(Sport and Level)

In giving my permission for my child's participation in this sport, I understand and recognize the potential hazard of participation in this sport and that injuries may occur as a result of this participation. I affirmatively state that my child is also aware of the potential injuries, is in good health, and has no conditions which would prevent participation in this sport or increase the risk of injuries as a result of such participation.

I have read and understand the South Seneca Central Schools Information for Student Athletes and their Parents, including Philosophy, Code of Conduct, and Regulations Concerning Tobacco, Alcohol and Drug Use, understand the requirements applicable to student athletes of the South Seneca Central Schools, and agree to those terms and conditions. I further understand that my child will not be able to start practice until this form is signed and returned to the team coach.

Parent's Signature

Date

TERMS OF AGREEMENT FOR ATHLETIC PARTICIPATION

-

I have read and understand the contents of the South Seneca Central Schools Information for Student Athletes and their Parents, including Philosophy, Code of Conduct, and Regulations Concerning Tobacco, Alcohol, and Drug Use, and agree to those terms and conditions. I agree to be bound by the Code of Conduct and regulations for participation in student athletics. I understand that, by participating in a sport, I am a representative of South Seneca Central Schools and a role model to fellow students and I agree to comport myself in an acceptable and appropriate fashion. I further understand that participation in the Athletic Program is a privilege and not a right and is subject to the rules and regulations of the South Seneca Central Schools.

Student's Signature

Date

Coach's Signature

Date

PARENT-COACH COMMUNICATION

Parents and coaches are two important role models in a child's life, and clear communication between these individuals is essential. The guidelines listed below are intended to clarify school expectations for this relationship.

Communication parents expect from coaches

- Philosophy of the coach.
- Expectations the coach has for your child and the team.
- Location and times of all practices and games.
- Team requirement: practices, special equipment, out-of-season training, etc.
- Procedures to follow should your child be injured during participation.
- Disciplinary action that may result in your child being denied the right to participate.

Communication coaches expect from parents

- Concerns regarding a coach's decision, philosophy and/or expectations.
- Notification of any illness or injuries or missed practice.

Appropriate concerns to discuss with coaches

- Treatment of your child, emotionally and physically.
- Ways to help your child improve.
- Concerns about your child's behavior.

It is very difficult to accept your child not playing as much as you may hope. Coaches are professionals. They make decisions based on what they believe to be best for the program. As you have seen from the above list, certain things can and should be discussed with your coach. Other things, such as those listed below, must be left to the discretion of the coach.

Issues not appropriate to discuss with the coach

- Playing time
- Team strategy
- Play calling
- Other student-athletes

COACH-PARENT-ATHLETIC DIRECTOR CONFERENCES

Some situations may require a conference between the coach, parent, and the athletic director, and they are encouraged. However, it is important that all parties involved have a clear understanding of the other's position. To insure this, please follow the guidelines below:

- Contact the athletic director at (607) 869-9636 Ext. 4128.
- The athletic director will investigate all concerns and arrange a meeting with the coach and parents/guardians for resolution.
- **Please do not attempt to confront a coach before or after a contest or practice.** These can be emotional times for both parents and coaches. Meetings of this nature do not promote resolution.

SELECTION CLASSIFICATION

An athlete is recommended by a coach for the selection classification program. If he/she can successfully meet the requirements, he/she will be allowed to participate in an extended athletic career. Under normal circumstances, a student is only eligible for senior high school athletic competition in a sport for four consecutive seasons commencing with the student's entry into ninth grade. However, by meeting the selection classification requirements established by the NYS Education Department, an athletes' eligibility can be extended to permit participation during six consecutive seasons in the approved sport after entry into seventh grade. See Selection Classification Handbook.

WARNING TO STUDENT-ATHLETES AND PARENTS

REGARDING RISK OF INJURY

We (student and parent/guardian) have read the South Seneca Central School Student Athletic Hand Book and agree to adhere to the spirit and policies of the South Seneca Athletic Program. We further understand that By its nature, competitive athletics may be put in situations in which SERIOUS, CATASTROPHIC, and perhaps FATAL ACCIDENTS may occur.

Many forms of athletic competition result in violent physical contact among players, which may result in accidents, strenuous physical exertion, and other exposure to risk of injury.

Students and parents must assess the risk involved in such participation and make their choices to participate in spite of those risks. No amount of instruction, precaution, or supervision will totally eliminate all the risk of injury. Just as driving an automobile involves choice of risk; athletic participation by high school students also may be dangerous. The obligation of parents and students in making this choice to participate cannot be overstated. There have been accidents resulting in death, paraplegia, quadriplegia, and other very serious permanent physical impairments as a result of athletic competition

By granting permission for your student to participation in athletic competition, you, the parent or guardian, acknowledge that such risk exists.

Students will be instructed in proper techniques to be used in athletic competition and in the proper utilization of all equipment worn or used in practice and competition. Students must adhere to that instruction and must refrain from improper uses and techniques.

As stated, no amount of instruction will totally eliminate all risk of serious, catastrophic, or even fatal injury.

Signing of this form will acknowledge that you have read and understand the information contained in the warning to Student-Athletics and parents.

Student Signature

Parent/Guardian Signature

Date

SOUTH SENECA ATHLETIC DEPARTMENT
ATHLETIC DIRECTOR

7263 Main Street
Ovid, New York 14521

Phone: 607-869-9636 Ext. 4128
Fax: 607-869-9553

Date _____

If my child _____ is injured during a sporting event, either away from school, or at a home game, I give permission for him/her to be treated at the nearest hospital. I understand that a school official may make the decision to treat my child in the event that I cannot be reached.

(Parent/Guardian Signature)

Emergency Phone: _____

Allergies? _____

Previous medical history which may be relevant?

To The Parent

I have received a copy of the insurance insert and understand that this is a limited coverage student accident policy and I understand that I am responsible for any financial balance that the schools or my policy doesn't cover.

Parent Signature _____

SOUTH SENECA CENTRAL SCHOOL
High School

Telephone Number: 607-869-9636

7263 Main Street, Ovid, NY 14521 Fax Number: 607-869-9553

Cathy A. Flanders, HS Principal
cflanders@southseneca.k12.ny.us

Jack Guinan, Athletic Director
jguinan@southseneca.k12.ny.us

Athletic Competition Health Screening Form

Name _____ Sport _____ Grade _____

Date _____ Birthday _____

THIS FORM MUST BE COMPLETED BY THE PARENT/GUARDIAN AND RETURNED BEFORE OR AT THE TIME OF YOUR STUDENT'S ATHLETIC PHYSICAL.

Has your child ever:

Been Restricted in gym or sports participation for medical reasons? _____

Been unconscious or lost memory from a blow on the head (concussion)? _____

Felt feint, dizzy, had chest pain or a fainting spell during exercise? _____

Explain _____

Has your child ever had

Convulsion/seizures? _____ Heart problems? _____

Fainting spells? _____ Injury to spleen? _____

Diabetes? _____ Neck or back injury? _____

Rheumatic Fever? _____ Bladder/Kidney problem? _____

Arthritiz? _____ Asthma (related to exercise) _____

Nosebleed (frequent/severse)? _____ Allergies/hay fever _____

Elevated Blood Pressure? _____ Bee sting allergy? _____

Explain _____

Does your child have any of the following:

One eye or severe, uncorrectable loss of vision in one or both eyes? _____

Severe hearing loss in one or both ears? _____

A single kidney or a single testicle? _____

Special orthodontic appliances or capped teeth? _____

Glasses or contact lenses for sports? _____

Physical handicap either from birth, illness or injury? _____

Explain _____

In the past year has your child had

Headaches? _____

Anemia? _____

Ear problems/hearing loss? _____

Eye problem/vision loss? _____

Ankle injury? _____

Knee injury? _____

Joint sprain/ligament tear? _____

Muscle pull? _____

Fracture of any bone? _____

Dislocation of any bone? _____

Dislocation of any joint? _____

Any previous injury requiring continued treatment? _____

Any illness or injury requiring physical limitations/absences over 5 days? _____

Is your child under medical care now? _____ **Taking medicine now?** _____

Explain _____

I understand that participation in athletics is voluntary, I agree in participation of my student in athletic the athletic program of the school including practice sessions and travel to and from contest. My signature signifies that the above answers are correct.

Parent Signature _____ **Date** _____

The sports physical will be held, free of charge at the South Seneca High School in Ovid on _____ . Students are strongly encourages to have their physical by our school physician here at the school. If you prefer to use your own doctor, please return this screening form to the nurse before our school physicals so that our school physician can review it. Students will not be allowed to participate in a sport without the completed screening form and a physical.

CLAIM NO.
OFFICE USE ONLY

PUPIL BENEFITS PLAN, INC.

Student Accident Insurance
 101 Dutch Meadows Lane
 Glenville, NY 12302
 TELEPHONE (518) 377-5144
 1-800-393-3301
 FAX (518) 377-3291
 www.pupilbenefits.com



MEDICAL CLAIM FORM

SCHOOL SECTION

1. The school authority shall complete the top portion of this claim form. **Please MAIL ORIGINAL claim form and print legibly.**
2. Give original form to the pupil or send to the parent, along with a parent information brochure. The parent must mail original form to us.

Please Print Legibly

School District _____

Building Name _____ Phone # _____ Grade _____

Student's Name _____ DOB _____

Date of Injury / / Bodily Part Injured _____ Age _____

- | | |
|--|--|
| <input type="checkbox"/> Interscholastic Sport _____ | <input type="checkbox"/> Game <input type="checkbox"/> Practice <input type="checkbox"/> Scrimmage |
| <input type="checkbox"/> Non-Interscholastic _____ | <input type="checkbox"/> Noon Hour Rec <input type="checkbox"/> Intramural |
| <input type="checkbox"/> School-Sponsored Activity _____ | <input type="checkbox"/> Phys. Ed. <input type="checkbox"/> Classroom <input type="checkbox"/> Other |

State exactly what student was doing and how the injury was sustained.

Was activity supervised by an employee of the district? Yes No

I certify that the above named student was enrolled in our district and verify the accident occurred as stated above.

Signature of principal or designated school authority _____ Date _____

PROVIDER SECTION

Please attach your itemized bills (UB-92 & HCFA-1500) showing dates of service, with diagnostic & procedure codes on all charges. Balance due statements will not be accepted. Please attach primary insurance explanation of benefits or rejection notice for all charges if insurance is available. PLEASE DO NOT LEAVE THIS FORM AT HOSPITAL OR DOCTORS OFFICE. THANK YOU.

Name of attending Physician _____

Address _____ Telephone _____

Tax ID _____

MULTIPLAN
 Call
 1-800-546-3987
 For
 Network Referral

Pupil Benefits Plan, Inc. is primary to Tri-Care, Medicaid and Child Health Plus.
 Claims must be filed with us in a timely manner.

For Network
 Provider Information
 For Coalition America
 Please call
 1-888-266-3983

PARENT SECTION
BENEFITS PAID ONLY IN EXCESS OF THOSE OF FAMILY and/or EMPLOYER POLICY(S).

TO FILE A CLAIM, USE THE FOLLOWING PROCEDURE:

1. Parent shall first complete the box below. Parent shall make claim under family and/or employer policy(s).
2. For charges in excess of payments under other policy(s) **submit by MAIL:**
 - A. Completed **original** claim form-**Copies or faxes of original claim form are not acceptable.**
 - B. Itemized bills
 - C. Copy of explanation of benefits or rejection of benefits from primary insurance. -MEDICAL AND DENTAL (If accidental dental injury) .
 - D. If no other coverage is available, comply with steps A & B.
3. **This claim must be submitted in a timely manner.**
4. **Expenses resulting from an accidental dental injury must be submitted to your medical coverage first for accidental dental. Remaining expenses should then be submitted to your dental coverage, if available.**
5. **Pupil Benefits Plan, Inc. is primary to Tri-Care, Medicaid and Child Health Plus.**

ALL ITEMS MUST BE ANSWERED, DO NOT LEAVE BLANKS

(if not applicable, answer "none")

PLEASE PRINT LEGIBLY/ N/A IS NOT ACCEPTABLE

AS OF DATE OF INJURY:

Legal Names of Parents Or Guardians (**MOTHER**) _____ Phone _____
 Address _____ City _____ State _____ Zip _____

(**FATHER**) _____ Phone _____
 Address _____ City _____ State _____ Zip _____

Is this child insured under other insurance coverage? [] yes [] no Medicaid # _____
 Child Health Plus # _____

Name of Insurance Carriers:

Medical #1 _____ **ID#** _____ **Phone#** _____
Medical #2 _____ **ID#** _____ **Phone#** _____

Dental _____ **ID#** _____ **Phone#** _____

Name and Address of Employers, At the time of the injury:

Father's Company _____

Address _____ City _____ State _____ Zip _____

Mother's Company _____

Address _____ City _____ State _____ Zip _____

I authorize Pupil Benefits Plan to issue benefits in connection with this claim directly to the doctor, hospital or any other person rendering services, and such payment shall release Pupil Benefits Plan from liability as to amounts so paid. [] **Yes** [] **No**

I hereby certify that I have read the answers to all parts of this form and attest that all information supplied is accurate and truthful.

Any person who knowingly and with intent to defraud any insurance company or other person files a statement of claim containing any materially false information, or conceals for the purpose of misleading, information concerning any fact material thereto, commits a fraudulent insurance act, which is a crime.

SIGNATURE AND DATE REQUIRED:

Signature of Parent or Guardian **X** _____ Date _____

EXCLUSIONS: NO BENEFITS SHALL BE PROVIDED FOR:

1. Cosmetic surgery, (cosmetic surgery shall not include reconstructive surgery when such service is incidental to or follows surgery resulting from trauma) sickness, disease, orthodontia treatment.
2. Intentionally self inflicted injuries.
3. Injuries sustained during participation in a felony, riot or insurrection.

LIMITATIONS:

1. No benefits will be paid unless the first treatment has been provided within 90 days from the date of injury.
2. No benefits will be paid for treatment after 3 years have elapsed from the date of injury. (Except Open Dental)
3. Covered expenses are payable up to an aggregate maximum not to exceed \$50,000.00 per claim; maximum aggregate dental benefits will be limited to \$1000.00 when treatment extends over 12 months from the date of injury.

Pupil Benefits Plan, Inc. does not have relationships with any third party, affiliated or non-affiliated, where nonpublic financial or health information could be exchanged. Our privacy policy applies to all products and services. All information will be protected as required by law.

WHAT YOU NEED TO KNOW

❖ PLEASE READ THE FOLLOWING:

- ❖ Unfortunately, there are some exclusions and limitations under this plan. There are no benefits provided for cosmetic surgery. Please note cosmetic surgery does not include reconstructive surgery when such service is incidental to or follows surgery resulting from trauma, infection or other diseases of the involved part. There are no benefits provided for intentionally self-inflicted injuries, or injuries sustained during participation in a felony or riot. This policy does not provide coverage for sickness, pre-existing conditions, disease or orthodontia. Pupil Benefits Plan provides student accident insurance only.
- ❖ Pupil Benefits Plan's student accident insurance assures prompt medical attention and assists with expenses which revert to the parent, since no school may be held legally responsible for them. If medical bills are in excess of our benefit payments, the difference is the responsibility of the parents.
- ❖ If you need special assistance, please call our office. We will be happy to help you in whatever way we can.

COVERED EXPENSES

Payment will be made to cover 100% of the usual and customary charges for:

- ❖ Medical and surgical care by a licensed physician.
- ❖ Care and services provided at a hospital that are medical in nature.
- ❖ Ambulance service from the site of the accident.
- ❖ Dental care of sound and natural teeth related to accidental injury.
- ❖ Orthopedic appliances, drugs and supplies prescribed by the treating physician.
- ❖ Physiotherapy when provided by a licensed physical therapist and prescribed by the treating physician.
- ❖ Eyeglasses paid up to \$100.00 when loss is related to bodily injury.
- ❖ Chiropractic manipulation is covered.
- ❖ Accidental Death and Dismemberment Indemnity.

IMPORTANT NOTICE: THIS POLICY DOES NOT PROVIDE COVERAGE FOR SICKNESS.

When covered medical, dental and hospital expenses are incurred, Pupil Benefits Plan will make payment to cover 100% of usual and Customary charges. The aggregate maximum per claim is \$50,000.00 with no deductible. Maximum aggregate dental benefits are limited to \$1,000.00 when treatment extends over 12 months from the date of injury. Benefits paid up to 3 years from the date of injury (except Open Dental). Replacement or repairs of previous restorations will be limited to 50% of the usual and customary benefit. Restoration associated with dental claims classified by the plan as “open dental” must be completed within 90 days after the insuree is graduated or has left high school.

WHAT YOU NEED TO DO

- ❖ When our child is injured in a school sponsored activity, you have 90 days from the date of injury to seek medical treatment.
- ❖ Obtain a claim form from the District and submit itemized bills to Pupil Benefits Plan in a timely manner, even if treatment is not completed. This plan is a secondary, non-duplicating policy. **If you have medical or dental insurance that covers your child, charges must be submitted to your primary insurance first.** Submit the explanation of benefits or rejection from your carrier along with itemized bills to Pupil Benefits Plan.
- ❖ Expenses resulting from injuries to sound and natural teeth should be submitted to your medical insurance even though dental coverage is not available. When an accidental dental injury occurs, your medical coverage will consider charges first.
- ❖ Please answer all questions on the claim form. Blank spaces are not acceptable. Please write legibly.
- ❖ If your child is injured while participating in an interscholastic sport, the physicians discharge date and allowance to return to participation terminates benefits for that injury. Coverage will be reactivated on that date for any subsequent injury.
- ❖ When submitting additional bills at a later date, include the school district, child’s name, and the date of injury.

PUPIL BENEFITS PLAN, INC.
101 Dutch Meadows Lane
Glenville, NY 12302
1(800) 393-3301
FAX (518) 377-3291
www.pupilbenefits.com

Pupil Benefits Plan, Inc. does not have relationships with any third party, affiliated or non-affiliated, where nonpublic financial or health information could be exchanged. Our privacy policy applies to all products and services. All information will be protected as required by law.



NYSED

New York State Education Department

Education - P-16

Johanna Duncan-Poitier, Senior Deputy Commissioner of Education: P-16

NEW YORK STATE
SELECTION /CLASSIFICATION PROGRAM
FOR INTERSCHOOL ATHLETIC PROGRAMS

New York State Learning Standards for
Health, Physical Education, Family and Consumer Sciences

*"It is not at what age you participate,
but rather with whom and under what conditions"*
J. Kenneth Hafner

MARCH 2005

**The University of the State of New York
The New York State Education Department
Office of Elementary, Middle, Secondary
and Continuing Education
Albany, New York 12234**

THE UNIVERSITY OF THE STATE OF NEW YORK

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PREFACE

With the adoption of *Learning Standards in Health, Physical Education, Family and Consumer Science*, physical education has been included as a content area in the curriculum, along with other academic subjects. Selection/Classification, a process for screening students approved by the Board of Regents as part of the school eligibility rules* in 1980, is aligned with Learning Standards 1 and 2. These standards state that students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, maintain personal health, and acquire the knowledge and ability to create and maintain a safe and healthy environment.

The State Education Department (SED) has worked collaboratively with the New York State Athletic Administrators Association (NYSAAA), New York State Public High School Athletic Association (NYSPHSAA) and directors of physical education/athletics, to promote physical education and interschool athletic competition statewide. This guide to Selection/Classification procedures, the culmination of a two-year revision process, is one result of this collaboration.

The document represents the shared belief of NYSAAA, NYSPHSAA, the directors of physical education/athletics, and SED that physical education and interscholastic athletic competition are important to the development of the whole child and that students benefit when they can participate in such activities at appropriate levels of maturity and physical ability.

Normally, a student is eligible for senior high athletic competition in a sport during each of four consecutive seasons commencing with entry into the ninth grade. However, by satisfying the requirements of Selection/Classification, a student may receive extended eligibility to permit:

- a) Participation during five consecutive seasons in the approved sport after entry into the eighth grade; or
- b) Participation during six consecutive seasons in the approved sport after entry into the seventh grade.

The intent of Selection/Classification is to provide for students in grades 7 through 12 a mechanism allowing them to participate safely at an appropriate level of competition based upon readiness rather than age and grade. Students do not mature at the same rate and there can be a tremendous range of developmental differences between students of the same age. The program is not to be used to fill positions on teams, provide additional experience, provide a place for junior high students when no modified program is offered, or reward a student. Instead, it is aimed at the few select students who can benefit from such placement

because of their level of readiness. It will also be *fairer* to the other students on the modified teams.

*“A Board of Education 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.” – Commissioner’s Regulation Section 135.4 (c)(7)(ii)(a)(4)

How to Use This Guide

New York State Selection/Classification is a model program that may be implemented at the discretion of all local school districts. It is not mandated. Selection/Classification is intended for use by female and male student athletes in grades 7-12, and directly relates to specific interschool sport categories and levels of competition as follows:

Intermediate

- Grades 7-8

Commencement

- Grades 7-12

Sports Categories (Girls and Boys)

- Attachment J (Girls)
- Attachment K (Boys)

Athletic Competition Levels

- Modified
- Frosh
- Junior Varsity
- Varsity

The main body of this document is organized to assist the director of physical education/athletics in administering all aspects related to Selection/Classification. This includes the following sections:

- Selection/Classification Implementation Procedures
- Selection/Classification Procedure Checklist
- Attachment Forms

There is great diversity among student athletes throughout New York State. Selection/Classification was designed to assess a student's physical maturation, physical fitness and skill, so that the student may be placed at a level of competition that should result in increased opportunity, a fairer competitive environment, reduced injury, and greater personal satisfaction.

NEW YORK STATE LEARNING STANDARDS
for
HEALTH, PHYSICAL EDUCATION, FAMILY AND CONSUMER SCIENCES

Excerpted from:
New York State Education Department, May 1996

Available online: www.emsc.nysed.gov/ciai/physed.html

STANDARD 1: Personal Health and Fitness

Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical education activity, and maintain personal health.

STANDARD 2: A Safe and Healthy Environment

Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.

STANDARD 3: Resource Management

Students will understand and be able to manage their personal and community resources.

SELECTION/CLASSIFICATION IMPLEMENTATION PROCEDURES

Students, teachers, coaches, or parents/guardians may request the director of physical education/athletics to process a student through the Selection/Classification screening procedure. Students will not be exposed to the screening procedure without a specific request.

If a student in grade 7 or 8 has reached the chronological age of 15 years old prior to September 1, they are eligible to participate on high school athletic teams without being processed through the Selection/Classification screening procedure. Only medical approval by the school district physician is required. The reason that these students are eligible for the high school teams is that they are already at an advanced age and will lose some of their four years of high school eligibility due to being over age if not allowed eligibility.

If a student has been processed through the Selection/Classification screening procedure and participated in the 7th grade, the process would not have to be repeated in the 8th grade as long as they remain at the same level of athletic competition in the same sport category. If the student changes levels or sports, the Selection/Classification screening procedure must be repeated to meet the specific athletic performance and developmental standards.

If a student fails to meet one or more of the athletic performance standards related to the Selection/Classification screening process, he/she may be retested as many times as is appropriate for a specific item or items. If there is a sound basis for a special approval, it can be requested from the State Education Department (see Attachment B).

In conclusion, the director of physical education/athletics ensures compliance with the Selection/Classification regulations. Working in this capacity, the director of physical education/athletics is required to implement the following required procedural phases:

- Phase 1** Confirm that the school district has approved a resolution to allow students to participate in the Selection/Classification model program. If no such resolution exists, proper steps should be taken to ensure that this first requirement is accomplished. (see Attachment A Sample Resolution).
- Phase 2** Convene a committee, similar to the mixed competition panel, to perform a pre-evaluation assessment of the student to determine if the student has the potential to successfully participate at a higher level of athletic competition.
- Phase 3** Process a student through the Selection/Classification procedures when requested by the student, recommended by a coach or physical education teacher, or suggested by the director of physical education/athletics. All students who are to be screened for the program must first obtain parental permission and then start with the

school physician. Athletic performance testing may be done only after the school physician gives Selection/Classification approval.

Phase 4

Send letters and forms to the individuals involved in the Selection/Classification process as follows:

- a. **parents** – The screening procedure must not begin until the director of physical education/athletics has received parental permission (see Attachment C).
- b. **Health and Developmental Rating by the School Physician** – Care must be taken to familiarize the school physician with the Selection/Classification model program and its purpose. It should be emphasized that the screening process to determine the developmental rating of each candidate be as inconspicuous and discreet as possible (see Attachments D and E).
- c. **Sport Skill Evaluation by the Coach** – The coach must understand the intent and purpose of the program and he/she must place the student's welfare above all else (See Attachment G).
- d. **Performance Testing** – The performance test must be administered by a physical educator who is not the coach of the team for which the student is being evaluated (See Attachment I).
- e. **Special Approval Request** – If a student is unable to achieve all of the athletic performance testing requirements, the director of physical education/athletics may request special approval from the State Education Department by submitting the Attachment B and the Special Approval Request Application to the Associate in Physical Education. In return, a review process to determine approval or nonapproval will be conducted.

Phase 5

When final approval related to all procedural requirements of Selection/Classification has been granted to the student, he/she may now participate in the tryout period associated with the higher level of specific athletic competition. Additionally, all New York State Public High School Athletic Association (NYSPHSAA) TryOut Regulations found on page 97 of the NYSPHSAA 2004 2006 Handbook must be followed.

Phase 6

Mail notices to all schools director of physical education/athletics and section officials announcing the students approved to participate in Selection/Classification and listing their athletic performance scores (See Attachment H). Mail a letter to the parents of the child explaining the outcome of the screening procedure and outlining the eligibility limitations for their child.

Phase 7

The director of physical education/athletics must maintain a permanent Selection/Classification record for each student who qualifies. This

record is to remain on file in the director's office. The following information must be included:

- Individual Athletic Profile (Attachment B)
- Parental Permission (Attachment C)
- Developmental Screening
 - (Attachment D – Males)
 - (Attachment E Females)
- Athletic Performance Testing (Attachment F)
- Coach's Sport Skill Evaluation (Attachment G)
- Notification of Qualifications (Attachment H)
- Letter to Parent

ATTACHMENT

FORMS



PARENTAL PERMISSION

Dear Parent/Guardian:

There is a New York State program that permits a few qualified students to participate on an athletic team beyond their grade placement. It is called the Selection/Classification Program.

Your child _____ (name) may be eligible to participate in _____ (sport) above normal grade level. In order to establish the appropriate eligibility, we must have your permission to begin the Selection/Classification screening process. This screening evaluates your child's physiological maturity, athletic performance abilities (physical fitness), and athletic skill in relationship to other student athletes at the specific participation level. The school physician will evaluate your child using the Tanner Scale, to determine his or her physiological maturity.

If your child can successfully meet the requirements of the Selection/Classification Program, he/she will be allowed to participate in an extended athletic career. Under normal circumstances, a student is only eligible for senior high school athletic competition in a sport for four consecutive seasons commencing with the student's entry into the ninth grade. However, by meeting the Selection/Classification requirements established by the New York State Education Department, your child's eligibility can be extended to permit:

- a) Participation during five consecutive seasons in the approved sport after entry into the eighth grade; or
- b) Participation during six consecutive seasons in the approved sport after entry into the seventh grade.

It is important for you and your child to understand that once the requirements are met and he/she is accepted as a member of the team, he/she cannot return to a lower level team (modified) in that sport in that season. Your child will be exposed to the social atmosphere that is inherent to older students and the high school environment.

Please feel free to contact me regarding this program or to discuss any aspect of your child's athletic placement. If you agree to allow your child's participation in this program, please sign and return the parental permission form to my office.

Sincerely,

Director of Physical Education/Athletics

PARENT/GUARDIAN STATEMENT

I understand the purpose and eligibility implications of the Selection/Classification Program. My son/daughter _____ (name) has my permission to participate in the Selection/Classification Program.

Parent/Guardian signature _____ Date _____



**ATHLETIC PERFORMANCE TEST
SELECTION/CLASSIFICATION**

Components:

1. Lower Limbs
 - a) Agility - SHUTTLE RUN
 - b) Explosive power of muscles – STANDING LONG JUMP
2. Upper Body

Arm and shoulder muscle strength and endurance – FLEXED ARM HANG
3. Abdomen

Abdominal muscle strength and endurance – CURL-UPS (Sit - ups)
4. Speed

Running Speed – 50 - YARD DASH
5. Cardiovascular

Cardiorespiratory system endurance – 1.5 - MILE RUN/WALK

General Rules of Testing

- Component may be retested as many times as desired to achieve the best performance.
- Test components may be administered in any order.
- There is no time frame for testing.

1. LOWER LIMBS

a) *Item:* SHUTTLE RUN

Equipment: Two blocks of wood, 2" x 2" x 4", a split-second stopwatch.

Description: Two parallel lines are marked on the floor 30 feet apart. Place blocks of wood behind one of the lines. Athlete starts from behind the other line. On the signal "Ready – Go," the athlete runs to the blocks, picks up one, runs back to the starting line and places it behind the line; then runs back and picks up the second block and carries it back across the starting line.

Rules: Allow two trials with a maximum of five minutes, rest in between. Athlete may not throw the block of wood; it must be placed behind the line.

Scoring: Record the fastest of the trials to the nearest tenth of a second.

b) *Item:* STANDING LONG JUMP

Equipment: Mat or floor and tape measure.

Description: Athlete stands with feet several inches apart and toes just behind the takeoff line. Swing the arms backward and bending the knees, the jump is accomplished extending the knees and swinging the arms forward.

Rules: Allow three trials. Measure from the back edge of the take-off line to the heel or part of the body that touches the floor nearest the take-off line. (Suggestion: Tape the measure to the floor starting at the back of the take-off line and have the athlete jump along the tape so scorer can observe the mark to the nearest inch.)

Scoring: Record the best of three trials in feet and inches to the nearest inch.

2. UPPER BODY

Item: FLEXED ARM HANG

standing
two
floor to a
the
chin
hold the

Equipment: Horizontal bar approximately 1-1/2" in diameter

Description: Adjust bar height so it is approximately equal to the athlete's height. Use an overhand grasp (palms away from the face). With spotters, one in front and one in back, athlete raises body off the position where the chin is above the bar, the elbows are flexed, and the chest is close to the bar. Hold this position as long as possible.

Rules:

- a) Start watch as soon as athlete has chin above the bar.
- b) Stop watch when chin touches the bar, head tilts back to keep above the bar, or chin falls below level of the bar.

Scoring: Record to the nearest second for the length of time the athlete can start position.

3. ABDOMEN

Item: CURL-UPS (Sit-Ups)

Equipment: Mat and stopwatch

Description: Athlete lies on back with knees bent, feet flat on the floor, heels 12” from the buttocks, and back flat on floor. Arms across the chest, fingers opposite shoulder, elbows against chest. For a taller athlete, this distance may be adjusted to accommodate him/her. With someone holding the feet up) to start minute minute

Rules: Fingers must remain in contact with shoulders, back should be rounded and head should be forward on the way up. Scapula must touch the floor before starting next curl-up. Hips must remain on the floor.

Scoring: Record one curl-up (sit up) for each completed movement of touching elbows to thighs. No score is given if the fingertips do not maintain contact with shoulders, or if the elbows are extended, or if the hips leave the ground.

4. SPEED

Item: 50-YARD DASH

Equipment: Track or area marked off 50 yards and split-second stopwatch

Description: With arm raised, a starter uses the command “Ready – Go” and accompanies the command with a fast downward sweep of the arm to provide the time with a visual signal to start the watch.

athlete *Rules:* Time required between the starter's signal and the instant the athlete crosses the finish line.

Scoring: Record in seconds to nearest tenth of a second.

5. CARDIOVASCULAR

Item: 1.5 MILE RUN/WALK

Equipment: Track or area marked off for 1.5 miles and stopwatch

Description: Standing at starting line, athlete begins to run on the signal "Ready-Go" from starter/timer. Starter/timer positions self at the finish line.

in the *Rules:* Walking is permitted. However, the object is to cover the distance in the shortest possible time.

Scoring: Record the time in minutes and nearest second.

SELECTION/CLASSIFICATION PROGRAM REQUIREMENTS



		R A T I N G	ATHLETIC PERFORMANCE & DEVELOPMENT STANDARDS					
			GIRLS				AUGUST 1992	
SPORT	LEVEL		SHUTTLE RUN	LONG JUMP	FLEXED ARM HANG	STOMACH CURLS	50 - YARD DASH	1.5 - MILE RUN
		1/10 SEC	FT - IN"	SECONDS	NUMBER	1/10 SEC	MIN - SEC	
BASKETBALL	VAR	4	10.5	5' 8"	10	46	7.8	15:00
	JV	3	10.7	5' 6"	8	43	8.0	15:30
	FROSH	2	11.0	5' 4"	7	40	8.2	15:45
	MOD	1	11.2	5' 2"	7	38	8.4	16:00
BOWLING	VAR	2	*	*	Special	*	*	*
	JV	1	*	*	Tryout	*	*	*
	FROSH	1	*	*	Procedure	*	*	*
	MOD	1	*	*	Page 26	*	*	*
CROSS - COUNTRY	VAR	3	11.0	5' 6"	NOT Required	46	8.0	12:00
	JV	2	11.2	5' 4"		43	8.2	12:30
	FROSH	1	11.6	5' 2"		40	8.4	13:00
	MOD	1	11.8	5' 0"		38	8.5	13:30
FIELD HOCKEY	VAR	4	10.5	5' 6"	15	46	7.6	15:00
	JV	3	10.7	5' 4"	13	43	7.8	15:30
	FROSH	2	11.0	5' 2"	10	40	8.0	15:45
	MOD	1	11.2	5' 0"	10	38	8.2	16:00
GOLF	VAR	2	*	*	Special	*	*	*
	JV	1	*	*	Tryout	*	*	*
	FROSH	1	*	*	Procedure	*	*	*
	MOD	1	*	*	Page 26	*	*	*
GYMNASTICS	VAR	2	11.0	5' 6"	20	46	8.3	NOT Required
	JV	2	11.2	5' 4"	18	43	8.5	
	FROSH	1	11.6	5' 2"	15	40	8.7	
	MOD	1	11.8	5' 0"	13	38	8.9	
LACROSSE	VAR	4	10.5	5' 6"	15	46	7.6	15:00
	JV	3	10.7	5' 4"	13	43	7.8	15:30
	FROSH	2	11.0	5' 2"	10	40	8.0	15:45
	MOD	1	11.2	5' 0"	10	38	8.2	16:00
SKIING	VAR	3	11.0	5' 8"	15	44	NOT Required	15:00
	JV	2	11.2	5' 6"	13	40		15:30
	FROSH	1	11.6	5' 4"	10	38		15:45
	MOD	1	11.8	5' 2"	10	36		16:00
SOCCER	VAR	4	10.5	5' 6"	NOT Required	46	7.6	15:00
	JV	3	10.7	5' 4"		43	7.8	15:30
	FROSH	2	11.0	5' 2"		40	8.0	15:45
	MOD	1	11.2	5' 0"		38	8.2	16:00



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ATHLETIC PERFORMANCE & DEVELOPMENT STANDARDS

GOALS

AUGUST 1992

SPORT	LEVEL	COUNT	SHUTTLE	LONG	BEHIND ARM	STOMACH	50-YARD	15' MILE
			RUN	JUMP	THROW	CHUTE	DASH	RUN
			100 SEC	FT. IN	SEC/100	NUMBER	TIME	MIN - SEC
SOFTBALL	VAR	4	10.5	5'4"	15	42	7.6	NOT Required
	JV	3	10.7	5'2"	13	40	7.8	
	FRESH	2	11.0	5'0"	10	38	8.0	
	MOD	1	11.2	4'10"	10	36	8.2	
SWIMMING	VAR	3	NOT Required	5'2"	15	44	NOT Required	*15:00 +
	JV	2		5'1"	13	40		15:30 +
	FRESH	1		5'0"	10	38		15:45 +
	MOD	1		5'0"	10	36		16:00 +

* NOT REQUIRED FOR DIVERS - ANY LEVEL

+ ATHLETES MAY CHOOSE EITHER THE 1.5 - MILE RUN OR THE 500 - YARD SWIM (see page 27 for requirements)

TENNIS	VAR	2	10.7	5'2"	10	38	8.0	15:00
	JV	2	10.9	5'0"	8	36	8.5	15:30
	FRESH	1	11.2	4'10"	7	33	8.7	15:45
	MOD	1	11.4	4'10"	7	30	8.9	15:00
TRACK & FIELD	VAR	3	10.7	5'4"	15	44	7.6	**15:00
	JV	2	10.9	5'2"	13	40	7.8	15:30
	FRESH	1	11.2	5'0"	10	38	8.0	15:45
	MOD	1	11.4	5'0"	10	36	8.2	15:30

* NOT REQUIRED FOR THROWING EVENTS - ANY LEVEL

** REQUIRED FOR DISTANCE RUNNERS (800 meters or above) ONLY - ANY LEVEL

VOLLEYBALL	VAR	3	10.5	5'8"	15	46	7.8	15:00
	JV	2	10.7	5'6"	13	43	8.0	15:30
	FRESH	2	11.0	5'4"	10	40	8.2	15:45
	MOD	1	11.2	5'2"	10	38	8.4	16:00



SELECTION/CLASSIFICATION PROGRAM REQUIREMENTS

		R A T I N G	ATHLETIC PERFORMANCE & DEVELOPMENT STANDARDS					
			BOYS			AUGUST 1992		
SPORT	LEVEL		SHUTTLE RUN	LONG JUMP	FLEXED ARM HANG	STOMACH CURLS	50 -YARD DASH	1.5 - MILE RUN
		1/10 SEC	FT - IN"	SECONDS	NUMBER	1/10 SEC	MIN - SEC	
BASEBALL	VAR	4	9.5	7' 3"	30	50	6.5	NOT Required
	JV	3	9.7	7' 0"	26	48	6.8	
	FROSH	2	10.0	6' 6"	22	44	7.0	
	MOD	1	10.5	6' 3"	20	42	7.5	
BASKETBALL	VAR	4	9.5	8' 0"	30	50	6.5	11:00
	JV	3	9.7	7' 6"	26	48	6.8	11:30
	FROSH	2	10.0	6' 10"	22	44	7.0	11:50
	MOD	2	10.5	6' 3"	20	42	7.5	12:00
BOWLING	VAR	2			Special Tryout Process Page 26			
	JV	2						
	FROSH	1						
	MOD	1						
CROSS - COUNTRY	VAR	3	10.0	7' 0"	NOT Required	50	6.8	10:15
	JV	2	10.3	6' 6"		48	7.0	10:30
	FROSH	1	10.5	6' 3"		44	7.2	10:50
	MOD	1	10.7	6' 0"		42	7.4	11:00
FOOTBALL	VAR	4	10.0	7' 3"	30	50	6.5	NOT Required
	JV	3	10.3	7' 0"	26	48	6.8	
	FROSH	2	10.5	6' 6"	22	44	7.0	
	MOD-A	2	10.5	6' 3"	20	42	7.5	
	MOD-B	1	10.9	6' 0"	20	40	7.8	
GOLF	VAR	2			Special Tryout Process Page 26			
	JV	2						
	FROSH	1						
	MOD	1						
GYMNASTICS	VAR	3	10.0	7' 0"	35	54	7.3	NOT Required
	JV	2	10.3	6' 6"	30	50	7.5	
	FROSH	1	10.5	6' 3"	26	46	7.8	
	MOD	1	10.7	6' 0"	22	42	8.0	
ICE HOCKEY	VAR	4	10.0	7' 0"	30	50	7.3	11:00
	JV	3	10.3	6' 6"	26	48	7.5	11:30
	FROSH	2	10.5	6' 3"	22	44	7.8	11:50
	MOD	2	10.7	6' 0"	20	42	8.0	12:00

SELECTION/CLASSIFICATION PROGRAM REQUIREMENTS



SPORT		LEVEL		R A T I N G	ATHLETIC PERFORMANCE & DEVELOPMENT STANDARDS							
					BOYS						AUGUST 1993	
					SHUTTLE RUN	LONG JUMP	EXTENDED ARM LENG	STYMALIN CUBES	50 - YARD DASH	1.5 - MILE RUN		
100 SEC	FT - IN	SECONDS	NUMBER	100 SEC	MIN - SEC							
LACROSSE	VAR	4	9.5	7'3"	30	50	6.5	11:00				
	JV	3	9.7	7'0"	25	48	6.8	11:30				
	FROSH	2	10.0	6'6"	22	44	7.0	11:50				
	MOD-A	2	10.0	6'3"	20	42	7.5	12:00				
	MOD-B	1	10.5	6'0"	20	40	7.8	12:30				
RIFLE	VAR	2			15	40						
	JV	2		NOT	10	36		NOT				
	FROSH	1		Required	7	34		Required				
	MOD	1			4	32						
SKIING	VAR	3	10.0	7'3"	26	50		11:45				
	JV	2	10.3	7'0"	22	48	NOT	12:00				
	FROSH	1	10.5	6'6"	20	44	Required	12:15				
	MOD	1	10.7	6'3"	18	42		12:30				
SOCCER	VAR	4	9.5	7'5"		50	6.5	11:00				
	JV	3	9.7	7'0"	NOT	48	6.8	11:30				
	FROSH	2	10.0	6'6"	Required	44	7.0	11:50				
	MOD	2	10.0	6'3"		42	7.5	12:00				
SWIMMING	VAR	3		7'0" *	50	50		* 11:00 +				
	JV	2		6'6"	26	48	NOT	11:20 +				
	FROSH	1		6'3"	22	44	Required	11:30 +				
	MOD	1		6'0"	20	42		12:00 +				

* NOT REQUIRED FOR DIVERS - ANY LEVEL

+ 4 THLETES MAY CHOOSE EITHER THE 1.5 - MILE RUN OR THE 500 - YARD SWIM (see page 27 for requirements)

TENNIS	VAR	3	10.0	6'6"	20	50	7.0	11:45
	JV	2	10.3	6'3"	22	48	7.3	12:00
	FROSH	1	10.5	6'0"	20	44	7.5	12:15
	MOD	1	10.7	6'0"	18	42	7.8	12:30
TRACK & FIELD	VAR	3	10.0	7'0"	30	50	* 6.8	**10:15
	JV	2	10.3	6'6"	26	48	7.0	10:30
	FROSH	1	10.5	6'3"	22	44	7.2	10:50
	MOD	1	10.7	6'0"	20	42	7.4	11:00

* NOT REQUIRED FOR THROWING EVENTS - ANY LEVEL

** REQUIRED FOR DISTANCE RUNNERS (800 meters or above) ONLY - ALL LEVELS

SELECTION/CLASSIFICATION PROGRAM REQUIREMENTS



		R A T I O N A L	ATHLETIC PERFORMANCE & DEVELOPMENT STANDARDS					
			BOYS				AUGUST 1992	
			SHUTTLE RUN	LONG JUMP	FLEXED ARM HANG	STOMACH CURLS	50 - YARD DASH	1.5 - MILE RUN
SPORT	LEVEL		FT-SEC	FT- IN	SECONDS	NUMBER	70-SEC	MIN- SEC
VOLLEYBALL	VAR	3	9.8	7' 3"	30	50	7.0	11:45
	JV	2	10.3	7' 0"	26	48	7.3	12:00
	FROSH	1	10.5	6' 6"	22	44	7.5	12:15
	MOD	1	10.6	6' 3"	20	42	7.8	12:30
WRESTLING	VAR	4	9.5	7' 0"	35	54		11:00
	JV	3	9.7	6' 6"	30	48	NOT	11:30
	FROSH	2	10.0	6' 3"	25	44	Required	11:45
	MOD	2	10.5	6' 0"	22	42		12:00



SPECIAL TRYOUT PROCESS

BOWLING

As of September 1, 1995, any 7th - or 8th -grade student may be given the opportunity to tryout for a junior varsity or varsity bowling team. At the completion of the tryout sessions, which must include 9 games bowled over a 3-day period, if the individual's bowling average puts him/her in the top 8 of your bowlers, he/she is eligible to be selectively classified.

Every student must continue to meet the developmental screening requirement found in the 1992 Selection/Classification guidelines.

GOLF

As of September 1, 1995, any 7th - or 8th -grade student may be given the opportunity to tryout for a junior varsity or varsity golf team. At the completion of the tryout sessions, which must include 18 holes, golfed over a 3-day period (the first 3 days of the individual's tryout when the course is accessible), if the individual's golf average puts him/her in the top 8 of your golfers, he/she is eligible to be selectively classified.

Every student must continue to meet the developmental screening requirement found in the 992 Selection/Classification guidelines.

USE THE FOLLOWING CHECKLIST TO ASSIST YOU IN SELECTIVELY CLASSIFYING BOWLERS AND GOLFERS:

- PARENTAL PERMISSION (ATTACHMENT C)
- SCHOOL PHYSICIAN APPROVAL
- DEVELOPMENTAL SCREENING (ATTACHMENT D - MALE; ATTACHMENT E - FEMALE)
- TRYOUT SESSION
- DETERMINATION OF ATHLETE'S POSITION IN TEAM LINEUP
- SELECTION/CLASSIFICATION DECISION

**SOUTH SENECA CENTRAL
COACHING EMPLOYMENT APPLICATION**

Date _____

I _____ **would like to apply for**
the

Name

_____ **coaching position for the 2009**
season.

List Qualifications (State Requirements & Etc.):

Coaching Experience:

Home Phone # _____ **Work #** _____

Date _____

Signature _____