



## Interscholastic Athletic Handbook

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Dear Student/Athletes and Parents:

Welcome to interscholastic athletics for the Troy City School District. This is an exciting time for student athletes. This guide will help you understand the policies, rules, and expectations for our District.

Being an athlete in the Troy School District is an honor to be taken seriously. The rules and regulations of this code of conduct apply 24 hours a day, 7 days a week, 365 days a year and are not just limited to student behavior at school sponsored activities or on school property. This includes social media. Representing the Troy City School District comes with a great deal of responsibility and it is one that we hold dear. Wearing the purple and gold is truly something special!

To have the opportunity that thousands of previous Troy students have had in representing our school and local community is one that should make your family members, friends, and other supporters proud. The relationships and experiences that will be created participating in athletics will stay with you forever.

I wish you the best of luck for a healthy and successful season. If you have any questions, please call me any time.

Thank you,

*Paul Reinisch*

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## **Goals for the Interscholastic Program**

It is important for us to recognize that we hold very high standards for our athletes at Troy. A Troy athlete understands the value of sportsmanship, respect, dedication, honesty, and loyalty. Success at Troy will not be gauged by the win/loss record, but by the growth of each and every one of our athletes in becoming people of great character.

## **Section II Sportsmanship Policy for Players**

Any player on a varsity, junior varsity, freshman, or modified team in Section II shall be suspended for the next scheduled contest if he/she is ejected from a contest for unsportsmanlike behavior by an official. The next contest is defined as the next contest in which the disqualified athlete is eligible to play, whether it be that sport's season, the next sport's season, or the next year. A player who is injured (for example, during a fight for which he was ejected) would be ineligible for the first contest for which he/she is medically cleared. Sectional, regional, or state tournament games are NOT exempt from this rule.

## **Parental Involvement**

The biggest fans and supporters of our athletes are the dedicated parents who support students involved in athletics at Troy. We can't thank you enough for the support that you give. We would ask that along with supporting our players, we would greatly appreciate support for our coaches. Coaching is a tough job and our staff is highly qualified and highly motivated. Coaches are asked to conduct themselves with the best interest of our school, their program, and their athletes in mind. I would respectfully ask that we allow the coaches to do their jobs. Unless there is an emergency situation, or an absolute necessity, please refrain from approaching the benches, sidelines, or dugouts during pre-game warm-ups, game play, and post-game wrap up. As we hold our athletes to a high standard, that standard applies to parents as well. Unacceptable behavior by parents and/or friends or other family members can result in removal from the facility for that individual game or permanent removal from any athletic event which includes any Troy team.

Dr. Darrell J. Burnett, PHD offers parents some advice:

### **Sideline Suggestions:**

#### **10 Things Kids Say They Don't Want Their Parents to Do**

by Dr. Darrell J. Burnett

**1. DON'T YELL OUT INSTRUCTIONS.**

During the game I'm trying to concentrate on what the coach says and working on what I've been practicing. It's easier for me to do my best if you save instructions and reminders for practice or just before the game.

**2. DON'T PUT DOWN THE OFFICIALS.**

This embarrasses me and I sometimes wonder whether the official is going to be tougher on me because my parents yell.

**3. DON'T YELL AT ME IN PUBLIC.**

It will just make things worse because I'll be upset, embarrassed, or worried that you're going to yell at me the next time I do something "wrong."

**4. DON'T YELL AT THE COACH.**

When you yell about who gets to play what position, it just stirs things up and takes away from the fun.

**5. DON'T PUT DOWN MY TEAMMATES.**

Don't make put-down remarks about any of my teammates who make mistakes. It takes away from our team spirit.

**6. DON'T PUT DOWN THE OTHER TEAM.**

When you do this you're not giving us a very good example of sportsmanship so we get mixed messages about being "good sports."

**7. DON'T LOSE YOUR COOL.**

I love to see you excited about the game, but there's no reason to get so upset that you lose your temper! It's our game and all the attention is supposed to be on us.

**8. DON'T LECTURE ME ABOUT MISTAKES AFTER THE GAME.**

Those rides home in the car after the game are not a good time for lectures about how I messed up -- I already feel bad. We can talk later, but please stay calm, and don't forget to mention things I did well during the game!

**9. DON'T FORGET HOW TO LAUGH AND HAVE FUN.**

Sometimes it's hard for me to relax and have fun during the game when I look over and see you so tense and worried.

**10. DON'T FORGET THAT IT'S JUST A GAME!**

Odds are, I'm not going to make a career out of playing sports. I know I may get upset if we lose, but I also know that I'm usually feeling better after we go get a pizza. I need to be reminded sometimes that it's just a game.

## **Developmental Stages for Each Level**

Here in the Troy Athletic Department, we take a very unique approach with our development of student/athletes. Our coaches are expected to maintain contact with their athletes throughout the year. That means building a strong working relationship, supporting them in their other interests, and creating opportunities for off-season training that will continue their development in that sport. At the modified level our goal is to introduce our athletes to interscholastic sports. The modified level offers its own unique rules regarding competition. We follow all rules and guidelines as laid out to us by the NYSPHSAA Handbook for modified sports. We hope to create an exciting, fun, and instructional environment to prepare our modified athletes for high school competition. The freshman and junior varsity levels continue to focus on skill development and prepare them for the varsity level. The varsity level comes with an entirely different focus. Varsity events are covered by local news and scouted by college recruiters. We try to create an environment that is fun and exciting for our athletes and spectators. There is nothing like being a varsity athlete and our coaching staff is committed to make the experience one they will never forget.

## **Player Code of Conduct**

When accepting the honor and privilege of being an athlete at Troy, you also accept the responsibilities that go with being a member of a team. These responsibilities include:

1. During athletic events, conduct yourself with a high degree of sportsmanship and leadership. The behavior you display will be a direct reflection of you, your teammates, your family, school, and local community.
2. How you conduct yourself in school will reflect upon your program. You must be courteous and respectful when dealing with fellow students and district employees.
3. Being an athlete at Troy does not give you special treatment or privileges. Athletes abide by the same academic and behavioral rules set forth by teachers and school administration.
4. Troy athletes must demonstrate a positive image for younger Troy students to look up to.
5. Team members are required to attend all practices unless excused by the coach. This policy is still in effect if an injury occurs which removes that athlete from competition.
6. Social media such as Facebook, Instagram, and Twitter can be reviewed at anytime by school administration. Any violations to our code of conduct through social media outlets can and will be handled as if the situation happened in school.
7. Coaches also reserve the right to add additional team rules as they deem fit. Any of those additions need to be agreed upon by the Athletic Director.

## **Other Interscholastic Regulations**

### **Equipment**

- All issued equipment must be handed in at the end of the season. Any equipment turned in damaged may result in athlete being held financially responsible for damaged item.
- An athlete who does not turn in equipment will be held financially responsible for all equipment issued.
- Issued equipment shall not be worn outside of school or during physical education class.

- Uniforms may be worn to school on game days if it is a team rule approved by the coaching staff. Other than that, they are to be worn during athletic contests only.

**Attendance in school** – A student who is absent from school is not allowed to participate in practice or games that day. (This may exclude funeral, college visits, or other potential family emergencies).

**Physical Examinations** - All athletes must be approved by the health office in order to participate in athletics. This includes try-outs.

**School Behavior** – Good citizenship is expected of athletes at all times. Behaviors such as disrespect to staff, not completing homework assignments, use of tobacco (including electronic cigarettes), alcohol, or drugs, or any behavior that casts a negative reflection of our programs can result in varying degree of penalty. Penalties may range from a one-game suspension to removal for that season or school year. All suspensions can be appealed to the building principal or Superintendent of Schools.

**Injury** – Participating in athletics always carries risk of injury. Injuries must be reported immediately to your coach.

**Quitting a Team** – An athlete may not quit one team and join another team during that same season.

**Physical Education Class** – Any student/athlete that does not participate in physical education class may not participate in a practice or game that day.

It is expected of our students to attend classes, be on time, be respectful of all faculty and staff, and conduct themselves in a safe manner anywhere on school grounds. Athletes who do not conduct themselves in a respectful and responsible manner on school property shall be subject to disciplinary action from the athletic office as well as any possible sanctions set by the school administration.

### **Cut Policy**

All cuts must be confirmed by a building administrator. Once a class cut is confirmed and processed by the assistant principal’s office, that player is ineligible for their team’s next athletic contest. Cuts acquired during the season shall result in the following consequences:

| <b><u>Cut</u></b> | <b><u>Games Suspended</u></b> |
|-------------------|-------------------------------|
| #1                | Warning                       |
| #2                | 1                             |
| #3                | 1                             |
| #4                | Remainder of season           |
| #5                | Remainder of school year      |

## Suspension from School

- 1) Any student who is externally suspended from school during their athletic season will be ineligible for one athletic contest upon their return. That athlete must sit out the next athletic contest upon their return to school.
- 2) Any student who is externally suspended from school out-of-season will be ineligible for one athletic contest during their next athletic season. This ruling also carries into the next school year. (Example: A sophomore student is a fall athlete and gets suspended in March. That athlete must sit-out the next available contest upon his/her return. In this case, that would be the fall of the student's junior year.)
- 3) Upon a student's second suspension during one school year, that student is immediately ineligible to play athletics at Troy for the remainder of the school year. He/she is allowed to sign-up the following school year.
- 4) Any student externally suspended may not participate in practice or games during the term of their suspension.
- 5) In-School Suspension. Once a student accumulates 3 days of internal suspension, they are ineligible to participate in their next athletic contest. That goes for out of season as well. After they return from that one game suspension, for every day of internal suspension they receive, they will receive a one game suspension.

## Academic Policy

- 1- If a student fails a summer school course that they are repeating because of a prior failure, they are ineligible to participate in any athletic activity for the entire 1<sup>st</sup> marking period.
- 2- If a student has a cumulative average less than a 65% at the conclusion of a marking period, that student will be ineligible to participate in athletics for the next marking period.
- 3- If a student fails 2 courses during a marking period, they will be immediately placed on academic probation.

### Athletic/Academic Probation:

Any student that fails two classes during a marking period will go on academic probation. During the probationary period they remain eligible to participate, however, at the next interim period they must have at least one of the failing grades above 65%. If that student fails to bring either failing course above the required 65%, they will be ineligible to participate in athletic activities for the remainder of that marking period. The probationary period begins the day report cards are distributed.

After the interim report is distributed, if a student is receiving a passing grade in at least one of the two failing classes, their probationary status is lifted and they will be eligible to participate for the remainder of the marking period.

4- If a student fails 3 or more classes during a marking period, they will be ineligible to participate in athletic activities for the next marking period.

### **Section II Sportsmanship Policy for Spectators**

The following code of behavior shall be prominently displayed in all school buildings, gymnasiums, and outdoor facilities where contests are held.

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





ENLARGED CITY SCHOOL DISTRICT OF  
**TROY**

TODAY'S STUDENTS. TOMORROW'S LEADERS.

**Interscholastic Athletic Handbook**  
Parent and Student/Athlete Acknowledgement

\_\_\_\_\_  
Name of Athlete

\_\_\_\_\_  
Sport

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Signature of Player

**\*Please remove and return to head coach.**

**\*\*Student athletes may not participate in game play until this is signed and returned.**