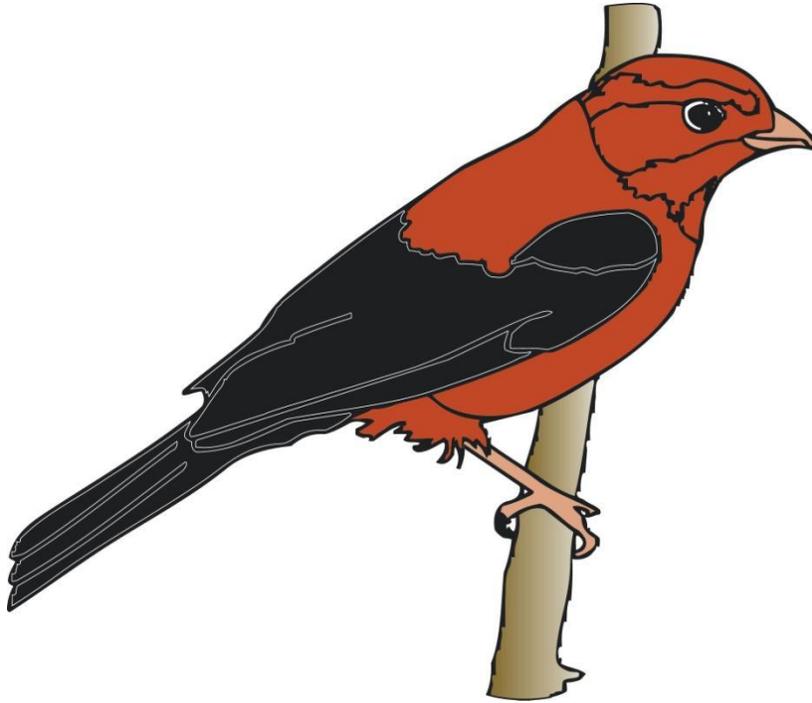


Interscholastic Athletic Guide

Hartford Central School

Home of the Tanagers and Lady Tanagers



Interscholastic Athletic Guide

Superintendent of Schools: *Andrew Cook*

High School Principal: *Shelley Dupuis*

Director of Athletics: *Andrew Capone*

(Updated August 2019)

Interscholastic Athletic Guide

Table of Contents

PRINCIPLES OF THE INTERSCHOLASTIC PROGRAM
CODE OF ETHICS
ADIRONDACK LEAGUE- SPORTSMANSHIP CODE
CONDUCT OF AN ATHLETE
TRAINING RULES FOR PARTICIPATION IN INTERSCHOLASTIC ATHLETICS
ATTENDANCE POLICY
STUDENT ELIGIBILITY
DURATION OF COMPETITION
ACADEMIC ELIGIBILITY POLICY
SPORTS PHYSICALS
STUDENT ACCIDENT INSURANCE
RISK FACTOR IN SPORTS
LEAVING/REMOVAL FROM A TEAM
PRACTICE AND CONTEST ELIGIBILITY
DUAL SPORT PARTICIPATION
TRANSPORTATION
ISSUING OF SCHOOL CLOTHING AND EQUIPMENT
RIGHT TO APPEAL
ATHLETIC AWARDS
SECTION 2 CODE OF CONDUCT FOR SPECTATORS
PARENT/ATHLETE CONCUSSION INFORMATION SHEET
WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION
SIGNS OBSERVED BY COACHING STAFF
SYMPTOMS REPORTED BY ATHLETES
CONCUSSION DANGER SIGNS
WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS

Interscholastic Athletic Guide

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION

ALMA MATER

ACADEMIC ELIGIBILITY

Interscholastic Athletic Guide

HARTFORD CENTRAL SCHOOL DISTRICT

INTERSCHOLASTIC ATHLETIC GUIDE

Dear Parents and Student Athletes,

This brochure is presented to you because your son or daughter has indicated a desire to participate in interscholastic athletics. Your family interest in this phase of our school program is gratifying. We believe that participation in sports provides a wealth of opportunities and experiences which assist students in personal adjustments.

We, who are concerned with the educational development of boys and girls through athletics, feel that a properly controlled, well organized sports program meets the students' needs for self expression, mental alertness, and physical growth. It is our hope to maintain a program that is sound in purpose and will further each student's educational maturity.

When your son/daughter enlists in one of our sports programs, we feel that they [you] have committed themselves to certain responsibilities and obligations. This brochure will acquaint you with some specific policies that are necessary for a well organized program of athletic activities.

The athletic program is governed by the regulations established by the Commissioner of Education's basic code for extra-class athletic activities. Hartford Central School is a member of the New York State Athletic Association, competing as a Class D school in Section 2. Our league affiliation is with the Adirondack League. Please note that all athletes are also bound by the [Academic Eligibility Policy #527](#) for participation in sports (revised on November 20, 2006 by the Board of Education).

If there is anything that can be done to make your participation a better learning experience, please feel free to contact the school at 632-5222, ext. 204.

Sincerely,

ANDREW S. CAPONE

Director of Athletics and Physical Education

Interscholastic Athletic Guide

PRINCIPLES OF THE INTERSCHOLASTIC PROGRAM

We believe interscholastic athletics serve as a miniature model of life that they provide opportunities for students with regard to responsibility, fair play, cooperation, concern for others, leadership, respect for authority, good citizenship, loyalty, and tolerance. Winning games has often been considered the measure of success. However, we feel that this is not so. This is not to say that the will to win is not important. It is very much a part of the total development of an athlete, but of considerably greater importance is the development of the person, and affording each student the opportunity of becoming all that he or she is capable of being. Thus, the athletic program which is centered on the welfare of the students is a vital part of the total Hartford School Curriculum.

To utilize fully the potential in athletics for educational experiences, the interscholastic athletic program:

- A. Is regarded as an integral part of the total educational program and conducted so that it is worthy of such regard.
- B. Supplements rather than serves as substitute for basic physical education programs and instructional athletic programs.
- C. Is subject to the same administrative control as the total educational program.
- D. Is conducted by persons with adequate training either in physical education or through coaching certification programs.
- E. Is conducted so that the physical welfare and safety of participants is protected and fostered.
- F. Is conducted in accordance with the letter and spirit of the rules and regulations of the league, state, and national athletic associations.

CODE OF ETHICS

It is the duty of all concerned with high school athletics:

- To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
- To eliminate all possibilities which tend to destroy the best values of the game.
- To stress the values derived from playing the game fairly.
- To show cordial courtesy to visiting teams and officials.
- To establish a happy relationship between visitors and hosts.
- To respect the integrity and judgment of sports officials.
- To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
- To encourage leadership, use of incentive, and good judgment by the players on the team.

Interscholastic Athletic Guide

- To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual players.
- To remember that an athletic contest is only a game – not a matter of life and death for player, coach, school, official, fan, or community.

ADIRONDACK LEAGUE- SPORTSMANSHIP CODE

In the belief that good sportsmanship on the part of spectators at high school athletic contests is as important as good sportsmanship on the part of athletes, the following guides for conduct are suggested as a means of continuing and strengthening the ties that exist between competing schools.

Basic Philosophy: Visiting team members, students and adult spectators are guests to be accorded all the courtesy and consideration that a friendly, well mannered and well intentioned host would normally give. The visitors, in turn, are to act as invited guests, using the home school's facilities with care and respecting the rules and customs of the home school.

It is expected that all spectators and participants will follow this CODE:

- Athletic opponents and officials are guests and should be treated as such.
- Spectators should watch the game from those areas designated by each school as spectator areas.
- Verbal abuse of opposing athletes or officials by team members of spectators shall be considered unsportsmanlike conduct.
- It shall be the responsibility of authorized school personnel attending games, either at home or away, to make sure students from their school conduct themselves appropriately.
- Officials are the proper authorities to make decisions regarding rules and their interpretation; these decisions should be accepted.
- Cheering should be in support of either team and should not be directed toward creating unfriendly rivalries among athletes or fans.
- Any spectator who evidences poor sportsmanship will be requested to leave and may be denied admission to future contests.

Spectators, athletes and coaches must recognize that their conduct plays an important role in establishing the reputation of their schools and that their positive actions can relate directly to the success of their teams.

Interscholastic Athletic Guide

CONDUCT OF AN ATHLETE

The conduct of an athlete is closely observed in many areas of life. It is important that your behavior be above reproach in all of the following areas:

On the Field/Court: In the area of athletic competition, a real athlete does not use profanity or illegal tactics, and learns fast that losing is part of the game and that you should be gracious in defeat and modest in victory. It is always courteous to congratulate the opponent on a well played game after the contest, whether in defeat or victory.

Player Ejection Policy: Any player on a varsity, junior varsity, freshman, or modified team in Section 2 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 is that sport season, the next sport season, or the next year. A player who might be 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 games are NOT exempt from this rule. If a disqualified player plays illegally in a contest, that contest is subject to forfeiture pending decision of the sportsmanship committee.

In the Classroom: In the academic area, a good athlete becomes a good student. A person cannot be a classroom laggard and think he/she can be an outstanding athlete. If you are lazy in class, you will be lazy on the practice field or floor and will never reach full potential. As an athlete, you must plan your schedule so that you give sufficient time and energy to your studies to insure acceptable grades.

In addition to maintaining good scholarship, an athlete should give respectful attention to classroom activities and show respect for other students and faculty at all times. Horse play and unnecessary boisterousness are not approved habits of behavior.

A healthy athlete should have a good attendance record. Never cut classes or school.

In School: The way we act and look is of great importance. Athletes should be leaders, and fellow students should respect and follow them.

In summary, in athletics, you have a great opportunity to broaden yourself and develop strength of character. You owe it to yourself to get the greatest possible good from your high school experiences. Your studies, your participation in other extracurricular activities as well as sports, prepare you for your life as an adult.

Interscholastic Athletic Guide

TRAINING RULES FOR PARTICIPATION IN INTERSCHOLASTIC ATHLETICS

I. Good Conduct At All Times

Team members are expected to be good citizens of our school and community. School citizenship, homework, class participation and conformance to all school regulations are as important as personal conduct at practices and contests.

II. Late Hours

Any team member must have sufficient rest to perform at their maximum efficiency. Following coach and parent guidelines, each athlete must receive their needed sleep.

III. No Use of Tobacco, Alcohol or Illegal Drugs

Students interested in developing their athletic talents and achieving their potential will not subject themselves to using tobacco products, possessing or using alcoholic beverages or illegal drugs.

Any team member believed to be in violation of the above stated training rules, within the given school year, will be given a choice. Suspension from the team for the rest of that sport season or a four game suspension with an assessment from a substance abuse counselor agreed upon by school and parents. The results must be provided to the district in writing. The assessment will be at the expense of the parent/guardian. You may participate in practices, while abiding by the recommendations.

Second Offense: Immediate suspension from the team for the rest of the sport season, or an eight game suspension and mandatory counseling by a counselor agreed upon by the school and parent/guardian. You may participate in practices, while abiding by the recommendation.

Third Offense: No participation for the rest of the year.

The Hartford Central School District looks forward to a close working relationship and cooperation between families and coaches. If there are ever questions regarding your child's athletic program they should be brought to the coaches' attention through a scheduled meeting. Any further questions and/or concerns should then adhere to the following order:

- Athletic Director

Interscholastic Athletic Guide

- Principal
- Superintendent
- Board of Education

ATTENDANCE POLICY

The attendance office will maintain a list daily of those students who were absent for all or part of a school day. Student-Athletes are expected to be in attendance by 10:00 am each day in order to participate. Any student who arrives after the 10:00 am curfew, leaves school early, or is absent for the entire day will be ineligible to participate in any activity that day, including practices, scrimmages and games, unless their tardiness/absence corresponds with the district's attendance policy. According to the School Board *Policy #405*, the only legal excuses from school are: illness or injury, health examination (including doctor and dentist visits), previously approved educational activities, a family emergency. (i.e.: death in the family), a religious activity, natural disaster, and/or quarantine. The Middle/High School Principal and Director of Athletics will work cooperatively in reviewing any absence/tardy, and ALL absences/tardies must be accompanied by an appropriate note (i.e.: doctor's visit must have a note from the doctor's office). In addition, students who spend the day, or part of the day, in A.L.C. or O.S.S. are not allowed to participate.

STUDENT ELIGIBILITY

According to the Commissioner's Regulations, a pupil shall be eligible for inter-school competition in a sport during a semester, provided that he/she is a bona fide pupil, enrolled during the first 15 days of such semester, is registered in the equivalent of three regular courses, is meeting the physical education requirement, and has been in regular attendance 80 percent of the school time, bona fide absence caused by personal illness accepted.

Each individual team has its own regulations concerning daily attendance at practices and the minimum number of practices before being eligible for competition. Your coach will inform you of these rules.

DURATION OF COMPETITION

A pupil shall be eligible for senior high school athletic competition in a sport during each of four consecutive seasons of such sport commencing with the pupil's entry into the ninth grade and

Interscholastic Athletic Guide

prior to graduation. A pupil reaching the age of 19, before July 1, may not participate during that school year.

Transfer Rule: A student transferring into the Hartford Central School District or from Hartford to another District, should notify the Director of Athletics in both Districts to insure that the state transfer rule in regards to athletic eligibility is upheld. Violation of the transfer rule may result in the forfeiture of athletic contests.

ACADEMIC ELIGIBILITY POLICY

Board of Education Policy #527 Philosophy – All students should be provided the opportunity to receive and accept academic assistance prior to taking punitive measures. As long as the student who is failing two courses attends and participates in tenth period assistance, the student should be permitted to continue to participate in extra-curricular activities. This includes sport teams.

Eligibility Guidelines

- Two or three failed courses constitute academic difficulty. Students who are failing two or three courses will be placed on the academic probation list.
- If a student is failing four or more courses they are not permitted to participate or attend extracurricular activities until the next marking period - either five week or the quarterly marking period. If they are still failing four or more courses they will remain ineligible.
- If the student is failing two or three courses, they may be eligible to participate and attend extracurricular activities if they attend tenth period extra help with the teachers of the failing courses - at least one time per week - every week during the five week interval of grading notification (five week grades and quarterly grades).
- The principal will be responsible for monitoring extra help attendance. Teachers will give the student a confirmation pass indicating that the student not only attended but participated in the tenth period extra help session. These passes are to be handed in to the Main Office no later than 2:30 p.m. on Fridays. Students who do not turn in their confirmation pass will NOT be eligible to attend or participate for the next week (Monday - Sunday). The list of students who are not eligible will be distributed every Monday morning.
- Suspension from extracurricular activities includes all activities sponsored by teams, clubs, and organizations other than class meetings. Activities that are credit bearing or those receiving a grade such as band or chorus are excluded from this policy.

Interscholastic Athletic Guide

- An Appeals Committee will convene to hear appeals by students or parents on behalf of their child. Appeals must be submitted to the principal in writing. The Appeals Committee will consist of the principal, athletic director, a guidance counselor and a faculty representative from the middle school or high school.

SPORTS PHYSICALS

A physical examination by the school doctor must be on file with the school prior to their participation. Insurance coverage, for injuries sustained in practice or games, is provided to supplement your family health insurance. All injuries must be reported immediately to the coach in charge.

STUDENT ACCIDENT INSURANCE

Should a student at the Hartford Central School be injured at an approved school function, i.e., sporting event, the parent or guardian needs to notify the appropriate Health Office and acquire appropriate insurance forms. The forms must be completed by the family and sent to their carrier.

The school district provides a Student Accident Insurance policy which provides Excess Coverage. This coverage is initiated after the parents' or guardians' family health plan has been used. Therefore, all bills related to the injury will first be paid by the family health insurance carrier. Should a balance remain, it should then be submitted to the school's Student Accident Insurance carrier.

The benefits payable for school related claims are shown on the fee schedule. Any remaining balance will be the patient's responsibility. Any questions regarding the benefit payable for school-related claims should be directed to the Business Office at 632-5222.

RISK FACTOR IN SPORTS

I am aware that participating in any interscholastic sports can be a dangerous activity involving many risks of injury. I understand that the dangers and risks of participating in sports includes death, serious neck and spinal injuries (i.e. paralysis or brain damage) and serious or impairment of other aspects of my body, general health or well being.

Interscholastic Athletic Guide

Because of the dangers of participating in the above sport, I recognize the importance of following the coach's instructions regarding playing techniques, training and team rules, and to maintain my eligibility to participate in interscholastic sports. I must abide by these instructions, as well as applicable athletic association, school, and team rules.

LEAVING/REMOVAL FROM A TEAM

In the event that a student leaves a team, he/she will have three school days to personally seek reinstatement with the coach. The coach will act on these cases as he/she determines it to be in the best interest of the athletic program. If a student does not personally apply for reinstatement with the coach within the three school day limit, he/she will be considered to have left the squad and is at that time given one week to hand in their uniform and/or equipment.

If he/she quits the team during the season, they will have a two game suspension from the next sport he/she participates in. Each decision will be made on its own. Carry over year to year.

If a student-athlete is removed from the team by the coach or other authorized individual (i.e. the Athletic Director or Middle/High School Principal) due to concerns related to behavior or conduct, on and off the playing field, that student will need to seek reinstatement in order to participate in the next sport season he/she participates in, which includes a carry over from year to year. The removed student will present to a committee comprised of the Athletic Director, Middle/High School Principal, the coach of the team from which the student was removed, and the possible future coach of the student to apply for reinstatement. The committee may then decide one of the following outcomes:

- Deny reinstatement
- Allow the student-athlete to return after an additional suspension
- Full reinstatement

The "Leaving A Team Rule" does not apply for the five practices of a modified sport season, if the student-athlete is interested in trying out multiple sports within a specific season. The Hartford Central School District encourages student-athletes at the modified level to explore the various athletic opportunities offered. If a sports season has multiple athletic opportunities, modified-level students are allowed to participate in up to five practices of both sports practices before determining their choice for the season. Once the choice is made, that choice is final and the student must remain within that program for the remainder of the sport season.

Interscholastic Athletic Guide

PRACTICE AND CONTEST ELIGIBILITY

All athletes will report on time to all scheduled practices or games. Failure to report without being excused could result in reduced playing time, suspension or dismissal from the team determined by the coach. All athletes must change and participate in physical education to be eligible for practice and or game play. It is the physical education teachers responsibility to communicate this to the coach and it is the coach's responsibility to enforce this policy. If a coach does not enforce this policy then they are in violation of their coaching responsibilities and put themselves in jeopardy of disciplinary actions. Any team member who wishes to be excused must talk with the coach personally in advance.

DUAL SPORT PARTICIPATION

STUDENTS PARTICIPATION IN TWO ACTIVITIES DURING THE SAME SEASON

Students who are in enrolled in grades 9-12, or classified through the Advanced Placement Process (A.P.P.) to participate on a JV or Varsity level team(s), are allowed to participate in two co-curricular activities during the same season (A.P.P. approved students must meet criteria requirements for both sports). Those students wishing to participate in two sports during the same season will need to follow the guidelines established by the athletic department involving dual sports participation.

RULES OF DUAL- SPORTS PARTICIPATION

1. A student who wishes to participate in two sports during the same season must designate a “primary” sport no later than five practices into the season. Once the primary sport has been designated, it cannot be changed.
2. A primary sport is defined as the sport which takes precedence over another sport in the event there is a conflict.
 - a. The student must adhere to the primary sport in the event of any and all conflicts of schedule. If one sport has a contest and the other has practice, the contest will take precedence.
3. The student must practice in both sports, but the amount of practice time will be determined by the Head Coaches of the sports involved.
4. Approved students must remain in good academic standing.
 - a. Those students on academic probation (failing two or three subjects) are not eligible for dual-sport participation;

Interscholastic Athletic Guide

- b. Approval to continue participating in two-sports may be deny or revoked at any time due to academic concerns.
5. The student and parents or legal guardians must sign a contract of dual-sport participation before the first practice sessions he or she attends.
6. In the event that a student is disciplined for any infraction in a specific sport, the consequence will also be applied to the second sport in the season of dual participation;
7. The High School Athletic Director and the High School Principal will serve in the capacity of advisors and final judgments on matters concerning dual-sports participation. The dual-sport privilege can be revoked at any time for any concerns (i.e. discipline) within the school.

TRANSPORTATION

Unless prior approval is granted by the Athletic Director and Principal, all participants will ride to and from athletic contests on school transportation. Students will not be allowed to ride with any other student. If a player misses the bus he/she must be driven to the game by a parent. Prior approval must be in the form of a written note from the parent that is signed by both the Principal and Athletic Director. Once this note has been approved, the student athletes must submit it to his/her coach to be dismissed to a parent or guardian.

ISSUING OF SCHOOL CLOTHING AND EQUIPMENT

It is the responsibility of the athlete to turn back to the coach all clothing and equipment issued within a week following the end of the season. Failure to do this will result in the athlete paying for the missing articles. Athletes not paying for the missing articles will forfeit their right to either receive any school equipment or clothing in the next sport season nor be eligible for any certificate, pin, or letter. A list of all violators will be sent to the Director of Athletics office and forwarded to the building principal.

RIGHT TO APPEAL

An athlete and his/her parents may within three school days, appeal a decision by writing a letter to the Superintendent requesting a review of the ruling on them.

Interscholastic Athletic Guide

ATHLETIC AWARDS

I. General Requirements for all Awards

1. A player must complete the season; the coach, with approval of the principal and director may make exceptions in unusual cases. The coach reserves the right to recommend the granting of a letter to any team member, who in his judgement has demonstrated extra-ordinary effort or improvement.
2. Any athlete must be a good representative of the school and must display the qualities of a lady or gentleman and good sportsmanship.
3. An athlete must return all issued equipment prior to receiving any athletic award.
4. Only one letter will be awarded a varsity athlete; a certificate and pin will be given for each succeeding season of varsity competition.
5. All sub-varsity members of a team shall receive the appropriate certificate award upon successful completion of competition.
6. Any high school student who is a first year member, statistician, or scorekeeper on a varsity team is eligible to receive a participation certificate.

II. Athletic Awards

1. Varsity Letter - 8" red chenille with black trim.
2. Metal inserts - Sports figure of particular activity.
3. Varsity Certificate - for all athletes on a varsity team.
4. Junior Varsity Letter - 6" red chenille with black trim.
5. Junior Varsity Certificate - awarded to all athletes who have successfully completed a J.V. sports season.
6. Modified Certificate - awarded to all athletes who have successfully completed a modified season sport.

III. Award Presentations

1. All varsity, J.V., and modified team members, coaches, and other team personnel will be honored at a Sports Award Ceremony at the conclusion of each sports season.

IV. Special Awards

1. Most Improved Player
2. Most Valuable Player

Interscholastic Athletic Guide

3. Gilchrist Award
4. Most Valuable Player - Senior Athlete

SECTION 2 CODE OF CONDUCT FOR SPECTATORS

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 time 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 at halftime. 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 drinking consumption, littering, and parking procedures.
11. Spectators will respect and obey all school officials and supervisors at athletic contests.
12. Smoking is prohibited on school property and on all premises of school events

PARENT/ATHLETE CONCUSSION INFORMATION SHEET

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If an athlete reports **one or more** symptoms of concussion listed below after a bump, blow, or jolt to the head or body, he/she should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says he/she is symptom-free and it's OK to return to play.

Interscholastic Athletic Guide

SIGNS OBSERVED BY COACHING STAFF

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (*even briefly*)
- Shows mood, behavior, or personality changes
- Can't recall events *prior* to hit or fall
- Can't recall events *after* hit or fall

SYMPTOMS REPORTED BY ATHLETES

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or “feeling down”

CONCUSSION DANGER SIGNS

In rare cases, dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body he/she exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places

Interscholastic Athletic Guide

- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (*even a brief loss of consciousness should be taken seriously*)

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, he/she is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. *They can even be fatal.*

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says he/she is symptom-free and it's OK to return to play.

Rest is the key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a healthcare professional.

IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON

ALMA MATER

*Here among the Adirondacks,
Reaching towards the sky,
Stands our noble Alma Mater;
Our Hartford High,
How we honor, love respect it,
Our school so dear,
May we all be true and loyal,
through the coming year.*

HOME OF THE TANAGERS

Interscholastic Athletic Guide

ACADEMIC ELIGIBILITY

Philosophy: All students should be provided the opportunity to receive and accept academic assistance prior to taking punitive measures. As long as the student, who is failing two or three courses, attends and participates in 10th period assistance, the student should be permitted to continue to participate in extra-curricular activities (this term includes sport teams).

ELIGIBILITY GUIDELINES

- Two or more failed courses constitute academic difficulty. Students who are failing two or three courses will be placed on the academic probation list.
- If a student is failing, four or more courses they are not permitted to participate or attend extracurricular activities until the next marking period (either 5 week or the quarterly marking period). If they are still failing four or more courses, they will remain ineligible.
- If a student is failing two or three courses, they may stay eligible to participate and attend extracurricular activities if they attend tenth period extra help, with the teachers of the failing courses, at least once per week, every week during the five week interval of grading notification (five week grades and quarterly grades).
- The principal will be responsible for monitoring extra help attendance. Teachers will give the student a confirmation pass that the student not only attended but participated in the tenth period extra help session. These passes are to be handed into the Main Office no later than 9:00 am on Friday. Students who do not turn in their confirmation pass will NOT be eligible to attend or participate for the next week (Friday to Thursday). The list of students who are not eligible will be distributed every Friday afternoon.
- Suspension from extra-curricular activities includes all activities sponsored by teams, clubs, and organizations other than class meetings. Activities that are credit bearing or those receiving a grade such as band or chorus are excluded from the policy.
- An Appeals Committee will convene to hear appeals by students or parents, on behalf of their child. Appeals must be submitted to the principal in writing. The Appeals Committee will consist of the principal, athletic director, a guidance counselor, and a faculty representative from the middle school or high school.