

Global Concepts Charter School



Athlete Handbook

Mission of the Athletic Program

To offer students the opportunity to participate in interscholastic athletics to enrich their school experience as well as instilling essential values such as a healthy lifestyle, sportsmanship, cooperation and high academic achievement.

Goals

1. To promote Global Concepts Charter School in a positive way in the community
2. Promote a healthy and active lifestyle
3. Demonstrate good sportsmanship and character from all at all times whether participating or spectating. GCCS believes that good sportsmanship consists of showing respect for: rules, opponents, officials, teammates and maintaining self-control.
4. Promote the importance of academic achievement
5. Offer athletics for all students in middle and high school

Objectives

1. GCCS and the student athletes will help to increase the relationship within the community
2. GCCS will promote and model a healthy and active lifestyle
3. GCCS students, staff, coaches and student athletes will demonstrate good sportsmanship and character at all events in and out of school
4. GCCS teachers and staff will work together to promote high academic achievement to student athletes
5. GCCS will offer club, modified, JV and Varsity athletics for all students

Academic Eligibility

Academic performance as a state policy in the state of New York states that a student must be a bona fide (a regularly enrolled student) student of the High School. The student must also be enrolled in at least four courses including physical education.

Minimal Academic Requirements

Student athletes are expected to maintain passing academic grades in all subject areas and must participate in Physical Education.

Academic Ineligibility

Any student athlete that is failing one or more subjects at week 5 of the marking period will not be able to participate in any practice, game or contest for a minimum of 5 school days until they have a passing grade. The student athlete must show teacher verification in order to return to the team.

Any student athlete that is failing one or more subjects at the end of the marking period will not be able to participate in any practice, game or contest for a minimum of 10 school days until they have a passing grade. The student athlete must show teacher verification in order to return to the team.

Attendance

School Attendance

In order to be eligible to practice or participate in an athletic contest student athletes:

Must be enrolled in and participate in physical education class. A student athlete who does not participate in Physical Education class will not be able to practice or play on that day.

Whenever a practice or contest is scheduled on a school day, a student athlete must attend classes for at least half the day (the equivalent of 4 hours on a regular school day). Failure to comply with this rule will result in the student athlete being disqualified to participate in practice and/or a contest scheduled the same day.

Effects of School Detentions, Discipline Referrals and Suspensions

Detentions

A student athlete who receives a detention will not be able to participate in that days' practice or contest.

Discipline Referrals

When a student athlete receives a discipline referral, it is at the discretion of the Dean of Students/Principal if the student athlete is able to participate in that days practice or contest, depending on the action(s) of the student. The student athlete still must attend the practice/contest but **CANNOT** participate. If they do not go to the practice/contest they will miss the next scheduled day of activity (practice or contest).

Suspensions

A student athlete who receives an in-school or out-of-school suspension will not be allowed to participate or attend any interscholastic activity, including practices and contests. In addition, the student athlete will be required to attend the same number of practices that were missed due to the suspension before they are eligible to return to competition.

Alcohol, Drugs, Tobacco

Student athletes must abide by the following rules at all times and in all places. The following rules pertaining to **ALCOHOL, DRUGS, and TOBACCO** apply on and off school property during the school day and at all other times.

A student athlete is:

- a. **NOT** to drink, be in possession of, or to be under the influence of any alcoholic beverage(s)
- b. **NOT** to use, be in possession of, or to be under the influence of illegal drugs including steroids
- c. **NOT** to use or be in possession of any tobacco products (cigarettes, cigars, pipes, snuff, chewing tobacco, etc.)

Hazing

Hazing activities among student athletes is defined as any humiliating or dangerous activity expected of an athlete to join a team or continue as a team member, regardless of their willingness to participate. Hazing may include, but is not limited to:

Substance Abuse – forcing, requiring, and/or coercing another student athlete to use tobacco, alcohol, or drugs.

Humiliation – forcing, requiring, and/or coercing another student athlete to perform humiliating, socially offensive activities or isolating the athlete from others or the team.

Dangerous activity – forcing, requiring, and/or coercing another Student athlete to perform hurtful, aggressive, destructive or disruptive behavior.

Even if the hazing victim participates willingly in the activity, or there was no intent by the hazer to harm or injure, hazing is **against school policy** and may be **subject to criminal prosecution**.

Hazing Punishment

Any student athlete who is guilty of hazing will be dismissed from their team for the remainder of the season. The Athletic Director and the School Administration will make this determination.

Regulations for Athletes

- Each student athlete must have a current physical examination conducted by a personal physician. This exam must be conducted prior to participation in interscholastic athletics and the results of the examination must document the physician's conclusion that the student is medically cleared to participate in athletic completion. Without such documentation, the student will not be permitted to participate in any practice or contest.
- A student athlete who is seriously injured or ill must be reexamined by a personal physician and must obtain written approval from the physician before returning to practice contests.

Concussions

- If any student athlete suffers a concussion or is thought to have suffered a concussion that student athlete must see their physician and be cleared in writing by their physician prior to returning to practices or contests. Then they must follow the Return to Play procedures listed below.

Returning to Sports/Athletics

Please note: any student-athlete who has experienced a head injury must be symptom-free for a period of no less than 24-hours and must be medically cleared by their primary healthcare physician

Step 1

Low impact non-strenuous light aerobic activity for short intervals, such as easy walking, biking, or swimming in three ten-minute intervals with rest in between; no resistance training

Step 2

Higher impact, higher exertion activity in two fifteen-minute intervals, such as running, jumping rope, other cardio activities; followed by rest in between activities. Student-athlete may have on light equipment, but cannot participate in any team drills or contact. No resistance training

Step 3

Repeat step 2 progressing with shorter breaks and adding additional activity time. Student-athlete may participate in stationary skill work such as dribbling, serving, or tossing a ball. Low resistance training can be done with close monitoring

Step 4

Repeat of step 3 without breaks in cardio, but skill work with movement (allowing balls to be manipulated in the direction of the student) is permitted. Student may participate in noncontact drills

Step 5

Repeat step 4 as a warm up activity, student-athlete is permitted to participate in weightlifting with a spotter and may also return to full contact training sessions with close monitoring

Step 6

Student-athlete may participate in fully as tolerated

For purposes of the head injury RTP (Return to Play) protocol, an appropriate physician evaluation MUST be completed by a practicing Medical Doctor or a Doctor of Osteopathy within the following specialty areas:

- Family medicine
- Pediatrics
- Sports Medicine
- Neurology
- Neurosurgery

*The physician evaluation form should document name, degree, specialty, practice name, address, and phone number

Uniforms and equipment

- School issued uniforms or equipment are to be worn or used **ONLY** while representing Global Concept Charter School
- Student athletes must immediately report to the head coach any faulty or ill-fitting personal or team equipment.
- Student athletes who are issued school uniforms and or equipment are financially responsible for them if they are damaged (excluding normal wear and tear) or if they are not returned at the end of the season. Student athletes failing to comply with this rule are barred from participating in any additional interscholastic athletics until they come into compliance.

Violations

Student athletes will be held personally accountable for honoring the rules and regulations cited here in. If the student athlete cannot maintain the self-discipline necessary to abide by these rule and regulations, then it may be necessary to invoke disciplinary action and consequences, including consequences above and beyond those imposed to non-student athletes. The disciplinary action and consequences may include, but are not limited to, any and all of the following.

- A conference with the Coach, Athletic Director, Dean of Students, Assistant Principal and or Principal
- Suspension from team practices, contests or team
- Dismissal or removal from the team
- Other action the school administration deems appropriate to the infraction, including the possibility of exclusion from future participation in interscholastic athletic programs.

In addition, student athletes are reminded that a student placed on in school or out of school suspension may not participate in interscholastic sports, including practices and contests during the time of his/her suspension.

Each Head Coach is authorized to adopt and enforce his or her own rules and regulations so long as they are enforced in a consistent manner and do not conflict with these regulations.

Transportation

All student athletes are to be transported by Global Concepts to all contests. If the student athlete needs to go home with a family member they must be signed out with the coach using a transportation wavier which the coach will provide.

Sportsmanship at Global Concepts Charter School

All student athletes are to abide by the regulations and polices established by Global Concepts Charter School, the commissioner of Education and the New York Public High School Athletic Association.

Participation in interscholastic athletics is a privilege that entails high expectations. A student athlete must always remember that they represent the entire student body and faculty and must not by his/her conduct, do anything that will bring dishonor to their school. A student athlete must demonstrate good sportsmanship, maintain a positive attitude both on and off the field and be admired as a good citizen at all times. A team member must not criticize a teammate, coach or official.

Student athletes are to familiarize themselves with the school Code of Conduct, and are expected to comply in every respect with the requirements of the Code of Conduct. Each student athlete understands and agrees that the Code of Conduct will apply at all times, including during the school day, during contests and practices and after school hours. A student athlete who violates any portion of the Code of Conduct may be subject to discipline or consequences above and beyond what non-athletes are subject to, including but not limited to suspension or expulsion from practices, contest or team.

Code of Sportsmanship and Ethics

It is the duty of all players, coaches, spectators and anyone associated with interscholastic athletics to...

- emphasize sportsmanship, ethical conduct and fair play at all times
- eliminate all situations that tend to destroy the best values of the game
- stress the values derived from playing the game fairly
- show courtesy to visiting teams, their fans and coaches
- respect the integrity and judgment of the game officials
- achieve a thorough understanding and acceptance of the rules of the game
- encourage leadership, self-discipline, and good judgment by student-athletes
- recognize that the purpose of athletics is, above all else, to promote the physical, mental, moral, social and emotional well-being of the individual players
- remember that an athletic contest is only a game – not a matter of life or death for player, coach, school, official, fan, community, state, or nation

Student Agreement

Each student athlete must sign and return the Student Athlete Code of Conduct Form to their Coach or Athletic Director with the proper signatures before he or she can participate in any practices or contest.

Global Concepts Charter School

Concussion Management Form

This Concussion Management Form must be shared with the parents / guardians of every GCCS student-athlete who anticipates representing GCCS in athletic competition. The expectations and program protocols articulated within this document will be strictly adhered to by GCCS administration, athletic coaching staff, and school based personnel attending any/all athletic sporting events.

Managing the personal health and physical wellness of our student-athletes is a major focus at Global Concepts Charter School. Student-athletes who suffer a head injury or concussion during active participation through practices, scrimmages, or sanctioned league contests will be required to complete the following steps listed below prior to being cleared for participation.

Returning to Sports/Athletics

Please note: any student-athlete who has experienced a head injury must be symptom-free for a period of no less than 24-hours and must be medically cleared by their primary healthcare physician

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For purposes of the head injury RTP (Return to Play) protocol, an appropriate physician evaluation MUST be completed by a practicing Medical Doctor or a Doctor of Osteopathy within the following specialty areas:

- **Family medicine**
- **Pediatrics**
- **Sports Medicine**
- **Neurology**
- **Neurosurgery**

***The physician evaluation form should document name, degree, specialty, practice name, address, and phone number**

Global Concepts Charter School

Concussion Management/Head Injury/Mild Traumatic Brain Injury Signs and Symptoms of Concussions/Head Injury

Please review the following information on understanding concussions, their symptoms, prevention, and resources that can assist in guiding you through the process in the event a head injury occurs.

Concussion Defined	Symptoms	Prevention	Resources
<p>A concussion is a type of traumatic brain injury (TBI) which alters the functioning of the brain. A concussion can occur with any bump, blow, or jolt to the head or body that causes the brain to quickly move back and forth. Concussions can also occur as a result of a fall, motor vehicle accident, accident on a playground, during athletic participation, or during many other activities or forms of recreation. All concussions, no matter how seemingly minor are very serious and need to be evaluated by a health care professional.</p>	<ul style="list-style-type: none"> ➤ Headache or sustained pressure in the head ➤ Nausea and / or vomiting ➤ Dizziness and or problems with balance ➤ Blurry vision or double vision ➤ Sensitivity to light and / or noise ➤ A consistent feeling of “fogginess” ➤ Difficulty concentrating ➤ Difficulty remembering ➤ Loss of consciousness ➤ Glazed look on the student ➤ Student appearing dazed or out of sorts 	<p>Below are ways to help reduce the risk of sustaining a concussion</p> <ul style="list-style-type: none"> ➤ Wear a seatbelt whenever traveling in a motor vehicle of any kind ➤ Wear appropriate safety equipment when biking, skiing, snowboarding, or participating in other impact activities of any kind ➤ Learn and follow the rules of the sport or activity you are participating in ➤ Understand how to wear all safety or sports equipment properly before practicing or competing 	<p>http://www.nysphsaa.org/safety/</p> <p>http://bianvs.org/children.htm</p> <p>http://www.nysphsaa.org/safety/pdf/StudentParentConcussionInformation.pdf</p>

Global Concepts Charter School

STUDENT-ATHLETE CODE OF CONDUCT CONTRACT AND PARENT CONSENT FORM

Student Athlete name (Print)

Grade

Sport

Level

I have read the Global Concepts Charter School Athletic Handbook and understand the expectations and responsibilities that come with being a member of a Global Concepts Charter School athletic team. I agree to meet the expectations set forth in this handbook as well as team rules presented by my coach and I understand the consequences that I will encounter if I fail to do so.

Student Athlete signature

Date

Parent/Guardian Name (Print)

I have read the Global Concepts Charter School Athletic Handbook and understand the rules, and regulations contained within it. I have discussed the contract and consequences with my child, and agree that I will encourage my child to abide by it at all times. By signing this form, I further acknowledge my understanding that as a parent/guardian, I am a role model for other individuals around me at athletic events and agree to conduct myself in a sportsmanlike manner at all times during both home and away events. I also understand that I may be asked to remove myself from an event if I cannot abide by the expectations of Sportsmanship and Ethics outlined in this contract.

Parent/Guardian Signature

Date

Coach Signature

Date

Athletic Director Signature

Date