

YUHSG STUDENT-ATHLETE HANDBOOK

The purpose of this handbook is to acquaint the student-athlete and her parents with certain information about YUHSG Athletics. Each student-athlete is required to read and review this handbook with her parents/guardians and acknowledge compliance.

It is the responsibility of the Athletic Director to enforce the policies contained in this handbook, and her/his judgment is final.

YUHSG Athletic Department Mission Statement

The mission of YUHSG Athletics is to provide a competitive program for student-athletes to develop their athletic talents. The program aims to incorporate the tenets of good sportsmanship, appropriate character development, positive team construct, and academic and athletic commitment while following the ethical standards and philosophies of YUHSG and Torah Judaism.

- ❖ We believe in the importance of fair play and seek to develop and enhance good sportsmanship, ethical conduct, and a positive societal attitude.
- ❖ We believe in the importance of developing strong mental, physical, and social skills necessary to meet daily academic and athletic challenges.
- ❖ We believe that coaches and administrators should exhibit fairness, openness, and honesty in their relationships with the student-athletes.
- ❖ We believe that all participants deserve respect and an environment free from abusive or intimidating actions.
- ❖ We strive to create an environment where the student-athletes' health and well-being are protected.
- ❖ We believe that the athletic department represents YUHSG and everyone involved should properly represent themselves, their school and their community at all times.

Please read YUHSG's Policy on Protecting Athletes for additional guidelines on appropriate behavior and conduct.

Student-Athlete Participation Requirements

1. Interscholastic athletics is an honor and privilege that takes a full commitment from the student-athlete, and all the requirements and responsibilities involved should be fully discussed by the student athlete with her parents/guardians.
2. The following documents must be completed, signed and submitted to the school in order to participate in interscholastic athletics, including try-outs:
 - a. Child & Adolescent Health Examination Form
 - b. Student Health History Form
 - c. Interscholastic Athletic Participation Consent Form
 - d. Interscholastic Athletic Health Examination Form
 - e. YUHSG Emergency & Illness Information Card
 - f. Student-Athlete Insurance Information Form
 - g. Interval Health History for Sports Participation Form (required if physical on file is more than 30 days old from start of fall or spring athletic season)

These forms can be found on the school website.

3. Please note that YUHSG is NOT responsible for any claims due to injuries, damage or death due to participation in athletics. It is the sole responsibility of each parent/guardian to maintain an active health insurance plan that will cover the student-athlete's injuries sustained in such activities. All claims for benefits because of injuries suffered in the play or practice of athletics MUST be submitted to the student-athlete's insurance company for payment. It is important that the parent/guardian check with the student-athlete's insurance carrier to insure that she is covered for these injuries.

Health and Safety

1. No student-athlete will be allowed to try-out for any sport until she has submitted all required documents (as described above) and received clearance from the school health coordinator in his/her sole discretion.
2. Each student-athlete will also be required to read, complete and sign a Fair Play Agreement and a Parent/Athlete Concussion Information Sheet (which also has to be reviewed and signed by the student-athlete's parent/guardian) to be provided by the coach during the first week of practice.
3. Student-athletes should make the coach aware of any specific health needs before the athletic season starts. Any student-athlete who may need to self-medicate (inhaler, epipens etc.) should complete and submit to the school the appropriate self-medication form and emergency care plan and is responsible for carrying and self-administering such medication.
4. Coaches will NOT provide any medication to student-athletes (including over-the-counter medication, such as ibuprofen and acetaminophen).
5. Student-athletes should practice safe habits in regards to infection control.
6. Student-athletes should report all injuries to their coach, even if symptoms develop after they leave practice or a game.
7. A re-evaluation and medical clearance from a student-athlete's physician will be required if an injury or illness (lasting more than 5 days) has occurred during or prior to the athletic season.

8. Student-athletes should NOT participate in any YUHSG athletic activity unless there is a coach supervising that activity.
9. Student-athletes will be subject to disciplinary action if found guilty of smoking or using tobacco in any form; drinking or being in possession of alcoholic beverages; or misusing or distributing drugs.
10. If a student-athlete is injured during a game or practice, the coach will be responsible for assessing the situation and all other student-athletes, parents and spectators should move away from the injured student-athlete.

Student-Athlete Responsibilities

1. Student-athletes must follow all MYHSAL regulations and other rules and guidelines as directed by the coach.
2. Student-athletes are responsible to attend all of their scheduled games and practices and be on time and ready to play. If a student-athlete is going to be late or miss a game or practice, she should notify the coach as soon as possible and give the reason.
3. All games and practice schedules will be posted on the bulletin board outside the gym and on the athletic website. It is the student-athlete's responsibility to check the game and practice schedule for conflicts. Schedules and directions for schools in the MYHSAL league are available on the YUHSG athletic site at <http://www.yuhsg.org/webpages/smith/central.cfm>.
4. Each student-athlete must maintain a good academic standing and attendance in school. Daily school attendance will be taken. In general, a student-athlete must attend school on the day of a practice or game in order to participate, except under unusual circumstances and with the prior approval of the Athletic Director and Head of School.
5. Once a student-athlete has tried out and been accepted by a team, she cannot quit the team in order to try out for another team during the same athletic season.
6. Students-athletes are allowed to be a member of one sport team per season (fall/spring).
7. If a student-athlete has detention, she has to serve the detention even if it conflicts with a game or practice, unless an exception is made by the Athletic Director in consultation with other school administration officials.
8. All student-athletes must comply with all rules and regulations of the school.
9. The student-athlete should leave all valuables at home. The school is not responsible for personal property.
10. If a student-athlete is suspended from school, she will not be permitted to participate in any game or practice during such suspension.
11. A student-athlete's failure to adhere to any of these or other provisions set forth in this handbook may result in the loss of playing time, the loss of an award, the dismissal from a team, the inability to participate in the athletic program or any other disciplinary action as may be determined by the Athletic Director in consultation with the coach.

Equipment/Uniforms

1. Student-athletes are responsible for maintaining all equipment provided to them by YUHSG. The student-athlete and her parents/guardians may be charged for the replacement value for any lost or damaged equipment.
2. All YUHSG equipment used for practice must be returned to the coach at the end of that practice.
3. Team members must purchase their own uniforms. Uniforms must be worn at each game.
4. Except while participating at a game or practice, student-athletes must comply with YUHSG dress code; it being understood that the dress code must be complied with when leaving practice and traveling to and from games.

Transportation

1. All student-athletes must ride to and from games in the transportation provided by the school, except in the case of a senior with the proper permission slip and approval of the coach, the Athletic Director and school administration. A parent/guardian may pick up his/her daughter from an away game and the coach should be so notified; a signed permission slip is required for any other arrangement. If a student-athlete has not been picked up from an away game before the departure of the school bus/van, then the student-athlete will travel back to the school with the rest of the team and her parent/guardian will have to pick her up from school. Student-athletes may not leave the site before final completion of the competition.
2. Only student-athletes and staff may travel on the school bus/van, and each student-athlete needs a proper permission slip (as included on the Interscholastic Athletic Participation Consent Form).
3. Each student-athlete is responsible for properly disposing of her trash from the school bus/van and for her personal belongings. Each student-athlete must behave appropriately on the school bus/van and follow all instructions of the driver. No one is permitted to place any body part outside the window of the vehicle.
4. Student-athletes should wait in the school lobby or in front of the school for pick-up. Student-athletes are expected to be early for departure to prevent the team from being late.
5. Parents/Guardians should be prompt in picking up their daughters from school after a game.

Code of Conduct

It is important for all to recognize that the purpose of athletics is to promote the physical, mental, ethical, social, and emotional well-being of the individual players. Athletics represent only one part of the learning process and should not be pursued to the exclusion of everything else. An athletic contest is only a game and should be kept in that perspective.

Each student-athlete is expected to:

- Understand and abide by the rules and regulations of the game, and to respect the integrity and judgment of the officials.
- Conduct themselves as ladies at all times. Students must set an example in word and deed, both on and off the playing area. Remember that athletes assume a role of leadership and that the young emulate their role models.
- Demonstrate self-control and mutual respect at all times.
- Avoid the use of crude or abusive language or gestures in dealing with opponents, officials or spectators. Avoid behavior that will incite players, opponents or spectators.
- Accept victory with grace and defeat with dignity. Poor winners or losers do a disservice to themselves and the school.
- Be well-groomed, both on and off the field.
- Observe training regulations and requirements of physical fitness for better personal performance and greater contribution to the team.
- Remember that participation in athletics is a privilege that should not be abused.
- Respect officials. Only the coach should question a rule or interpretation. Refrain from shouting disapproval of calls made by officials.
- Always show good sportsmanship. Any player who demonstrates unacceptable behavior will be removed from competition. Athletes are never allowed to engage in fighting.
- During a game, stay on the bench with her team and avoid conversing with spectators including parents, friends, etc.
- After all games and practices, clear the field, gymnasium, and locker room area of debris (i.e., tape, orange peels, water bottles etc.).
- Promote school spirit. Support other teams in the athletic program.

Spectators, including parents, are expected to:

- Conform to accepted standards of good sportsmanship and behavior. Parents are responsible to supervise their children and their children's friends when brought to games as spectators.
- Respect officials, coaches, players and other spectators, extend all courtesies to them, and refrain from disrespectful remarks.
- Be quiet when players need total concentration such as a free throw in basketball or a serve in volleyball.
- Obey the regulations of the building and grounds.
- Understand that YUHSG is responsible for the conduct of its spectators whether at home or away.
- Refrain from shouting disapproval of calls made by officials.

Conflict Resolution

If a student-athlete or parent/guardian has an athletic concern, the proper protocol in resolving the issue is as follows:

- First, the student-athlete should meet with the coach to discuss and resolve the issue.
- If the issue cannot be resolved between the student-athlete and coach, the student-athlete should discuss the issue with the Athletic Director.
- If the problem is still unresolved, then the parent/guardian should contact the Athletic Director.