

NISKAYUNA CENTRAL SCHOOLS



ATHLETIC HANDBOOK

FOR STUDENT-ATHLETES
AND PARENTS

Dear Parents and Student-Athletes,

This handbook is presented to you because your son/daughter has indicated a desire to participate in interscholastic athletics and you have expressed your willingness to permit him/her to compete. We believe participation in sports provides a wealth of opportunities and experiences which assist students in their education.

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

When your son/daughter sights up for one of our sports programs, we feel that they and you have committed to certain responsibilities and obligations. This handbook will acquaint you with some of the specific policies that are part of our organized program of athletics.

The Niskayuna Central School District is a member of the New York State Public High School Athletic Association, competing as a Class A school in Section II. Our league affiliation is with the Suburban Scholastic Council.

It is the role of the Department of Athletics to make rules that govern the spirit of competition for the community. These rules rely on broad-based community support that can only be achieved through communication with parents. It is our hope to accomplish this objective by providing you and your son/daughter with this athletic handbook.

If there is anything I can do to make your participation in interscholastic athletics a better learning experience, please feel free to contact me at my office at Niskayuna High School, 382-2511, Ext. 4360.

Sincerely,

Larry Gillooley
Director of Physical Education, Health and Athletics

NISKAYUNA DISTRICT MISSION STATEMENT
EMPOWER EACH INDIVIDUAL TO MAKE RESPONSIBLE CHOICES,
MEET CHALLENGES, ACHIEVE PERSONAL SUCCESS,
AND CONTRIBUTE TO A GLOBAL SOCIETY.

PRINCIPLES OF INTERSCHOLASTIC ATHLETICS

We believe interscholastic athletics serve as a model of life; they provide opportunities for students to demonstrate responsibility, fair play, cooperation, concern for others, leadership, respect for authority, good citizenship, loyalty and tolerance. Winning 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. Of considerable importance is the development of the person and the affording of opportunities for the student to fulfill his or her potential. Thus, the athletic program, which is centered around the welfare of the students, is a vital part of the total Niskayuna Central School District curriculum.

To utilize fully the potential of athletics for educational enrichment, 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. Is supplemental rather than serves as a substitute for basic physical education programs and intramural athletic programs.
- C. Is subject to the same administrative supervision 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 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 courtesy to visiting teams and officials.
- To establish a congenial 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 initiative and good judgment by the players on the team.
- To recognize that the purpose of athletics is to promote the physical, mental, 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 member.

SECTION II SPORTSMANSHIP POLICY

- Learn and understand the rules of your sport. Play hard, play to win, but play fairly within the rules.
- Maintain self-control. Do not allow your temper to distract you from the fundamentals of good sportsmanship.
- Respect your opponent. Never taunt. Congratulate him or her at game's end.
- Acknowledge good play.
- Respect the integrity and judgment of officials. Never question the decision of an official.
- Be an example for your school, teammates and opponents.
- A player who is disqualified from a contest for unsportsmanlike behavior by an official is prohibited from playing in the next regularly scheduled contest.
- A player who strikes or otherwise physically assaults an official will be subject to an extended suspension from athletic competition. A physical confrontation with an official is any incident in which a player either strikes, bumps, or otherwise physically intimidates an official prior to, during or after a contest or game.

SECTION II

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 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 noise makers 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.

ATHLETIC CONDUCT/TRAINING RULES

ACADEMIC ACHIEVEMENT

Students are expected to maintain successful academic achievement.

While scholastic achievement is determined on an individual basis, the administration and the athletic department reserve the right to determine his/her eligibility to participate in athletic practices and events.

Parents are encouraged to regularly review their son's or daughter's academic progress, and contact the school should achievement decline or remain below expected levels. Research tells us that students, generally, obtain higher grades during the season than out-of-season. Athletes must participate in physical education, as well as other classes, the day of a practice or contest.

CONDUCT

The conduct of an athlete is closely observed in many areas of life; on the field, in the classroom and in the community. Take pride in yourself, your team and your school. You should always project a positive image. Winning or losing is not as important as your reaction to winning or losing. Your reaction is what people will remember — not the score. You should be gracious in defeat and modest in victory.

TRAINING POLICY

Participation on a Niskayuna athletic team is a privilege that should elicit great pride in both the athletes and their families. Standards of behavior are high and a willingness to live up to them is part of being a member of a team. For this reason, each athlete will be required to sign the athletic card indicating the athlete's personal commitment. This signature will recognize the athlete's responsibility to the team and their willingness to set a positive example, adhere to basic concepts of good citizenship and follow proper training practices.

The Administration will make the determination as to whether a violation of the Standards of Behavior has occurred. This determination will be based on the circumstances presented to the Administration. In the application of this policy, coaches, the athletic director, the principal and the athletic committee will consider all factors involving the report including but not limited to: credibility and motivation of the reporter, timeliness of the report and the possibility of reporting error. The standards of

proof are less than that required in a court of law and the dismissal of criminal charges against a student-athlete does not preclude the Administration from finding that a violation of the Standards of Behavior has occurred. Listed below are some examples of training rule violations and behavior that would be considered violations of the athletic code. This list is not all inclusive:

1. Vandalism or property destruction.
2. Poor citizenship.
3. Cutting school or classes.
4. Being a negative influence in terms of team morale or effort.
5. Not making a sincere academic effort or complying with eligibility policies.
6. Stealing of any kind, including athletic equipment — ours or opponents.
7. The possession of drugs, drug paraphernalia or alcohol or the consumption of drugs or alcohol at any time is strictly prohibited. The possession and use of tobacco products is also prohibited. This policy also prohibits a student from coming to school or an extra-curricular and interscholastic event or other school sponsored activities, on or off campus, after the student has consumed alcohol or drugs or is in possession of drugs, drug paraphernalia, or alcohol. This policy is in effect throughout the calendar year, whether school is in session or not, and whether the sport in which the athlete takes part is in season or not.
8. Smoking and/or use of tobacco products.
9. Fighting.
10. The unlawful possession or use of any type of firearm or weapon is strictly prohibited.
11. Sexual harassment (including based on someone's sexual orientation) or sexual misconduct.
12. Community-related offenses.
13. Hazing/initiation ceremony.

BASIC RULE

Never do anything that will have an adverse effect on your ability to perform. Never do anything to embarrass or create an unfavorable impression of yourself, your team or your school.

ATHLETIC CONDUCT/TRAINING RULES PENALTIES

The Athletic Committee will consist of the Athletic Director, Principal or Assistant Principal, Coach(es) and Counselor to interpret the athletic code. The committee will render a decision within five (5) school days.

The action taken by the Athletic Committee in regard to an athlete found guilty of breaking any rule shall be as follows:

FIRST OFFENSE

1. Beginning on the date of the offense the athlete will be placed on probation for one calendar year.
2. The athlete will be expected to practice with the team, but will not be allowed to participate in the team's scheduled competitions according to the eligibility chart. For example, a player on a team with a 16-game schedule found guilty of smoking during the summer would be expected to practice with the team but would not be permitted to participate in the first four scheduled contests. Scrimmages are not considered scheduled contests.
3. The athlete will be required to seek mandatory in-school counseling assigned by the Director of Athletics. Sources of counseling may include a Substance Abuse Counselor, Guidance Counselor, Psychologist, Administrator or other qualified personnel. The duration of the counseling will be at the discretion of the counselor. The counseling must begin prior to the athletes' return to competition. Failure to attend a session will result in the athlete becoming ineligible for competition until the requirement is met.
4. Game penalties that cannot be served and/or counseling not completed during the sport season will be carried over for completion in the next sports season in which the athlete participates.
5. The athlete must complete the sports season in good standing or the game penalties will be served by the athlete in the next sports season in which the athlete participates. Also, continued counseling may be required.
6. The athlete who is on alternate option for physical education shall have this privilege revoked immediately.
7. The parent or guardian will receive written notification from the Director of Athletics.

8. The parent or guardian may request an informal conference with the Director of Athletics.

NOTE: HOSTING OF DRINKING/DRUG PARTIES or PROVIDING ANY CONTROLLED SUBSTANCE - Student-athletes providing any controlled substance or hosting a party that provides alcohol, drugs, marijuana or other controlled substances shall be removed from participation in interscholastic athletics for one calendar year beginning on the date of the offense.

SECOND OFFENSE

If a second offense occurs during the probationary period of one calendar year, all provisions set forth in the first offense will apply. However, the games penalty will be increased according to the eligibility chart. In addition, a new probationary period of one calendar year will be assigned, beginning on the date of the second offense.

A second drug or alcohol-related offense as outlined on page 7-#7, the athlete shall be removed from participation in the interscholastic athletic program for one calendar year beginning on the date of the second offense.

THIRD OFFENSE

If a third offense occurs during the new probationary period, the athlete shall be removed from participation in interscholastic athletics for one calendar year beginning with the date of the third offense. A third drug or alcohol-related offense as outlined on page 7-#7, the athlete shall be removed from participation in the interscholastic athletic program for one calendar year beginning on the date of the third offense. An athlete who seeks professional help outside the school district on a consistent basis may request a reduction in the penalty by writing the Director of Athletics.

NOTE: All of the above conditions shall be applicable while enrolled in the Niskayuna School District.

SELF-REFERRAL

An athlete who requests assistance with a problem prior to any violation will be directed to assistance. He/she will not be removed from competition. A one-year probationary period becomes effective, and a future violation will be handled as a second offense.

ELIGIBILITY CHART

<u># SCHEDULED CONTESTS</u>	<u>FIRST OFFENSE</u>	<u>SECOND OFFENSE</u>
8	2	4
9	2	4
10	2	5
11	2	5
12	3	6
13	3	6
14	3	7
15	3	7
16	4	8
17	4	8
18	4	9
19	4	9
20	5	10
21	5	10
22	5	11
23	5	12
24	6	12

It should be noted that the circumstances of an incident may warrant immediate removal from the team if the coach and the administration believe that the offense committed by the athlete warrants such action.

APPEAL PROCEDURE: The student and/or parent/guardian have the right to appeal athletic penalties to the building principal.

NOTE: This policy is not intended to violate the sanctity of the home. What is done in the home with parental consent is clearly the responsibility of the parent/guardian.

HAZING/INITIATION CEREMONY

Coaches will not permit their athletes to stage (formally or informally) any type of initiation ceremony or hazing for athletes making their team for the first time or any time, at any level. We will not tolerate any athlete giving another athlete haircuts, shaving, locker/shower pranks, etc.

ATTENDANCE POLICY

Participation in an activity or sport is but one part of a student's educational program. It is understood that students will be present in school by homeroom in the high school or by 10 a.m. in the middle schools in order to participate in a practice, game or activity. Any student attending after homeroom for medical reasons, religious observances, court appearances or other legal reasons must have the absence substantiated by a phone call to the main office from the parent/guardian on the day of the lateness.

Athletes who have been suspended from school will not be permitted to participate in or practice for their sport from the time a suspension is assessed through the conclusion of the suspension period. This policy affects students who are suspended in school and out of school. In the case of assignment to detention, students will be expected to attend this assignment before reporting for a practice or contest. Note: Failure to serve after school detention or excessive absence from classes may result in loss of eligibility.

STUDENT ELIGIBILITY

According to NYSPHSAA Regulation, a student shall be eligible for interscholastic competition, provided he/she is a bona fide student in good standing of the school represented, taking four subjects including physical education. A student shall be eligible for four consecutive years upon entry into the ninth grade. A student shall be eligible for only four years in one sport unless advanced by the selection classification program.

The State sets regulations concerning daily attendance at practices and the minimum number of practices before being eligible for competition for each sport. Coaches will inform their athletes of these rules.

Dropping off a team: If you quit a team (after teams have been selected), you cannot go out for another team that season, unless permission is gained from the coaches and the Athletic Director.

Removal from the team: Once an athlete is selected on a team, a coach can remove an athlete from the team for a day. Removal from a team for multiple days or for the remainder of the season will be determined by the Athletic Committee.

MODIFIED PROGRAM PHILOSOPHY

This program is available to all students in the seventh, eighth and ninth grades between the ages of 12 to 15. A student reaching age 16 during a sports season may complete that season and must play freshmen, junior varsity or varsity the next sports season. Sport activities offered are determined by the existence of leagues, student interest, and the relationship to the high school program. At this level, the focus is on learning athletic skills and game rules, fundamentals of team play, socio-emotional growth, physiologically appropriate demands on the adolescent body, and healthy competition.

The modified program is designed to offer students the opportunity to engage in a more highly organized competitive experience than what is found in intramural/extramural programs but not as involved as those found in varsity and junior varsity interscholastic competition. It is expected that a competitive program such as this will not always guarantee each team member equal participation in contests. At the same time, each student who is eligible to play must play in each contest.

HIGH SCHOOL PROGRAM PHILOSOPHY

This program consists of freshman, junior varsity and varsity levels of competition and is available to all students in grades 9-12 until his/her nineteenth birthday. A student reaching age 19 on or after July 1 may continue to participate during the school year in all sports.

Each coach is responsible to select team members based upon their ability to contribute to the success of the team. Student-athletes will be placed at an appropriate level and must demonstrate high levels of proficiency in acquired sport specific skills, concepts and strategies. A coach needs to balance the number of athletes on the roster and establish an effective coach-athlete ratio that allows effective teaching and coaching.

The high school level provides an intense competitive experience with emphasis on developing student-athletes to reach their potential personally, academically and

athletically. Student-athletes will learn to manage their time to meet their academic commitment and deal with the demands of competition. In addition, student-athletes will learn and demonstrate through personal and team performance the ideals of sportsmanship, leadership, commitment, teamwork, academic responsibility, citizenship, self-discipline, pride, physical fitness and confidence. Each student-athlete will have an important role on the team whether he/she is the most accomplished athlete or is working hard in practice to become a more skilled player.

At this level of competition, the emphasis is on putting forth the best team with the goal of achieving a level of success. It is important to note that not all team members will play in contests. At the same time, more playing time will be experienced at the frosh and junior varsity levels, which serve as intermediate competitive levels between modified and varsity.

SELECTION CLASSIFICATION

Niskayuna participates in the New York State Education Department-approved program that can provide the opportunity for seventh and eighth grade students to participate on varsity, junior varsity, and freshmen teams. This program has been designed for the exceptional few in each school who would be served by playing on a higher level team than age and grade might indicate. It is expected there will be very few participating under this program. Information must be collected and evaluated by the Director of Athletics before a student may tryout for a team. Considerations that must be met include:

1. Parent permission
2. Medical examination and approval by the school physician with the developmental or maturity level determined by the school physician in accordance with established guidelines for the level of a particular sport.
3. The six-item athletic performance test must be administered by a physical education teacher selected by the Director of Athletics. The athlete must meet or exceed the criteria established for the level of participation desired. Students who do not meet the criteria during the test may have an opportunity to try one more time.
4. The individual's prior experience and skill level is judged on the demands of the sport at the level of play at which the student is endeavoring to qualify.

Note: See your physical education teacher for physical fitness criteria.

DURATION OF COMPETITION

A student shall be eligible for senior high school interscholastic competition in a sport during each of four consecutive seasons of such sport commencing with the student's entry into the ninth grade and prior to graduation. A student reaching the age of 19 before July 1 may not participate during that school year.

Transfer rule: A student transferring into the Niskayuna Central School District or from the District without a corresponding change of address could be in violation of the transfer rule. Violations may result in the forfeiture of athletic contests and risk a student's eligibility.

TRANSPORTATION

Students will be transported to and from athletic practices and contests in vehicles provided by the school district. There may be times when it may be necessary for a parent to pick up an athlete after a game. This should be cleared with the coach by the parent giving the coach a written note after the game when taking the student. Parents may transport their own son/daughter only. All squad members are expected to conduct themselves in a fashion that will ensure the safety of all passengers. All safety rules must be followed. All regulations are in effect during charter trips. *Note:* Student-athletes who attend practice/contests where the school district transports athletes one-way will need to make arrangements to get a ride home after the practice or contest. In this instance a student with a valid driver's license may drive.

PHYSICAL EXAMINATIONS

All students grades 7-12 who desire to participate in interscholastic athletics must receive an adequate physical examination or medical history update approved by the school physician. No student will be allowed to try out, practice or participate with any team without the required physical examination. There are NO EXCEPTIONS. Physical examinations are provided by the school district prior to each sports season free of charge. You may have your son/daughter examined by your family physician. The district medical form must be completed and returned directly to the school nurse. Failure to provide proof of a physical examination and turn in the proper health forms will prevent an athlete from participation at any level. Physical examinations are valid for the school calendar year. Students trying out for a fall sport are encouraged to get a physical examination during May or June instead of waiting for the make-up exams

administered in August.

Notes:

- Parents must completely fill out a medical sports update form and return it to the school nurse prior to the first practice each season.

- Parents must completely fill out the Athletic Card and Emergency Medical Authorization information specifically indicating emergency phone numbers. Parents are responsible for updating changes during the season.

- All injured athletes who have been seen by a physician must be released (signed statement) by that physician in order to resume participation with their team. This release must be filed with our school nurse prior to resuming practice or competition.

- In cases of a long term or severe injury, clearance by the school physician may also be necessary prior to the return of an athlete.

The parents' insurance coverage is primary, however, the remaining balance can be submitted to the school's accident insurance carrier. Inquiries should be directed to the school nurse in the building where the student attends.

In case of an injury requiring medical treatment by emergency personnel, athletes will be transported to the most appropriate location. Coaches will make the wishes of parents or guardians for the transportation of athletes to specific locations known to emergency personnel. The decision of where to transport injured students will be left to emergency personnel. The decision will be based on obtaining the most appropriate care for the student.

RISK FACTOR IN SPORTS

Participation in sports involves a certain degree of risk of injury. Such physical injury can occur in any type of sports activity and vary in nature and severity. Athletic injuries can run from minor injuries such as bruises and scrapes to more serious injuries such as fractures, dislocations, concussions, paralysis and even death. Before going out for the team, we want you to be aware of the risk so you will be better able to reduce your chances for injury. Preseason conditioning, learning proper skills and techniques, and knowledge of rules and safety factors will help you reduce your risk of injury.

SPORTS MEDICINE AND FITNESS TRAINING

Niskayuna Central Schools will provide athletic training care to students through out affiliation with The Center For Sports Medicine at Ellis Hospital. The certified athletic trainer is available Monday through Friday 3 p.m. to 5:30 p.m. and at a variety of athletic contests. The office is located in the high school across from the new gym. Changes in the schedule will be posted.

A fitness trainer is available in the Silver Warrior Fitness Center. The fitness trainer is available to develop individual and group fitness programs. A schedule of availability will be published prior to the school year.

INJURIES AND INSURANCE

A student athlete must be medically cleared to participate in physical education before returning to athletic participation. It is extremely important to report any injury to your coach immediately so the coach can submit an accident report. Medical expenses resulting from an injury must first be submitted to the athlete's own insurance carrier.

OUTSIDE TEAM RULE

The NYSPHSAA allows outside competition. Niskayuna athletes must understand that commitment to the school team for practice and games comes first, and outside participation should not be detrimental to an individual or to a Niskayuna team. There will be many circumstances where a student should not participate in an outside activity due to the possible effect on the team. Do not participate until you check with the individual coach involved with the school team.

NCAA INFORMATION

Any senior student-athlete planning to enroll in college as a freshman and who wants to participate in Division I or Division II athletics, must be certified by the NCAA Initial-Eligibility Clearinghouse. Applications may be obtained from: www.ncaaclearinghouse.net.

BOOSTERS CLUB

The Boosters Club is organized to boost and encourage interest in all athletic activities at the Niskayuna School District. Members strive to promote understanding and support for the athletic activities at Niskayuna among the membership, students, fac-

ulty, community, and especially among the student-athletes, parents and coaches. They seek to assist the program by working in conjunction with the Director of Athletics and the coaching staff. The club meets on the first Wednesday of the month at 7 p.m. in the high school old cafeteria.

ISSUING OF SCHOOL CLOTHING AND EQUIPMENT

It is the responsibility of the athlete to return to the coach all clothing and equipment issued. Failure to do this will result in an athlete paying for the missing articles. Athletes not paying for the missing articles will forfeit their right to try out for another sport, receive any additional athletic equipment or clothing and be ineligible for any awards until payment is received. A list of all violators will be sent to the Director of Athletics.

Lockers: It should be understood that the locker is the property of the school and the administration reserves the right to examine it and its contents at any time with reasonable cause. Each student is encouraged to make sure that the locker is kept securely locked at all times and to share the combination with no other student. The Niskayuna School District will not be responsible for lost or stolen items. The lockers will be cleaned out at the end of each season.

ATHLETIC AWARDS

A. Letter Award Qualifications:

A letter is not the right of each individual on a team, rather it is an honor that must be earned by the individual student-athlete.

1. The coach will set forth specific criteria outlining performance as a means of achieving a letter. The criteria will give meaning to the letter awards.

-A starter who is injured before he or she can complete the requirements shall be given consideration for receiving a letter.

-An athlete who does not complete the season in good standing shall not receive a letter or certificate, i.e. an athlete who quits the team, is removed for disciplinary reasons or for a training rule infraction.

-A senior, who has participated in the same sport for 4 years, shall receive a varsity letter in that sport regardless of the requirements, as long as he or she completes each season as a team member in good standing.

2. The coach will determine who will receive a letter.

B. General Requirements For All Awards:

CERTIFICATES: Varsity, Junior Varsity and Freshman certificates shall be awarded to all athletes who complete the season in good standing. The athlete must exhibit attributes befitting a hard-working, loyal team member throughout the entire season.

LETTERS: The same standards are applied to each level—Freshman, Junior Varsity and Varsity. One Letter only shall be awarded at each level. Sport pins will be issued for varsity awards earned in the first year and a service bar will be issued in subsequent years in the same sport. Any athlete who has earned 3 or more letters in the same sport shall receive a plaque in his or her senior year (must participate in their senior year). Any athlete who has earned 4 varsity letters or more during his or her junior and senior years shall also receive a plaque. The plaques are presented at the Boosters Club-sponsored award night for senior athletes.

Note: Situations needing special considerations shall be left up to the discretion of the coach after consultation with the Athletic Director.

C. Awards Banquets

Alcohol and alcoholic consumption by all persons at Niskayuna Central Athletic events and awards banquets are against school district policy. Whenever possible, banquets should be held in a facility where alcohol cannot be sold during the function and at no time can alcohol be available in the banquet room. Smoking or use of tobacco products is similarly prohibited.

DIRECTIONS TO SUBURBAN COUNCIL SCHOOLS

The majority of our Interscholastic Athletic programs are played within the Suburban Scholastic Council, although some sports play against schools from other leagues. Remember that all games are not played at our opponent's high schools.

Directions to Suburban Council Schools are available on the district Web site. Visit www.niskayunaschools.org and follow the "Athletics" link. Driving directions are listed on the right side of the Athletics home page.

SPORTS SCHEDULES AND CHANGES

All sports schedules are available online, including with last-minute cancellations and updates. Visit www.niskayunaschools.org and follow the "Athletics" link for access to current calendars.

Anyone can also automatically receive an e-mail or cellphone text message when sports schedules are changed, through HighSchoolSports.net. To sign up for this free service, visit the "Athletics" link of the district Web site and look for this graphic:



**NISKAYUNA CENTRAL INTERSCHOLASTIC
ATHLETICS
SPORTS AND LEVEL OF COMPETITION**

SPORT	M/F	VAR	JV	FR	MOD
<i>FALL</i>					
CHEERLEADING*	F	X	X		
CREW*	M	SF		SF	
CREW*	F	SF		SF	
CROSS COUNTRY	M	X	X	X	
CROSS COUNTRY	F	X	X	X	
FIELD HOCKEY	F	X	X		X
FOOTBALL	M	X	X	X	X
GOLF	M	X	X		
SOCCER	M	X	X	X	X
SOCCER	F	X	X	X	X
SWIMMING/DIVING	F	X			
TENNIS	F	X	X		
VOLLEYBALL	M	X	X		
VOLLEYBALL	F	X	X	X	

KEY

* - Not NYSPHSAA Sanctioned

SF - A BOOSTER-FUNDED PROGRAM

FR - OPEN TO 9TH GRADERS

MOD - OPEN TO 7TH, 8TH, 9TH GRADERS

SPORT	M/F	VAR	JV	FR	MOD
<i>WINTER</i>					
BASKETBALL	M	X	X	X	X
BASKETBALL	F	X	X	X	X
BOWLING	M	X	X		
BOWLING	F	X	X		
CHEERLEADING*	F	X	X		
ICE HOCKEY	M	SF			
SKI-ALPINE	M	X	X		
SKI-ALPINE	F	X	X		
SWIMMING/DIVING	M	X			X
TRACK-INDOOR	M	X		X	
TRACK-INDOOR	F	X		X	
WRESTLING	M	X	X		X
<i>SPRING</i>					
BASEBALL	M	X	X	X	X
CREW*	M	SF		SF	
CREW*	F	SF		SF	
LACROSSE	M	X	X		X
LACROSSE	F	X	X		X
SOFTBALL	F	X	X	X	X
TENNIS	M	X	X		
TRACK	M	X	X		
TRACK	F	X	X		

DIRECTORY

HIGH SCHOOL

1626 Balltown Road

Niskayuna, New York 12309

Main Office: 518-382-2511

P-E & Athletic Office: 518-382-2531 Ext. 4360

(Fax: 382-1964)

E-mail: lgillooley@niskyschools.org or cprimeau@niskyschools.org

IROQUOIS MIDDLE SCHOOL

2495 Rosendale Road

Niskayuna, New York 12309

518-377-2233

VAN ANTWERP MIDDLE SCHOOL

2253 Story Avenue

Niskayuna, New York 12309

518-370-1243

Superintendent	Dr. Kevin Baughman	377-4666
Assistant Superintendent	TBA	377-4666
Assistant Superintendent	Matthew Bourgeois	377-4666
Director of P-E & Athletics	Larry Gillooley	382-2511, Ext. 4360
Athletic Secretary	Cindi Primeau	382-2511, Ext. 4360
High School Principal	John Rickert	382-2511
High School Assoc. Principal	Shelley Baldwin-Nye	382-2511
Iroquois M.S. Principal	David Crandall	377-2233
Van Antwerp M.S. Principal	Luke Rakoczy	370-1243
Director of Transportation	Thomas O'Donnell	370-0160
High School Nurse	Eileen Johnson	382-2511, Ext. 4367
Iroquois M.S. Nurse	Jane Olsen	377-2019
Van Antwerp M.S. Nurse	Carol Werblin	370-4588

MEMBERSHIP

New York State Public High School Athletic Association

Section II, Class AA

Suburban Scholastic Council

SCHOOL NICKNAME: SILVER WARRIORS

SCHOOL COLORS: CARDINAL & SILVER

NISKAYUNA CENTRAL SCHOOLS ATHLETIC CARD

Athlete: Last Name _____ First Name _____

Address: _____

E-mail Address: _____

Sport _____ Level _____ Year of Grad. _____ Homeroom _____ Date of Birth _____

Parent/Guardian Name _____

Phone: Home _____ Work _____

If in Middle School: Iroquois Van Antwerp

7th Grade 8th Grade

Other Parent/Guardian Name _____

Phone: Home _____ Work _____

I have read the Parent/Athlete handbook and understand the guidelines, procedures, conduct, training rules and consequences. I understand that participating in athletic activities implies the risk of injury. I give my son/daughter _____ permission to participate. I have read and reviewed the rules and regulations with my son/daughter.

Parent/Guardian Signature _____ Date _____

I acknowledge that I have read the Parent/Athlete handbook and understand the guidelines, procedures, conduct, training rules and consequences. I agree to comply with the terms and conditions set forth in order that I may participate.

Athlete Signature _____ Date _____

The student has met the physical examination requirements approved by the school physician and is eligible to participate.

School Nurse Authorization _____

EMERGENCY MEDICAL AUTHORIZATION

PURPOSE: To enable parents and guardians to authorize emergency treatment for children who become ill or injured while under school supervision, when parents or guardians cannot be reached.

Family Physician _____

Phone _____

Family Dentist _____

Phone _____

CONSENT OF PARENT OR GUARDIAN FOR EMERGENCY TREATMENT: In the event that reasonable attempts to contact me have been unsuccessful, I hereby give my consent for the administration of any treatment deemed necessary by the above listed doctors or, in the event the designated preferred doctor is not available, by another licensed physician or dentist and to be transferred to: _____
_____ or any hospital reasonably accessible.

Signature

Date

THIS AUTHORIZATION DOES NOT COVER MAJOR SURGERY UNLESS THE MEDICAL OPINIONS OF TWO LICENSED PHYSICIANS OR DENTISTS, CONCURRING IN THE NECESSITY FOR SUCH SURGERY ARE OBTAINED PRIOR TO THE PERFORMANCE OF SUCH SURGERY. THIS AUTHORIZATION ALLOWS RELEASE OF PERTINENT MEDICAL INFORMATION TO COACHES AND ATHLETIC TRAINERS.

Facts concerning the child's medical history including allergies, medications being taken and any physical impairments to which a physician should be alert:

Signature

Date

Note: The school district is not responsible for contact lenses/glasses that are displaced or damaged.