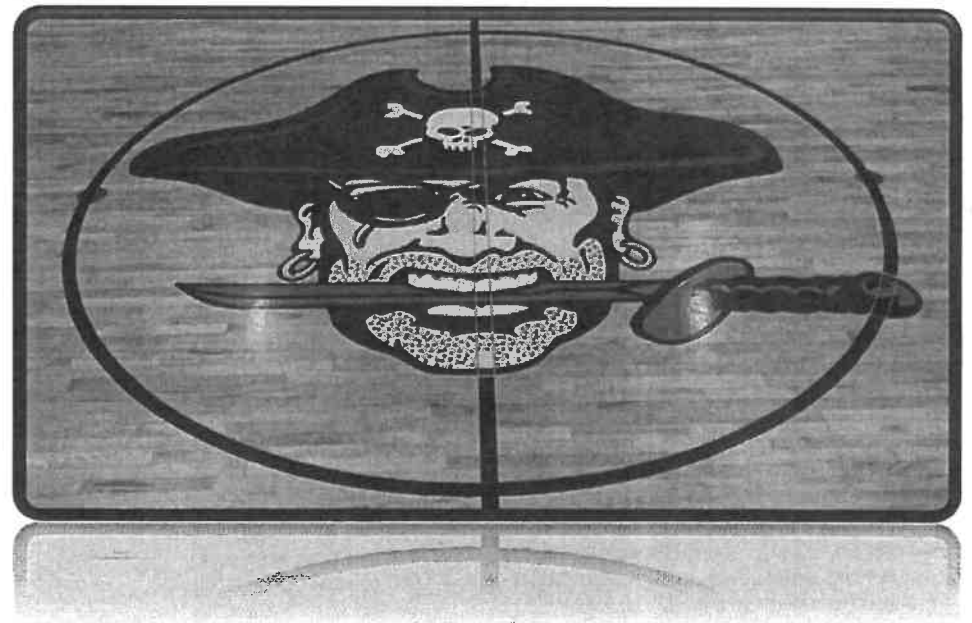


**Harrisville Central School District
Interscholastic Athletics
Grades 7-12
Athletic Handbook**

2026-2027



GO PIRATES!!!

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- Eat three meals a day as the body needs fuel.
- Eat plenty of fruit and vegetables.
- DRINK PLENTY OF WATER.
- Consume adequate amounts of calcium and iron.
- Eliminate sugary snacks between meals.
- Check your weight weekly. Be concerned with rapid gain or loss.
- Rest and relax for brief periods during the day (not during class).
- Tobacco, drugs, and alcohol will affect the performance of athletes.
- SMOKING REDUCES PHYSICAL EFFICIENCY.

- XI. Rest - It is extremely important that you get enough sleep. Budget your time and stick to your schedule. Studies have shown that the levels of metabolic enzymes in the structural muscles are greatly lowered when the body does not get enough sleep. This affects the muscle's ability to relax and as a result athletic efficiency suffers greatly. It is important to know that you cannot "catch up" on sleep. Sleeping all day Saturday will not make up for staying up until midnight every weeknight. Establish a bedtime and a wake-up time and stick with them. If you need extra sleep, go to bed a couple of hours early and wake up at your regular time. This way your body will be able to maintain its normal amount of deep sleep, the restful portion of your night.

10. Spectators should observe and obey the rules and regulations of the school concerning smoking, food and soft drink consumption, littering, use of lavatory facilities and parking of cars.
11. Spectators should respect and obey all school officials and supervisors at all athletic contests.
12. 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. Officials are the proper authorities to make decisions regarding rules and their interpretation; these decisions should be accepted. Spectators, student-athletes and coaches must recognize that their conduct plays an important role in establishing the reputation of their school and that their positive actions can relate directly to the success of their teams.

Remember - An athletic contest is only a game -not a matter of life and death for a player, coach, school, official, fan, or community.

VIII. **SECTION X ATHLETIC SCHEDULE** – visit the Harrisville Central School website under the Athletics" tab to view the Pirates' schedule.

- IX. **Athletic Award System** - Any athlete that is a member of the team at the completion of the season will receive an award.

Certificates-All participants will receive a certificate.

Large Letter "H"-Awarded to first-time letter winners in a Varsity sport

Metal Inserts-Given to all Varsity letter winners every time they letter

- X. **Nutrition** - Your car needs the benefit of good gas, oil and a battery in order to run correctly. Likewise, your body needs the correct "fuel" to perform. Foods differ greatly in the amount of energy they supply to the body. If you want to give yourself a quick start, check the food you eat regularly. Most authorities recommend that you maintain a balanced diet using the following groups daily:

- Leafy, green and yellow vegetables
- Dark bread and whole grain cereal
- Potatoes or other starches
- Dairy Products
- Meat, Fish and Poultry
- Citrus fruit and tomatoes
- Beans, peas or corn

A correct daily balance of these foods will greatly aid you in conditioning. You will need enough of the proper food (fuel) to produce the energy needed for practice or competition. Proper diet can also help prevent gastric disturbances or upset stomach.

- Eat broiled, boiled or baked food, NOT fried.

Welcome

Dear Student-Athlete, Parent-Guardian:

Welcome to the Harrisville Central School District Interscholastic Program. Congratulations! The choice that you made to join the "Pirate" athletic family is an excellent one.

Our entire community understands the importance of athletics developing the minds and bodies of our young. It is with great pride that we provide these programs for our children.

We are very proud of the many accomplishments that Harrisville has enjoyed in athletics in the past. We hope the future will be just as bright for our teams of the future. It is hoped that each team member will realize that he/she is representing their family, their school, and our community.

Everyone involved with athletics at Harrisville Central School works very hard to make our programs very productive and enjoyable for everyone. The intent of the athletic program is to create positive attitudes, self-discipline, cooperation and the enjoyment of reaching goals through teamwork.

To help students take advantage of our programs, this Athletic Handbook has been developed to help answer questions that might arise during the school year. Please call us with any questions/concerns regarding the Harrisville Central School District Athletic Program and/or this handbook at 315-543-2920.

Good Luck!

HCS Sports Programs

Boys Sports

- | | |
|--------------|-----------------------|
| • Soccer | Varsity, Modified |
| • eSports | Varsity |
| • Basketball | Varsity, JV, Modified |
| • Bowling | Varsity |
| • Baseball | Varsity, Modified |

Girls Sports

- | | |
|--------------|-----------------------|
| • Soccer | Varsity, Modified |
| • eSports | Varsity |
| • Basketball | Varsity, JV, Modified |
| • Bowling | Varsity |
| • Softball | Varsity, JV, Modified |

We have also established athletic merger agreements with Clifton-Fine CSD for girls' volleyball and golf. We also have mergers in place for boys' & girls' track & field with Gouverneur CSD.

Athletic Program Philosophy

Participation in interscholastic competitions is made available to students as an enhancement to the academic program of the school. Athletes, team managers, and cheerleaders are expected to represent their school in a positive and dignified manner and to maintain a full effort towards the completion of their studies. This athletic policy is designed to provide athletes with guidance and direction for standards of behavior. In addition to the guidelines provided here, coaches, with the approval of the administration,

may require other standards as are needed and appropriate for the sport and level of competition involved. These will be supplied to athletes by coaches prior to the start of the sport season. Playing athletics is a privilege extended to some students; and the school may remove this privilege and all other student privileges for five weeks as required to maintain order to insure the common good of all students.

Levels of Play

Modified

This level of play is primarily for 7th and 8th grade students. The size of the team may be determined by the Coach and Athletic Director. The purposes of the Modified programs are:

1. Sportsmanship promoted as a function of the athletic experience.
2. Teaching sport fundamentals and learning the game.
3. Participation being promoted with all athletes expecting playing time. Playing time may not necessarily be equal for all.
4. The experience of competing and exploration of the sport being more important at this level than winning the contest.

Junior Varsity

This level of play is primarily for students in grades 9 and 10. Teams may be limited in size as determined by the Coach and Athletic Director. The purposes of the JV programs are:

1. Sportsmanship promoted as a primary goal of the program.
2. An emphasis on individual and team development.
3. Participation based on competition for playing time. While adequate playing time for all is a goal, team members may not receive equal playing time.
4. An increased emphasis on winning.
5. Preparation of the athlete and the team for Varsity play.

Varsity

This level of play is primarily for students in grades 11 and 12. For those programs that do not have JV level teams, this level is primarily for grades 9-12. Teams may be limited in size as determined by the Coach and Athletic Director. The purposes of the Varsity programs are:

1. Sportsmanship displayed at all times.
2. Playing time that is earned, not guaranteed.
3. Winning as one of the goals.
4. Athletes showing a commitment to the team with teamwork expected. These athletes serve as role models for the younger athletes.

Athletes should recognize that competing is a privilege at Harrisville Central, and representing the school comes before representing your individuality.

Playing Time Philosophy

An often-controversial issue in athletics is the amount of time that each athlete is allowed to participate. Not all athletes possess the same skills, desire, and potential for success. Many factors determine the amount of playing time that an athlete gets during games. Some factors include (but are not limited to):

- 9) Set an example in word and deed both on and off the playing area. Remember that athletes assume a role of leadership and that they young emulate "their heroes".
- 10) As a representative of your school be well groomed both on and off the field, avoid improper behavior and take positive steps to initiate and lead on and off of the athletic area.
- 11) Place athletic competition in proper perspective. It represents only one part of the learning process and should not be pursued to the exclusion of everything else.
- 12) Remember that participation in athletics is a privilege that should not be abused by unsportsmanlike conduct.
- 13) Cooperate with officials.
- 14) Influence spectators by your good conduct.
- 15) Display a concern for an injured opponent and assist if the situation presents itself.

CODE OF BEHAVIOR FOR SPECTATORS OR FANS

1. Spectators are an important part of the game and should at all times 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 and wholesome cheering for one's own team is encouraged.
4. Booing, whistling, stamping of the feet, and disrespectful remarks should be avoided.
5. Horns, noisemakers and bells are discouraged . . . but if used with a cheer should be used at appropriate times (i.e., when time has been called by one team or the other and there is a complete stoppage in play).
6. Pep Bands, under the supervision of school personnel, may play when play is completely stopped. Pep bands MUST coordinate their playing with both school cheerleaders so that they are not performing simultaneously.
7. The throwing of debris, confetti (at indoor games only) or any object in the stands or on to the playing area will not be tolerated and that individual or group of individuals identified may be asked to leave.
8. During the free throw in basketball, court courtesies should be upheld.
9. Spectators should encourage each other to observe this Code of Ethics. Those who do not respond should be reported to the proper school authorities immediately.

CODE OF ETHICS

IT IS THE DUTY OF ALL CONCERNED WITH HIGH SCHOOL ATHLETICS:

- 1) To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
- 2) To eliminate all possibilities which tend to destroy the best values of the game.
- 3) To stress the values derived from playing the game fairly.
- 4) To show cordial courtesy to visiting teams and officials.
- 5) To establish a happy relationship between visitors and hosts.
- 6) To respect the integrity and judgment of the sports officials.
- 7) To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
- 8) To encourage leadership, use of initiative, and good judgment by the players on the team.
- 9) To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual players.
- 10) To 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 union.

From NYSPHSAA Handbook

CODE OF BEHAVIOR FOR PARTICIPANTS (TEAM OR INDIVIDUAL)

- 1) Conduct yourself as a lady or gentleman at all times.
- 2) Respect the integrity and judgment of the officials.
- 3) Understand and abide by the rules and regulations of the game.
- 4) Do not use crude or abusive language or gestures in dealing with opponents, officials or spectators.
- 5) Demonstrate self-control and respect for others at all times.
- 6) Accept victory with grace and defeat with dignity.
- 7) Deal with opponents with respect. They are the competition in a game, not the enemy.
- 8) Where possible shake hands with the opponents both before and after competition. Coaches should take the initiative. Show respect for your opponents and congratulate them for their performance.

- Skills as demonstrated in practice.
- Understanding of concepts, rules, and strategies as demonstrated in practice.
- Practice attendance.
- Practice effort.

- Attitude as demonstrated in practice.
- Physical condition.
- The quality of other players at a position.
- The ability to contribute to team success.

****Playing time is determined at the discretion of the coach based on the factors above.****

Before A Student Can Participate in HCS Athletics, S/He Must:

1. Sign up for the sport during physical education to be scheduled for a physical.
2. Students can have their personal physician conduct the physical as long as they are school approved. If a student will be using a personal physician; check the list of approved physicians with the nurse and pick up the form for the doctor to fill out and return.
3. Return the student medical authorization and green consent form, signed by parent and student.
4. Attend any preseason coach's meetings.
5. Attend the state required minimum amount of practices before the first contest.

...If A Transfer Student

Upon registering in the Guidance Office, you must first contact the Athletic Office and fill out the Transfer Request form and receive clearance before participating on any JV/Varsity athletic teams. Then follow the above steps 2-4.

N.Y.S.P.H.S.A.A. Student Eligibility

"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 9th grade."

At times, 7th and 8th graders are allowed to play in senior high school athletic competition. "Such pupils shall be eligible for competition during five consecutive seasons of sport commencing with the pupil's entry into the 8th grade or six consecutive seasons of a sport commencing with the pupil's entry into the 7th grade."

"A pupil shall be eligible for interschool competition in grades 9, 10, 11, and 12 until his/her 19th birthday. A pupil who attains the age of 19 years on or after July 1 may continue to participate during that school year in all sports."

Regulations of the Commissioner of Education, 135.4

Athletic Placement Process (APP)

The Athletic Department has adopted a NYS approved process for screening students to determine their readiness to compete in interscholastic athletic competition by evaluating their physical maturity, fitness, and skill.

The process is designed for mature and exceptionally skilled students to advance to an upper level, it is not designed to fill positions on teams, provide additional experience,

provide a place for middle school students when no modified program is offered, or as a reward for students.

- The head coach will contact the Athletic Director to discuss possible students.
- Permission letter will be sent to parents authorizing their child to be tested. Parent/Guardian signature is required and a physical form which must be filled out by a district approved physician. Please return the completed form to the Athletic Office ASAP.
- Coaches will fill out a skill evaluation to help determine appropriate level for the athlete.
- Students must attain certain physical fitness levels as stipulated below. Passing both the fitness exam and the physical exam does not guarantee a roster position, but only the opportunity to try out for a JV or Varsity sport.
- After successful completion of all requirements, the decision will be made by the coach and athletic director to determine if the athlete will move up.

EACH COACH MUST REVIEW THESE RULES WITH THE TEAM PRIOR TO THE START OF EACH SPORT SEASON.

Student-Athlete Requirements

Participation in interscholastic athletics at Harrisville Central is a privilege for an athlete. We are particularly interested in attitude, conduct and attendance. To ensure this goal, the following guidelines are a policy of this school district:

- I. **Attendance Policy** - All students are expected to be in attendance every day.
 - 1) A legal excuse must be provided for not attending school on the day of a game, for example, doctor appointment, DMV appointment, legal counsel, sickness, etc.
 - 2) Students must be in attendance ½ day (11:30) to participate in practice or games unless they have a legal excuse.
 - 3) Students will not be able to leave school without a legal excuse to be eligible to participate in practice or games.
- II. **Dress Code** - The District strongly suggests athletes represent the school in an appropriate manner with their dress and appearance.

Boys:	Dress pants or nice jeans, with no holes; colored shirts or sweaters.
Girls:	Appropriate length skirt, good jeans or dress pants with no holes; appropriate tops
Both:	No sweatpants, sweatshirts, t-shirts, hats, flip-flops.

***Note: This code is above the regular school dress code that must already be followed

General Expectations for All Student-Athletes

- 1) Missed practices may result in a player not participating in the next game.
- 2) Any coach who is using the gym or practice area has authority over that area for the scheduled practice period and directives or requests made by the coach over the use of these areas must be adhered to. Failure to comply may mean one-game suspension.
- 3) Athletes will enter the gym or practice area only at the appointed time and only with a coach present. When practice is over, athletes are expected to leave immediately.
- 4) The coaching staff is entitled to the respect of all athletes. Communication of disrespect to coaches may result in suspension or dismissal from the team.
- 5) All athletes and cheerleaders shall be expected to conduct themselves in an orderly manner in the locker rooms, gymnasium, and playing fields, both home and away. Such things as vandalism and any dangerous actions are strictly forbidden.
- 6) Students shall conduct themselves in an orderly manner on the team bus at all times. Any student conducting themselves in less than an orderly manner on the bus may be suspended or dismissed from the team as determined by the coach, Athletic Director, and High School Principal. The same rules apply to stops for refreshments.
- 7) All players and cheerleaders will ride the bus to away games. All players and cheerleaders will ride the bus back after the game unless their parents request that the student ride home with them. The coach is to ensure that the student's parents are present, and he/she is to ride home with them.
- 8) All student athletes shall be fully responsible for any and all equipment or clothing that is issued to them. Any equipment or clothing not returned shall be paid for by the student or parents. All equipment is to be handed in within one calendar week after the end of the season. Failure to comply will result in ineligibility for the next season until the obligation is fulfilled.
- 9) All team members will have a Bus Permission Form for Athletes in file in the office to be allowed to ride school transportation.
- 10) Transportation will be provided by school bus unless parent signs Transportation Release Form or office has been contacted and given permission for other party to transport a student.
- 11) Bus seating arrangements for all away games shall require separate seating for boys and girls. Coaches will have complete authority to arrange seating. Failure to comply may result in a one-game suspension.

Student's Rights - In order to protect the athlete's rights, the following procedures will be followed where suspension from the team for five days or less is punishment.

- 1) The athlete will be notified by the coach of reasons for the suspension.
- 2) Parents will be notified of the suspension.
- 3) The student has the right to an informal hearing with the High School Principal, and may at this time, present his/her side of the matter.
- 4) Final decision concerning the suspension rests with the High School Principal.

If the suspension is for more than five days, the following procedure is to be followed:

- 1) The athlete will be notified by the High School Principal of the reason for the suspension.
- 2) Parents of the athlete will be advised as to the reason and length of suspension/dismissal.
- 3) The athlete has a right to a hearing with the Superintendent of Schools with his/her parents. S/He has the right to present evidence on his/her behalf.
- 4) The final decision rests with the Superintendent of Schools.

This code will be implemented and enforced as administratively feasible.

Chain of Communication

From time to time during the course of an athletic career in school, parents and student-athletes have questions/concerns that need to be addressed.

- 1) The team coach is the best source of information. The student should first address their concerns directly with the coach.
- 2) If the athlete is not satisfied after speaking with the coach, the next step would be for the parent(s) to speak directly with the student's coach. Please schedule an appointment with the coach that is not before or after a practice or contest.

Please do not attempt to meet with a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. A 24 hour rule should apply in these situations. Wait 24 hours before addressing a concern with a coach. Meetings of this nature do not promote resolution, but embarrass all parties involved, especially the athlete.

The Next Step

If all is still not resolved, set up an appointment with the Athletic Director. The parent(s), coach, and Athletic Director will meet to discuss the problem

III. **Quitting of a Team** - If a student athlete decides to leave a team for any reason, he/she will:

- 1) Promptly notify the coach
- 2) Return all equipment and uniforms
- 3) Obtain a release from the coach indicating that requirements above have been satisfied to be eligible to play next sport; and
- 4) If a player decides to quit during a contest, the actual action should be done at the end of the contest in a courteous manner with the coach. Failure to comply with this may result in the student's ineligibility for participation in the next sport at the discretion of the coach, Athletic Director, and High School Principal.

IV. **Care of Equipment and Uniforms**: - All equipment should be cared for as if it were the athlete's personal property. All equipment issued by the school will be the responsibility of the individual athlete. Any equipment not returned or misused at the end of the season must be paid for or replaced by the student.

V. **Athletic Substance Abuse** - We recognize that drugs, tobacco and alcohol are illegal substances for under-age individuals. Use, possession of, or being issued a court appearance ticket related to a drug or alcohol offense will cause the following consequences:

A. First Offense

- 1) Two-Game Suspension - This suspension must be fulfilled before another athletic contest can be participated in. The suspension may carry over into the next sport season of participation.
- 2) Counseling - The athlete shall receive mandatory counseling.
- 3) Completion of the relevant NFHS Student-Athlete Course - **Student Performance - Alcohol, Marijuana and Vaping**
- 4) Practice - The athlete is expected to participate in all practices.
- 5) Games - During the suspension, the athlete is expected to attend all contests with the team, sit on the bench, but not dress in uniform.
- 6) Loss of Privileges - The athlete will lose school privileges for five weeks.
- 7) Upon suspension, parents will be notified in writing outlining the offense and punishments.

B. Second Offense

- 1) The athlete will be dismissed from all athletic events for the remainder of the school year, and the athlete must receive and complete an extensive counseling service before becoming eligible again.
- 2) Loss of Privileges – The athlete will have no school privileges.
- 3) Upon dismissal, parents will be notified in writing outlining the offense and punishments

A suspension means to be ineligible to play in a league, non-league or tournament game. Scrimmages do not count toward suspension.

VI. Vandalism/Stealing - If a student athlete is found guilty of committing vandalism or theft, that student will pay restitution for the act and then consequences will follow the consumption/possession policy for 1st, 2nd, and 3rd offense.

VII. Hazing - Hazing in any form is strictly forbidden by the Harrisville Central School District. No student shall conspire to engage in hazing, participate in hazing, or commit any act that causes or is likely to cause bodily danger, physical harm, personal degradation or disgrace resulting in physical or mental harm to any fellow student or other person. Persons violating this policy shall be subject to district discipline and immediate dismissal from the Interscholastic Athletics Program.

Student Athletic Academic Performance

Any student participating in an extra-curricular activity is expected to maintain a passing grade in all classes. However, this is not always the case. Grades will be checked with the 5-Week and 10-Week reports and if a student is failing one (1) or two (2) classes, they will be expected to follow the established protocols listed below to help get their grades up to passing. If a student is failing three (3) or more classes at the 5 or 10-Week Grade Checks, they are **IMMEDIATELY** ineligible to participate until the next Grade Check. The protocols are listed below:

A Student Who is Failing One (1) Class – Academic Monitoring

A student who is failing one (1) course will be placed on Academic Monitoring. Students will be able to practice and play without any limitations. They will be expected to attend Academic Assistance from 3:00 p.m. – 4:30 p.m. once per week and have their Weekly Progress Sheet signed off by the supervising instructor at Academic Assistance. Failure to attend Academic Assistance and/or submit the Weekly Progress Sheet to the Athletic Director before 3:00 p.m. on Friday will result in a one game suspension. Academic Monitoring will be followed until the next 5 Week Grade Check.

A Student Who is Failing Two (2) Classes – Academic Probation

A student who is failing two (2) courses will be placed on Academic Probation for two (2) weeks. Students will be able to practice and play without any limitations during this 2 week probationary period. They will be expected to attend Academic Assistance from 3:00 p.m. – 4:30 p.m. twice per week and have their Weekly Progress Sheet signed off by the supervising instructor at Academic Assistance each time. Failure to attend Academic Assistance and/or submit the Weekly Progress Sheet to the Athletic Director before 3:00 p.m. on Friday will result in a one game suspension per skipped assigned Academic Assistance day (i.e. 1 Day = 1 Game / 2 Days = 2 Games). If after two (2) weeks of Academic Probation, the student is still failing two or more courses, they will become Academically Ineligible until the next 5 or 10-Week Grade Check.

A Student Who is Failing Three (3+) – Academically Ineligible

A student who is failing three (3) or more courses will be placed on the Academically Ineligible list. Students will not be able to practice or play until the next 5 or 10-Week Grade Check

Academic Assistance – Monday – Thursday each week

Academic Assistance is program after school from 3:00 – 4:30 p.m. where students can get extra help from their peers, staff, etc. This also includes making up projects, quizzes, tests, etc. in order to raise their course grades. It is open to all students but will be required to all students participating in extracurricular activities and may be struggling in a given course.

End of the Year --- Fall Sports

At the beginning of the year students who failed one or two classes in June will be put into the academic monitoring system. If a student attended summer school and was able to pass a course then the June course failure no longer applies to them.

Appeal Process

During the year, if a situation arises where a student and/or parent feel an appeal to this policy is necessary, they may file in writing, to the high school principal, the reason for the appeal and the circumstances around the need. The student and parent will then meet with the high school principal and superintendent to discuss the need for the appeal. A decision will be made at the completion of this meeting by the high school principal and superintendent of schools.

Detention - Athletes that are on detention must serve detention at their assigned time and then may be allowed to practice or play in the contest if the coach desires.