

Fort Ann Central School Physical Education Plan

Fort Ann Central School District Fort Ann, New York District ID # 640502040000 Completed:
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PHYSICAL EDUCATION PLAN

TABLE OF CONTENTS

I. School District Demographics:	1
II. Physical Education Plan	
A. Program Goals	1
B. Required Instruction:	1-2
C. Curriculum Design:	3-4
D. Adaptive Physical Education	4
E. Attendance Policy	4
F. Grading Policy.	4-6
G. Physical Education & Mental Health.	6
H. Personnel	7
I. Facilities.	7-8
J. Administrative Procedures.	8-9
III. Athletics	9-29
IV. Appendices	
A. Elementary PE Classroom Exercises	30-34
B. Record of Daily Activities	35-36
C. Curriculum Scope and Sequence	37-44
D. Sports and Athletic Program Policy:.	45-46
E. Concussion Management Policy.	47-48
F. Coaching Evaluation.	46
G. Athlete Emergency Card.	50
H. Disqualification Report:.	51
I. Student/Parent Athletic Handbook:.	52-59
J. Coaching Expectations.	60-62

Fort Ann Central School District Physical Education Plan

I. School District Demographics

Fort Ann Central School District is located in Washington County in the state of New York. As listed in the 2017-2018 District's Profile of The New York State District Report Card, the current enrollment is 448 students. Fifty-four percent of the student population is eligible for free or reduced lunch. Ninety-four percent of the student body identifies as "white," 4% identifies as Hispanic or Latino, 1% identifies as "Asian or Native Hawaiian/Other Pacific Islander, 1% identifies as Black or African American, and 0% identifies as "multiracial". The annual attendance rate is 96%.

II. Physical Education Plan

A. Program Goals and Objectives:

The Fort Ann Central School District has developed a comprehensive physical education program for all students in grades K-12 as mandated by the Commissioner of Education's regulation part 135.4. This plan is kept on file at the district office as well as the office of the Director of Athletics. It will be reviewed and updated periodically and submitted to NYSED every 5-7 years per the guidelines.

The Fort Ann Central School District has developed and maintained a continuous and comprehensive program in physical education at both the elementary and secondary levels. The goals of the Fort Ann physical education program are to provide an environment:

- Which fosters lifelong physical fitness
- Promotes self-esteem and positive decision making
- Increases awareness of health and safety risk factors

The Fort Ann CSD physical education program is continuously evaluated and designed to meet the needs of individual students. The curriculum is guided by NYS Physical Education Learning Standards. Specifically, the curriculum is designed to:

- Promote physical activity and the attainment of physical fitness, and a desire to maintain physical fitness throughout life.
- Help students attain competency in the management of the body and useful physical skills.
- Emphasize safety.
- Motivate expression and communication.
- Promote group and individual learning.
- Promote knowledge and appreciation of physical education activities.
- Make each student aware of the effects of physical activity upon the body.
- Provide opportunities to exercise initiative, leadership and responsibility.
- Reinforce basic knowledge of other disciplines' curriculum.

B. Required Instruction: Grades K-12

Students in grades K-5 operate on a 6 day cycle that requires them to attend PE every other day for at least

40 minutes per session. This averages approximately 100 minutes per week for the school year.

- Per the NYS Commissioner's Regulations, all pupils in grades **K-5** shall participate in the physical education program on a daily basis. In order to satisfy the daily requirement for K-3, classroom

Teachers, under the direction and supervision of the PE teacher(s), provide cognitive and affective physical education activities within their curriculum throughout the course of the day.

- The classroom teachers receive in-service training of integrated activities at monthly faculty meetings. A daily record is maintained by the classroom teacher to monitor physical activity and verified monthly by the athletic director. Records of Daily Activities are housed in the elementary office.

- Please see the following appendices for additional information:

[Appendix A- Small Space Activities](#) [Appendix B – Record of Daily Activities](#)

- Students in grades 6-12 operate on a 6 day cycle that requires them to attend PE every other day for at least 40 minutes per session. This averages approximately 100 minutes per week for the school year, thereby exceeding the required instruction time for this level.

C. Curriculum Design/Required Instruction

The Fort Ann CSD follows the SPARK Physical Education program to enhance the curriculum. SPARK is a research based program that strives to improve the health of children and adolescents by disseminating evidence-based physical activity for K- 12th grade students. The Fort Ann CSD curriculum provides a variety of activities/experiences that are sequential, outcomes based, that address rules, regulations, goals, objectives and/or needs of the students:

1. Basic and creative movement
2. Rhythm and dance
3. Games
4. Perceptual motor skills
5. Individual and team sports
6. Lifetime sports
7. Outdoor living-orienteeing
8. Nutrition/strength conditioning
9. A personal physical education profile portfolio designed using the Fitness Gram
10. Mental Health awareness and education.

Opportunities are provided for participation in appropriate extra-curricular activities, for example: Fun Run, Rockwall Climbing, Volleyball Tournament, and Hiking. Additionally, Fort Ann's physical education staff members are adept at meeting the needs of students who are temporarily or permanently unable to participate in regular physical education classes.

Curriculum Map

- a. Elementary – [Appendix C](#) – SPARK Scope and Seq. and [Appendix J](#) – Limited Space
- b. Middle/Junior High – [Appendix C](#) – SPARK Scope and Sequence
- c. Senior High – [Appendix C](#) – SPARK Scope and Sequence
- d. Electives- Fort Ann CSD does not offer PE electives for course credit
- e. Federal Law - All physical education are classes coed taught and in compliance with Title IX

Mandates

D. Adapted Physical Education:

Special Education students and students in need of Adaptive Physical Education are integrated into the regular physical education program per the student's IEP with necessary modifications and through the use of student 1:1 aides as appropriate. Support services can include, but are not limited to: redirection, focus on task, and facilitate social interactions.

E. Attendance Policy

1. All elementary and secondary students are required to participate in Physical Education classes. Those students unable to participate in the regular program may receive alternate forms of Physical Education.
2. An injury or condition that takes a student out of class for more than two days requires a note from a medical professional. Daily excuses will be evaluated by the PE staff and school nurse. Requests for long-term modifications in Physical Education must be made by a physician stating the nature of the injury/illness and appropriate recommendations.
3. Students must earn units of credits in PE by successfully achieving the goals and objectives of the PE program. Regular and active participation is required of all students.
4. Students consistently absent or not participating may be placed in an alternate PE program.
5. Students who wish to make up individual days of classes that have been missed because of legal absences may make up the days individually arranged with their PE teacher.

F. Grading Policy –

1. In grades K-5 students are graded according to a 4 point rubric, based on the three NYS Physical Education Standards. The demonstration of understanding skills and concepts and participating with effort, cooperating and following directions.

Students at this level are not expected to change but are expected to:

- Dress in comfortable clothing and appropriate footwear..
- Actively participate in all Physical Education activities.

2. Students in grades 6-12 are expected to:

- Dress in athletic clothing that meets the dress code for class. The clothes worn during PE activities must be different from what the student wore to school and students are required to change back after class.
- Wear tennis shoes or sneakers.
- Students are to actively participate to the best of their abilities in Physical Education class.
- Display appropriate behaviors during Physical Education activities.

4. Rubrics for Grades 6-12:

Students will be graded daily on a 10 point rubric based on the NYS Physical Education Standards. Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.

9-10 Points

Demonstrates highly active participation, self-motivated. Demonstrates and models positive behavior and attitude. Demonstrates active engagement in skill and fitness development during class. Demonstrates the ability to evaluate and assess strategies and rules associated with the game/activity.

7-8 Points

Demonstrates active participation in class activity, needs no encouragement. Demonstrates appropriate positive behavior and attitude. Demonstrates and understands the need for active skill acquisition and fitness development. Demonstrates an understanding of rules and can apply them to the game/activity.

5-6 Points

Demonstrates some participation in class with encouragement. Demonstrates appropriate behavior or attitude. Demonstrates some willingness and effort to improve skills and fitness. Demonstrates an understanding of the rules and the ability to follow some of them in the game/activity.

3-4 Points

Demonstrates engagement in activity for only a short period of time and/or needs frequent encouragement to engage in activity. Demonstrates appropriate behavior or attitude on an inconsistent basis. Demonstrates limited willingness to engage in skill and fitness development. Demonstrates limited understanding of the rules of the game/activity.

1-2 Points

Demonstrates little or no participation despite encouragement. Demonstrates poor behavior and attitude, disrupts class. Demonstrates no willingness to improve skills or fitness level. Demonstrates little or no knowledge of the rules of the game/activity.

0 Points

Student is in class but unprepared, the student is absent from class due to illness or school field trip. Class may be made up within 10 days of absence. If students cannot make up class, a written assignment may be provided as an alternative. If Student is absent from class for unexcused reason or cutting violation. No

makeup is possible; daily points are forfeited.

Students who are on “medical limited participation” must appear for class. A physician is required by NYS Education Law to indicate the areas in which a student may participate.

Preparation:

Students are expected to bring proper Physical Education attire to every class.

This includes:

- Athletic style shorts or sweatpants
- A full size t –shirt, or sweatshirt not worn to school
- Athletic sneakers with non-marking soles

Attire that is not allowed:

- Hats/Bandanas
- Jewelry (necklaces, bracelets, piercing, etc.)
- Sandals
- Dress style shoes

Participation:

Students are expected to:

- Actively participate
- Participate in a safe manner
- Follow rules, expectations and listen to directions
- Be respectful of self and others

G. Physical Education & Mental Health

Physical Education (PE) is a required subject for all students in grades K-12 in NYS and is directly connected to mental health, emotional health and overall well-being. PE teaches students how to achieve and maintain a lifelong commitment to physical activity, fitness and positive mental health and fosters participation and enjoyment of physical activity for health, challenge, self-expression and social interaction.

Practices known to promote physical health also benefit overall wellness, as mental and physical health cannot be separated. Forming these positive habits and routines early can make a substantial contribution to one’s wellness account. Moderate amounts of physical exercise can increase mood and self-esteem. Exercise may also act as a buffer against toxic stress, such as that created by family conflict, by releasing endorphins and other chemicals in the brain known to benefit mood.

A quality physical education program focuses on the following:

- Decreases in obesity and chronic illnesses;
- Reduction of stress and anxiety;
- Instills self-confidence and self-esteem;
- Promotion of assertiveness, independence, and self-control; and
- Encourages healthier eating habits through proper nutrition.

H. Personnel

The Fort Ann Central School District's Director of Athletics is Jason Humiston. Mr. Humiston is a certified physical education. In addition, Mr. Humiston serves as a K-12 physical education teacher. Mrs. Lesley Conway and Mr. Michael Oleynek are both certified physical education teachers serving K-12. All teacher certifications are on file.

In grades K-5, we utilize certified elementary teachers to assist in the minutes of instruction guidelines as previously described. These classroom teachers who are assisting in meeting the minimum requirements for instruction are given assistance in terms of professional development and constant supervision from the building's PE teacher. The PE teacher and classroom teacher coordinate activities by utilizing the SPARK small space curriculum. The classroom teachers are required to document the activity and the time spent on each activity to verify the required time to meet the mandate. The district has accumulated a directory of idea lessons for each grade level with input from the PE teacher and classroom teacher.

The Fort Ann School District meets the required minutes of instruction for students in grades 6-12 through scheduled physical education classes.

I. Facilities

The following facilities are used in the Fort Ann Central School District Physical Education program:

School owned facilities:

Building Facility Use Fort Ann Central School

2 Gymnasiums Physical Education

1 Fitness Center

Interscholastic Athletics

2 Locker Rooms

Community

2 Physical Education Offices Two storage closets

1 Uniform closet

- 2 Soccer fields
- 1 Baseball field
- 1 Softball field
- 1 multi-purpose field
- 2 playgrounds
- 1 K-12 cafeteria with bathroom access

All district owned facilities are available for community use. The use of the facilities is governed by the Fort Ann Central School Board of Education Policy-3280: School Facilities.

During the school year and summer months, the facilities are available to the Fort Ann Youth League, Fort Ann Town Summer Recreation Program, and the Booster Club. The Youth League offers programs in soccer, basketball, and softball throughout the year. The Summer Recreation Program provides activities such as adventure trips, swimming lessons, and hiking.

J. Administrative Procedures/Policies

a. Physicals:

Each student enrolled in the District must have a satisfactory health examination conducted by the student's medical provider within twelve months prior to the commencement of the school year. ([Appendix D – Policy #7420](#))

b. Fitness Testing:

The Fort Ann Central School District utilizes the Fitnessgram Assessment program in grades 6-12. This program assesses the student's strength, cardiovascular condition, Body Mass Index and body fat percentage. Formative assessments address areas of motor skills, cognitive applications, attitude toward fitness and wellness, safety and participation.

c. Class Size and Grouping:

Fort Ann Central School District complies with recommendations from the U.S. Department of Education's Office for Civil Rights (OCR) regarding Title IX equal opportunity for males and females in the District's total athletic program. Physical education classes participate in co-educational activities throughout the district, with male and female teachers at the middle and high school levels. Class sizing is determined by administration based on best practice and research and to provide maximum effectiveness. In general, the average class size is 25 students. ([Appendix D- Policy #7420](#))

d. Use of Non-School Facilities:

Fort Ann Central School utilizes Hudson Falls/Fort Edward Bowling Lanes, Up Yonda Farm, Moreau State Park, and Camp Chingachgook to supplement the PE program.

e. Supplementary Personnel Teacher aides are provided in PE class only as necessitated by a student's IEP.

f. Safety Practices/Policies Students are expected to:

- Dress in shorts, sweatpants, sweat shirt or T shirt for activities. Students in grades 6-12 must change back to school attire after the completion of the activity. K-5 is not expected to change clothing. Students are required to remove all jewelry before participating in activities.

- Wear sneakers or tennis shoes

- Display appropriate behaviors and sportsmanship.

- PE teachers are responsible for the safe storing and inspection of any equipment used for the activity.

- PE consults with the Director of Facilities and Grounds to determine condition/safety of fields.

g. Summer School Program: At this time, the Fort Ann Central School does not offer a summer physical education program. Students who have failed a required year of physical education may be allowed to take two PE courses the following year to earn credit for the failed course as well as continue to earn physical education credits required for graduation.

h. Alternative Physical Education At the discretion of the Fort Ann Central School District, alternative out-of-school physical education may be allowed. The District offers a PE online program through

III. Athletics

District Philosophy:

The District believes that at all levels of competition, sportsmanship and working as a team should be the foundation of the program and emphasized throughout the sport.

At the elementary and modified levels, developing enjoyment of the sport and building a passion are key. As such, all students should play equally and as much as possible, however, attendance, effort and attitude at practices and games may enter into the amount of individual playing time. Skill building should be progressive.

At the modified level, while all students should continue to have significant play time, there should begin to be some transition to earning game time. All students should have at least one year on a modified team before being considered for selective placement to a varsity level. (This requirement may be waived for exceptionally talented students who are in strong academic standing with the approval of the sport specific coach, Athletic Director, Principal and parent and who have passed the Athletic Placement Process (APP) test.

At the JV level, playing time is earned and is more competitive. Participation is encouraged, but skills and ability are a consideration in playing time.

At the Varsity level, the team is playing to win. Playing time is earned with skills and ability being a main driver.

a. Intramural Intramurals, as available, are for all students regardless of ability. Depending on the activity it can be separated into levels by grades.

b. Extramural/Club Sports The Fort Ann Central School District does not currently participate

in extramural sports.

c. Interscholastic Athletics Interscholastic athletics are for those students who sign up, try out and make a team. Below you will find the board policies or procedures related to athletics.

A. Interscholastic Athletic Principles

To Be of Maximum Effectiveness, The Athletic Program Will:

1. Be a well-coordinated part of the secondary school curriculum.
2. Be based on the spirit of amateurism.
3. Be conducted by secondary school authorities.
4. Provide opportunities for many students to participate in a wide variety of sports in every sport season.
5. Foster training in conduct, game ethics, and sportsmanship for participants and spectators.
6. Include a well-balanced program of intramural sports.
7. Engender respect for local, state, and national rules and policies under which the school program is governed.

We Believe That It Is The Duty Of Everyone Concerned With School Athletics To:

1. Stress the values derived from fair play.
2. Show respect for the integrity and judgment calls of officials.
3. Recognize that the purpose of athletics is to promote the physical, moral, social, and emotional well-being of the individual participants.
4. Become familiar with the rules of the game and the school's standards for eligibility.
5. View an athletic contest in perspective, as a game rather than a "do or die" effort.
6. Downplay those possibilities, which tend to lessen the highest values of the game.
7. Stress the highest ideals of ethical conduct, sportsmanship, and fair play.
8. Show courtesy and respect to all visiting teams and officials.
9. Encourage the development of leadership, initiative, and good judgment in all team members.
10. Establish a cordial and friendly relationship between the host team and visiting team

B. Athletic Placement Process (APP)– (Appendix D- Policy #7420)

<https://www.p12.nysed.gov/sss/documents/AthleticPlacementProcess12-11-17FINALRevised.pdf>

The Athletic Placement Process is a procedure authorized by the State Education Department and approved by the Fort Ann Schools Board of Education. It is a process by which exceptional seventh or eighth grade students are permitted up to two/one year of additional athletic eligibility playing on freshman, junior varsity, or varsity teams.

It is not a process to fill out rosters, to create a junior high feeder program, or to give a younger player a “chance” to play on a higher level team. It is for the genuinely gifted, physically mature athlete.

Implementation Procedures

Students, teachers, coaches, or parents/guardians may request the Director of Physical Education/Athletics to process a student through the Selection/Classification screening procedure. Students will not be exposed to the screening procedure without a specific request.

If a student in grade 7 or 8 has reached the chronological age of 15 years old prior to September 1, they are eligible to participate in high school athletic teams without being processed through the Selection/Classification screening procedure. Only medical approval by the school district physician is required. The reason that these students are eligible for the high school teams is that they are already at an advanced age and will lose some of their four years of high school eligibility due to being over age if not allowed eligibility.

If a student has been processed through the Selection/Classification screening procedure and participated in the 7th grade, the process would not have to be repeated in the 8th grade as long as they remain at the same level of athletic competition in the same sport category. If the student changes levels or sports, the Selection/Classification screening procedure must be repeated to meet the specific athletic performance and developmental standards.

If a student fails to meet one or more of the athletic performance standards related to the Selection/Classification screening process, he/she may be retested as many times as is appropriate for a specific item or items. If there is a sound basis for a special approval, it can be requested from the State Education Department.

In conclusion, the Director of Physical Education/Athletics ensures compliance with the Selection/Classification regulations. Working in this capacity, the Director of Physical Education/Athletics is required to implement the following required procedural phases:

Phase 1 Confirm that the school district has approved a resolution to allow students to participate in the Selection/Classification model program. If no such resolution exists, proper steps should be taken to ensure that this first requirement is accomplished.

Phase 2 Convene a committee, similar to the mixed competition panel, to perform a pre-evaluation assessment of the student to determine if the student has the potential to successfully participate at a higher level of athletic competition.

Phase 3 Process a student through the Selection/Classification procedures

when requested by the student, recommended by a coach or physical education teacher, or suggested by the director of physical education/athletics. All students who are to be screened for the program must first obtain parental permission and then start with the school physician. Athletic performance testing may be done only after the school physician gives Selection/Classification approval.

Phase 4 Send letters and forms to the individuals involved in the

Selection/Classification process as follows:

a) Parents – The screening procedure must not begin until the Director

of Physical Education/Athletics has received parental permission.

b) Health and Development Rating by the School Physician – Care must be taken to familiarize the school physician with the Selection/Classification model program and its purpose. It should be emphasized that the screening process to determine the developmental rating of each candidate be as inconspicuous and discreet as possible.

c) Sport Skill Evaluation by the Coach – The coach must understand the intent and purpose of the program and he/she must place the student's welfare above all else.

d) Performance Testing - The performance test must be administered by a physical educator who is not the coach of the team for which the student is being evaluated.

e) Special Approval Request – If a student is unable to achieve all of the athletic performance testing requirements, the Director of Physical Education/Athletics may request special approval from the State Education Department.

Phase 5 When final approval related to all procedural requirements of

Selection/Classification has been granted to the student, he/she may now participate in the tryout period associated with the higher level of specific athletic competition. Additionally, all New York State Public High School Athletic Association (NYSPHSAA) Tryout Regulations in the NYSPHSAA Handbook must be followed.

Phase 6 Mail notices to all schools' Director of Physical Education/Athletics and section officials announcing the students approved to participate in Selection/Classification and listing their athletic performance scores. Mail a letter to the parents of the child explaining the outcome of the screening procedure and outlining the eligibility limitations for their child.

Phase 7 The Director of Physical Education/Athletics must maintain a

permanent Selection/Classification record for each student who qualifies. This record is to remain on file in the director's office.

C. Athletics Policies

a. Hiring policy

1. Candidates interested in a coaching position with the Fort Ann Central School contact

the Athletic Director. If a position is available, the Athletic Director will screen and recommend an appropriate candidate(s) for that position to the Board of Education.

The Board of Education will review the candidate's qualifications and either approve or reject the recommendation.

b. Annual Procedures/Policies

Prior to the opening of each sports season and on a continuing basis:

1. Each coach shall receive and review the regulations governing athletics as they appear in the current handbook of the NYSPHSAA as well as relevant District Policies. Copies will be available from the Director of Athletics.
2. Each Head Coach shall direct and coordinate the coaching program in their specialty at all levels (Varsity, Junior Varsity, and/or Modified Teams) following the varsity pattern of play.
3. Each Head Coach shall schedule and conduct meetings of his staff for organization, coordinate coaching plans on all team levels, scouting assignments and reports and provide the Director of Athletics with such information.
4. Each Head Coach shall announce practice times well in advance of the first practice and so advise the Director of Athletics. This first announcement will be followed up with current notices. Facility usage must be scheduled through the Director of Athletics.
5. Each Head Coach shall notify the Director of Athletics and the School Nurse Teacher and/or Health Office staff at least three (3) weeks prior to the first practice in order to schedule the physical examinations with the School Physician.

All students participating in interscholastic athletics should have the required physical examination by the School Physician. Only those students who pass the physical examination will be allowed to participate. The coach shall ensure the student has successfully completed his/her physical before allowing the student to practice.

6. Each Head Coach will prepare a list of boys and girls who will need the physical examination and give this to the School Nurse Teacher and/or Health Office staff with a copy to the Director of Athletics in order to give adequate time to prepare record cards and schedule physical examinations.
7. The School Nurse Teacher and/or Health Office staff will prepare a list of all boys and girls who have successfully completed the physical examination and have this list in the hands of the Head Coach, Principal and Director of Athletics before the first scheduled practice. The School Nurse Teacher and/or Health office staff will make additions to this list as they occur and send copies to the staff members who received the original list. Any recommendations to the Head Coach from the School Physician will be included in this list and a student should not be allowed to participate until his/her name appears on the list.
8. Head Coaches will inventory all equipment for their sport before any of it is issued. A copy must be given to the Principal and Director of Athletics.
9. Each Coach will report unsafe equipment in writing to the Head Coach with a copy to the Director of Athletics and prohibit the use of it until it is repaired or replaced.

Sports Season – First Meeting with Squad:

1. The Head Coach will explain accident and insurance procedures when the squad first reports.
2. All coaches will give special attention to proper fitting of equipment. Be sure that all protective equipment issued is worn by the players.

Sports Season – General Responsibility of Coaches:

1. Coaches will be thoroughly competent in first aid procedures.
2. The coach will inform the players that they must travel to and from all interschool contests in district owned vehicles. Upon presentation of a written release from the parent/guardian a student athlete can be released to the parent/guardian at the conclusion of the away contest.
3. A coach shall accompany each team to and from athletic contests. Any deviation from this procedure must be cleared ahead of time with the Director of Athletics.
4. The Director of Athletics will notify game officials when there is a forced cancellation.
5. The coach will be thoroughly acquainted with accident procedures outlined in this policy guide.
6. The coach will insist upon orderly conduct of players to and from athletic fields.
7. The coach will prepare squad lists with names, numbers and other vital statistics as required for use by the press, printed programs, spotters and public address system announcers. (Good public relations.)
8. The coach will check his squad for injuries after practices and games and use appropriate first aid treatment.
9. The coach will not loan keys or give out any pass codes.
10. Coaches will see that all practice equipment is put away in its proper place following each practice.
11. Coaches will prepare first aid kits with necessary supplies for emergencies. The kit should be checked regularly and replenished when necessary. Kits must be on the fields, courts and available for use at all times in case of need and emergencies.
12. Coaches will maintain a good relationship with the press and radio.
13. The coach will insist that his squad represent the school according to the best traditions of athletics and sportsmanship.
14. The coach will always be aware of conditions on practice and game areas and report hazardous conditions to the Principal and Director of Athletics.
15. The Head Coach will feel free to submit recommendations for improving the athletic program via the Director of Athletics.

Sports Season – Closing Procedures:

1. The coaches will prepare all player equipment for dry cleaning, reconditioning and/or for the school laundry.
2. The Head Coach will conduct a complete inventory of all equipment at the close of the season. He will submit to the Director of Athletics a copy of the inventory plus a requisition for new equipment when requested by the Director of Athletics.
3. The Head Coach will arrange the matter of storage of seasonal athletic equipment in the equipment room in a neat and organized manner.
4. The Head Coach will keep an accurate record as required by the Director of Athletics. Following each season a copy of the detailed season record will be submitted to the Director of Athletics for the

Department's Annual Report. The coach's cumulative record will be included.

The Locker Room:

1. The coach will instruct his squad in the proper care of the locker room as a vital part of the athletic program.
2. The coach will be in the locker rooms before all scheduled practices.
3. The Head Coach will use his staff in the proper supervision of the locker rooms.
4. The coach will never leave students unsupervised in locker and shower room areas. Following practices, coaches will remain in the locker room area until all athletes in his charge have left the premises. All showers must be off, lights turned off, floor cleared of towels, etc., and all doors locked before coach or coaches leave the premises. In the event there is more than one school team using these facilities, the coaches will make the necessary arrangements for carrying out this policy.

Equipment:

Equipment furnished to students in Varsity, Junior Varsity, Freshman, and Modified sports are provided by the school district.

Issuing and Receiving Equipment:

The coaches will inform the members of their squads about the issuing and returning of equipment. All equipment issued from the equipment room must be charged out to students and complete records must be kept of all issued equipment. At the close of the season, when the equipment is returned, it must be checked off the issue form. If certain pieces of equipment are not returned, the matter must be followed up by the coach who will report the full information to the Director of Athletics.

Equipment Room:

Coaches and student managers have this space in which to keep daily equipment needed on the field or in the gymnasium and will check inventory and store all incoming equipment. The equipment room must be kept in good order and kept clean at all times. Coaches will inform players and managers to care for all equipment in the proper manner.

Eligibility for Try-outs and Participation:

Any student is eligible to participate in the interscholastic athletic program who meets all the eligibility requirements of the NYSPHSAA.

Training Rules:

The training rules listed form the basis of building the discipline, the pride and the respect necessary for athletic success, and apply to all students (boys and girls) participating in any athletic activity sponsored by Fort Ann Central School District.

1. Smoking, use of alcohol, tobacco or illegal drugs - The use or possession of any of the aforementioned abuses is a violation of the training rules.
2. Absence from practice and contests - Athletes are expected to attend all practices and scheduled contests for a sport. Unexcused absences are a violation of training rules.

3. Conduct and behavior - Personal behavior (either in or outside of school) resulting in temporary suspension from school automatically results in temporary suspension from athletics, (Practice and Games). Insubordination or behavior deemed detrimental to the good of the team, including unsportsmanlike conduct, is a violation of the training rules.

4. Academics - Not making a sincere academic effort is also a violation of the training rules.

Penalties:

Violations of training rules will result in penalties. The severity of the penalty will be directly determined by the severity of the violation. Penalties will range from an official warning (parent and A.D. notified); to a three or five day suspension; to removal from the team and, in severe cases, extending the penalty into other sport seasons. The penalty for a minor violation will be determined by the coach. Serious violations will be heard and penalties determined by the Athletic Rules Committee composed of the high school principal, the A.D. and the coach. Parents will be notified of all penalties and an informal conference will be offered to insure due process.

An athlete, when injured, is still considered a bona fide member of the team. He/she must be present at all practices and games unless excused by the coach. It is understood that the student may not physically participate in any practices until approved by the school physician. The athlete will be eligible for awards given to team members.

See Attached Code of Conduct – Athletic Portion ([Appendix I – Student Handbook](#))

Miscellaneous:

1. Care of Equipment - Athletes are expected to show responsibility in caring for equipment issued for Athletic participation. Equipment that is carelessly or purposely lost, damaged or destroyed by a player must be paid for or replaced by the student. Until such equipment is paid for, or replaced, further athletic participation will not be allowed.

2. Team and Individual Awards - Any team member in good standing at the end of the sports season is eligible for an award. Coaches should give the list of athletes eligible for sports letters, certificates and awards to the Director of Athletics at the close of each season. All athletes are required to be present at the awards banquet at the end of the season. Awards will not be given to athletes who are not present at the banquet unless the athlete has given prior notice to his/her Coach, Director of Athletics or Principal.

Scheduling Games and Practices:

It is the responsibility of the Director of Athletics in conjunction with the Head Coach to arrange or supplement the schedule for his sport.

Transportation:

The District furnishes transportation to and from all athletic contests. Athletes are to travel to and from athletic contests in the transportation vehicles provided by the School District. In special cases, when prior arrangements in writing are made between the coach and parent, the athlete may be transported to a contest by a parent or another school official. If a student desires to be released from the team to travel home with a parent, the coach is to release the student directly to the parent, and only the parent. The parent must also present a written request for the release of his child from the team. Ideally, this request

should be made prior to the trip.

The Fort Ann School District's responsibility for students who participate in our out- of-town trips transported in school owned vehicles is:

1. All students who ride the bus on all out-of-town trips are the responsibility of the District from the time they leave Fort Ann until they return to Fort Ann.
2. That a student may be excused from riding the bus on the return trip providing that the transfer of responsibility for the student is made in the presence of the student and staff member, and the parent and/or legal guardian. In no instance is a student to be permitted to ride home with anyone other than the parent and/or legal guardian.
3. The Director of Athletics should schedule all transportation for athletic purposes in accordance with district policy.

Athletic Facilities (Indoor and Outdoor):

1. The coach should encourage all student athletes to respect athletic facilities at all times.
2. The gymnasiums, fields, locker and shower rooms are the areas involved where student athletes need to be supervised at all times. Careful and active supervision is required from the time the activity begins until the last student athlete has left school premises.
3. Building security is an important responsibility of the coach. These procedures should be reviewed with the Director of Athletics.
4. The Superintendent of Buildings and Grounds must have a four day notice of any work to be done on Athletic fields and facilities unless extenuating circumstances present themselves.

Requisitioning, Budget Requests:

The Head Coach will prepare athletic activity expense items and submit to the Director when requested at budget time each year. Requests must contain full information as to quantity, manufacturer or supplier, catalog number, color, size, style, numbers, etc.

c. Coaching Credentials and Expectations

[\(Appendix L – Expectations\)](#)

1. Fingerprinting

All coaches are required to be fingerprinted prior to being officially hired as a coach. All candidates must make themselves available to WSWHE BOCES to be fingerprinted.

2. Evaluations:

Statement of Purpose: Fort Ann Central School recognizes there is much more to coaching than winning. A successful coach needs a broad spectrum of competencies, which are essential in order to provide for our student athletes an overall quality learning experience which aligns with the District's Overall

Mission.

The general purpose of this evaluation is to provide feedback to coaches in order to enhance the experience of ALL athletes. Other purposes of an evaluation are:

1. To afford an opportunity to identify, recognize and praise quality coaching and instruction.
2. To provide an opportunity to identify potential leadership within a system.
3. To create a climate to achieve personal improvement through job description.
4. To provide information necessary to make an objective assessment of the performance of a coach.

With these purposes and philosophy in mind, the following procedures, expectations and evaluation instruments have been developed to fairly and reasonably assess coaching performance in Fort Ann Central School.

3. Qualifications:

All coaches, including volunteers, must have current first aid, CPR and AED certification.

All coaches, including volunteers, must maintain their credentials towards coaching certificate and/or license through the TEACH system. All coaches must have a coaching certificate or at least a temporary license.

Coaches must have the ability to organize, coordinate, and supervise a comprehensive program. Coaches must have substantial knowledge of the technical aspects of the sport and keeps current with new theories and innovations pertinent to that sport and level. All coaches must model and promote sportsmanship. Coaching experience in the assigned sport is preferred.

d. Coaching courses - verifications –

The District will pay for course work leading to a professional coaching certificate as well as the temporary license for appointed coaches as described below.

- District will pay up to \$50 for the 1st temporary license
- District will pay up \$50 for the 2nd temporary license
- District will pay up \$35 for the Child Abuse Recognition Seminar
- District will pay up \$35 for the School Violence Prevention Seminar
- District will reimburse appointed coaches up to \$100 per class for Coaching Classes I, II, and III. The remainder of the cost will be the responsibility of the individual.

Coaches will need to provide proof of payment, proof of successful course completion and a claim voucher to the District Office for reimbursement. The Cost of the Professional Certificate is the responsibility of the coach. Coaches for whom the District pays for coaching, must coach for at least two seasons. New York State Teaching Certification is preferred.

e. Coaching Duties/Program Responsibilities:

1. Develops goals and objectives of the program.
2. Instructs athletes in the necessary individual skills, team functions, strategies, physical training, and

ethical sportsmanship behavior.

3. Places athlete safety first and foremost and follows all school safety policies and Procedures.
4. Provide adequate supervision for athletes during practice at games and on buses.

f. Coaching evaluations

The Athletic Director (AD), or in his/her absence, the High School Principal will conduct the evaluations of varsity coaches. The Athletic Director, or in his/her absence, the High School Principal, with input from Varsity coaches, will conduct evaluations of assistant coaches and sub varsity coaches.

The Athletic Director will supply a copy of the evaluation form and expectations to coaches at the beginning of the sports season ([Appendix F – Coaching Evaluation Form](#)). Evaluations will be completed within two weeks of the end of a season and reviewed with the coach.

The coach maintains the right to respond to the evaluation in writing if they desire to do so within 30 days.

- g. Code of Conduct – [Appendix I](#) – Student Handbook/Code of Conduct

h. Athletes

Recruitment of Athletes

It is the prerogative of the coach to recruit potential athletes for his/her team. Talking to a young boy or girl about the values of athletics is encouraged. Many students will go through high school without the benefits that come from interscholastic competition unless they are urged to try out by a coach. Care should be exercised when recruiting players: no promises can be made to a potential athlete – all candidates must be given equal opportunity to make a squad and be a starting member of a team. **IN NO CASE SHOULD A COACH RECRUIT A PLAYER WHO HAS BEEN A MEMBER OF ANOTHER ATHLETIC TEAM WITHOUT THE APPROVAL OF THE COACH OF THAT TEAM.** When disagreements between coaches develop, the Director of Athletics should be notified at once. In some cases, it is obvious to all concerned that a student is misplaced in a sport. If the student would benefit from a change, after consultation with the coach of the previous team, a player may be asked or encouraged to try out for a new sport.

Level of Competition

1. Varsity teams are primarily designed for seniors, juniors, sophomores, and the exceptional freshman.
2. Junior varsity teams are for sophomores, freshmen, and the exceptional eighth grader. Juniors may play on junior varsity teams if they have the potential of participating in a varsity program the following year.
3. Modified teams are for those seventh and eighth graders who are 13 and 14 years of age or who have entered the seventh grade. A ninth grader who is not yet 16 may participate at the modified level if it is determined that he/she is best suited for this level of competition (i.e., would not dominate and could not compete at the junior varsity level.)

IT IS IMPERATIVE THAT EACH STUDENT BE PLACED AT THE MOST APPROPRIATE LEVEL OF COMPETITION WHICH WOULD BE MOST BENEFICIAL TO THE ATHLETIC PARTICIPATION AND DEVELOPMENT OF THAT STUDENT. AN ATHLETE SHOULD NOT BE ADVANCED PREMATURELY IF A STUDENT IS NOT PHYSICALLY, EMOTIONALLY, OR SOCIALLY READY.

In order to restrict the misplacement of players, the coaches involved are asked to consult with the Director of Athletics if:

1. A freshman is to be placed on a varsity team, before or during the season. 2. A seventh or eighth grader is to be placed on a junior varsity or varsity team (through selection/classification). 3. A junior is to be placed on a junior varsity team. A junior on a JV team should not be taking the place of a maturing sophomore unless it is determined that by playing, the junior will improve and help the following year.

Player Participation Policy

One of the most difficult decisions a coach has to make is when to play some, most or all of his/her substitutes. Level of competition, player skill, and good judgment all enter into that decision. Guidelines for these decisions are as follows:

1. As coaches we always strive to win. Establishing a winning attitude is very important. At junior varsity levels every effort should be made to play as many players as possible and still strive to win the game.

2. Each player should be made to feel that he or she is part of the team. Each athlete should be encouraged in practice and permitted to play whenever possible.

3. Do not let parental pressure dictate when substitutions are made. This pressure can manifest itself in two ways—the parent of the bench player complaining that his/her child did not get enough playing time, or the parent of the starter saying that the coach substituted too early when the team still had the chance to win.

4. A variety of methods can be used to substitute players without jeopardizing the outcome of a close contest. Substitutes can be utilized to give starting players a much needed breather or strategy break. Substituting a limited number of players at the end of a quarter, half or period allows the team an opportunity to maintain momentum while maximizing participation. In sports where limited substitution is permitted (baseball, softball), replacing a starter with a pinch-hitter or runner often makes sense. Another substitution technique that builds athletic capacity is to start an athlete who has shown outstanding hustle for the week. The results can be surprising.

5. At the modified level there is no reason that each and every athlete on the squad should not get some playing time. It is permissible and encouraged that a “fifth period” of competition be used so that those who did not play as much may see more action. Consult with the opposing coach and officials before the contest to arrange for a fifth period whenever possible. Make those playing a fifth period feel part of the game. Have your starters cheer for them on the sidelines and encourage each participant. However, these substitutes should be permitted to play in the regulation contest as much as possible to build their confidence and foster their desire to continue with and improve in that sport.

Cut Policy

In accordance with our philosophy of athletics and our desire to see as many students participate as possible in the program, we encourage coaches to keep as many students as they can without disturbing the integrity of their sport. Obviously, time, space, facilities, equipment, skill level, and other factors will place limitations on effective squad size for any particular sport. However, when developing your policy in team selection, please strive to maximize the opportunity for student participation without diluting the quality of the program.

1. Choosing the members of the athletic squad is the sole responsibility of the coach of that team. The head coach of the sport may provide input.
2. Every effort should be made not to cut in sports where squad size is not a serious limitation.
3. At the modified level, some system could be arranged so that a core of players is kept and others are utilized on a rotating basis so that cuts might be avoided.
4. Make sure that players who are trying out for your sport have ample opportunity to demonstrate their skills during the try-out period. Give each candidate a fair chance. The try-out period should be from three (3) to five (5) days, in no case less than two (2) days.
5. If cuts are necessary, notify each player who is cut individually. If you post a squad list, make sure you have talked to the student who has been cut FIRST.
6. Offer candidates who don't make the team the opportunity to be a manager or statistician, or to participate in some other way.

i. Officials

Fort Ann Central School District is in compliance with the Commissioner's Regulations at 8 NYCRR §87.2(k), as well as the Schools Against Violence in Education (SAVE) Law. It is the responsibility of the District's Athletic Director to verify that all requirements and safeguards relating to Officials have been met by using the TEACH system.

j. Head and Assistant Coach roles and responsibilities

THE COACH

The coach for each sport has the responsibility of carrying on the sport in the best interest of the school district by adhering to the policies and regulations of the School Board, as well as the practices and procedures of the school administration. Further, each coach should have knowledge of the New York State Public High School Athletic Association (NYSPHSAA), the rules and regulations of Section II of NYSPHSAA, the rules and regulations of the Adirondack League Athletic Council, and handbook for the athletic coaches at Fort Ann Schools. Each coach is directly responsible to the Director of Athletics.

All paid or volunteer coaches of the school district have met the requirements of the Commissioner's regulations 134.4 and 134.5. They have also been approved by the Board of Education prior to each sports season. Each coach is evaluated and appointed on a yearly basis.

Responsibilities of Coach

Pre-Season

Prior to the opening of each sports season, the head coach should:

1. Review annually the regulations governing athletics as they appear in the handbook of the NYSPHSAA.
2. Coordinate the coaching program in his specialty, resulting in junior varsity and/or modified teams following the varsity pattern of play.
3. Schedule and conduct meetings of his staff for organization. The head

coach should coordinate coaching plans on all levels including varsity, junior varsity and modified.

4. Inventory all equipment for each sport before any of it is issued. A copy must be turned in to the Director of Athletics.

5. Report any unsafe equipment to the Director of Athletics. Under no circumstances should any unsafe equipment be used.

6. Organize for the first meeting with candidates.

(a) Check on physical examinations and medical questionnaire forms. (b) Handout Eligibility Policies and Parental Permission Forms to the

squad at the first meeting. ([Appendix G- Emergency Card](#))

In-Season Responsibilities

During each sports season, each coach:

1. Is responsible for keeping practice periods for the sport within the confines of the time specified by the Director of Athletics. This should be done after consultation with the coaching staff taking into consideration the welfare of participants.

2. Is responsible for the general upkeep and protection of equipment under the jurisdiction of the program.

3. Reports periodically while the sport is in season to the Director of Athletics with regard to developments in the program.

4. Is directly responsible for a complete inventory of the equipment used in the sport.

5. Is responsible for keeping records as requested by the Director of Athletics.

6. Is responsible for recommending purchase of equipment, supplies, and uniforms as needed and budgeting procedures allow.

7. Has shared responsibility for striving to build good sportsmanship and developing good public relations in the school and community.

8. Plans and schedules a regular program of practice in season.

9. Works closely with the Director of Athletics in scheduling interscholastic contests.

10. Is responsible for the supervision of the members of their teams. No students will be left unsupervised.

11. Is responsible for the enforcement of the schools training rules.

12. Oversees the safety conditions of the facility or area in which assigned

sport is conducted at all times that athletes are present. Report all unsafe conditions to the Director of Athletics as soon as possible.

13. Promotes the sport by prompt and accurate score reporting to the local media.

14. Show interest and loyalty to the entire school program. Cooperates with all other coaches in providing the optimum sports program possible under existing conditions.

15. Head coach is the recognized leader and director of each individual sport. Head coach is responsible for making decisions of a general nature and in keeping within said policies and procedures of the school. The head coach should always consult with the Director of Athletics on any decisions which impact other coaches or athletes on other teams.

16. Keeps abreast of new developments, innovative ideas and techniques by attendance at clinics, workshops, and other opportunities for professional growth.

17. Conduct try-outs and establish a documented plan such as method of selection, cutting, notification of candidates, etc.

18. Notify game officials if the Director of Athletics is not available when there is a forced cancellation. Consult league regulations for procedures – work through the Director of Athletics.

19. The coach will accompany his/her team to and from athletic contests. If there is an extenuating circumstance where this is not possible, please consult the principal or Director of Athletics.

20. Reserve all practice or game facilities with the Director of Athletics and check availability.

21. The coach and team should always dress appropriately for public appearance on athletic trips out of the district.

22. The coach should insist upon orderly conduct of players at all times.

23. Coaches are responsible for building and facility security. Please check with the Director of Athletics for the proper security procedures. No keys should be given to students.

24. At the conclusion of athletic contests and practices, coaches must remain with the students until all have left the building.

25. Coaches should see that all practice equipment is put away in its proper place following each practice.

26. Coaches should prepare first aid kits with necessary supplies for emergencies. The kit should be checked regularly and replenished when necessary.

27. The coach should feel free to submit recommendations for improving the

athletic program to the Director of Athletics.

28. Performs other duties as related to his/her assignments as designated by the administration and/or the Director of Athletics.

29. Consult the Director of Athletics with any serious disciplinary situations that may arise during the season. ([Appendix H - Disqualification Report](#))

30. No student athletes should be allowed to try out for any team after tryouts have been going on for two weeks without consulting the Director of Athletics.

31. Athletic teams should practice daily, including vacations barring emergencies. State regulations restrict a team from practicing seven consecutive days.

Post-Season Responsibilities

At the conclusion of each sports season, the coach should:

1. Arrange for the systematic return of all school equipment and hold the athlete responsible for all equipment not returned.
2. Arrange for cleaning, sorting, and inventory of all equipment. Submit to the Director of Athletics, a copy of the inventory.
3. Submit a list of supplies, equipment, and etc., to the Director of Athletics for the next year's budget.
4. Submit an accurate record of each sports season to the Director of Athletics.
5. Submit the current score book and summary of season statistics to the Director of Athletics.
6. Arrange for the issuance of letters and special awards. Document these awards and file with the Director of Athletics.

TIMETABLE FOR COMPLETION OF ATHLETIC FORMS

Please complete the forms according to the following timetable and submit them to the Director of Athletics.

FORM DUE

Uniform Inventory Preseason/End of Season

Equipment Inventory Preseason Team Roster 7 days prior 1st contest

Season Summary 7 days after last contest

Award List 7 days after last contest

Evaluation Meeting 14 days after last contest

Scorebook and Summary of season statistics 14 days after contest

Uniform Inventory 14 days after contest

Equipment Inventory 14 days after contest

List of Equipment/Supplies (needed for the year) 14 days after contest

Intent to Coach 14 days after contest

NO STUDENT IS TO PRACTICE WITHOUT THE COACH HAVING THESE SIGNED FORMS IN HIS/HER POSSESSION.

k. Title IX in Athletics

Fort Ann Central School District complies with recommendations from the U.S. Department of Education's Office for Civil Rights (OCR) regarding Title IX equal opportunity for males and females in the District's total athletic program.

l. Emergency Procedures – at practices, at games

1. In Case of Injury:

- 1) In the event of injury, every appropriate precaution should be taken by the coach not to move the injured player until there is assurance that it is safe to do so. When the pupil is moved, if conditions warrant, a stretcher should be used.
- 2) If a doctor, school nurse-teacher or school nurse is immediately available, use their services.
- 3) When injury is of a minor nature, the coach may administer appropriate immediate first aid. Advise the parent and player to see a physician if necessary and so advise the Director of Athletics.
- 4) In case of apparent serious injury, the player must not be moved, but given immediate attention by a physician or Rescue Squad member.
- 5) When injury is of a serious nature, parents should be notified immediately. Each incidence of prolonged absence should be reviewed individually by the coach, and Director of Athletics, consulting with the school physician when necessary. A reasonable amount of practice time and playing time will be established based on the athlete's readiness for safe return to competition. ([Appendix E – Policy #7522](#))
- 6) When injury requires emergency care and a parent cannot be contacted, call the name listed on the

alternate address form.

7) If neither of these steps can be taken, call the local Rescue Squad (911).

8) The coach should contact the parents when the student athlete has been sent to the hospital.

9) In no case may a coach, school nurse-teacher, or school nurse, treat or recommend treatment beyond appropriate immediate first aid.

2. Coaches Responsibility in Insurance Matters:

Promptly notify the Health Office of each injury. Forms are available from the Health Office and the form must be filled and returned to the Health Office in the building where the student attends school as soon as possible.

3. Policy – Eyeglasses Worn in Athletics:

In the event a student needs to wear glasses or contact lenses to play a sport, their parents and/or guardians must be informed of the following procedures:

No restrictions regarding wearing said glasses or contact lenses by our Pupil Benefits Insurance Plan, Inc. are imposed. The Pupil Benefits Insurance Plan, Inc., our insurer, will not pay for any repair of broken glasses or contact lenses worn during practice or athletic contests.

m. Miscellaneous

1. Scouting and Assistants:

All coaches of a given sport should cooperate with the Head Coach for required assistance such as scouting, meetings, compiling statistics, reviewing films, etc.

2. Public Relations:

All coaches should participate in maintaining good public relations through newspapers, radios, public speaking, home contacts, etc. It is important to contact the newspaper to report all varsity athletic contests. The Director of Athletics will provide the necessary contact information to all varsity level coaches.

a. Reporting Games

All coaches should be aware of the importance of good public relations wherever it is done via newspapers, radios, public speaking, home contacts, etc. Each coach is responsible to make every effort possible to publicize the results after a contest has been played at the varsity level. The Director of Athletics will provide the phone numbers of our local newspapers.

b. Sportswriters and Sportscasters

The responsibility of coaches to accredited writers and radio and television commentators is to provide them news about their team and players. They should be treated with courtesy, honesty, and respect. Derogatory and misleading statements should be avoided. At no time should a coach make a derogatory

comment about a player or official in the press. Coaches should never discuss disciplinary issues with members of the press. Positive public relations are of the utmost importance. Coaches should assume responsibility for and stress the importance of ethical procedures in teaching their players how to conduct themselves in player interviews in the best interest of the athletic program.

c. Athletic Booster Club

The Fort Ann Central School District has an all sports booster club called Fort Ann Booster Club. It has been in existence for over 30 years. All Coaches should encourage parents to participate in Booster Club activities.

Section II Sportsmanship Policy

The fundamental responsibility for education and enforcement of the principles of good sportsmanship rests with the team coaches. The coach has direct contact with the athletes and is the one person most ideally suited to impart the basic rules of sportsmanship to his/her team.

Section II Sportsmanship Policy for Coaches

All coaches and staff must be aware of the following sportsmanship policy.

1. Greet and be courteous to the opponent's coaches and players.
2. Know the rules of your sports and teach them to your team. Respect officials and their decisions. Demand that your athletes abide by an official's decision without emotional display.
3. Display concern for the physical well-being of your opponent's players as well as your own.
4. Win with humility; lose with grace; do both with dignity.
5. Encourage your team to interact with the opponent. A pre-game handshake for every Section II contest is strongly recommended.
6. Offer your assistance, and that of your staff and players, to the opponent and officials.
7. Do not accept unruly behavior from your players, staff, or spectators. Set standards of conduct.
8. Maintain self-control at all times. Players and spectators tend to follow the coach's example.

Section II Sportsmanship Policy for Athletes

Players at each level of competition shall be made aware of these sportsmanship guidelines:

1. Learn and understand the rules of your sport. Play hard, play to win, but play fairly within these rules.
2. Do not allow your temper to distract you from the fundamentals of good sportsmanship. Maintain self-control.

3. Respect your opponent. Never taunt. Congratulate him/her at game's end.
4. Respect the integrity and judgment of officials. Never question the decision of an official.
5. Be an example for your school, teammates, and opponents.

Section II Player Ejection Policy

Any player on a varsity, junior varsity, freshman, or modified team in Section II shall be suspended for the next scheduled contest if he/she is ejected from a contest by an official. The next contest is defined as the next contest in which the disqualified athlete is eligible to play, whether it is that sports season, the next sports season, or the next year. A player who might be injured (for example, during a fight for which he was affected) would be ineligible for the next contest for which he/she is medically cleared. Sectional, regional, or state tournament games are NOT exempt from this rule.

If a player is disqualified from a game, the coach of this player must fill out a disqualification form after the contest. Comments from each coach and the official should be solicited. Completed forms should be given to the Director of Athletics of the offending school.

Copies of these forms must be submitted to the individual league presidents as soon as possible. Each league president will submit a list of disqualified players in all sports to the chairman of the Section II Sportsmanship committee at the end of each sports season.

ENFORCEMENT OF THIS RULE IS INCUMBENT ON THE DIRECTOR OF ATHLETICS AND SCHOOL ADMINISTRATORS. IF A DISQUALIFIED PLAYER PLAYS ILLEGALLY IN A CONTEST, THAT CONTEST IS SUBJECT TO FORFEITURE PENDING DECISION OF THE SPORTSMANSHIP COMMITTEE.

Section II Physical Confrontation with Official

In no case shall a player or coach strike, bump, or otherwise physically intimidate an official, including before, during, and after a contest.

A written report of any such incident must be sent within forty-eight (48) hours to the chairman of the Section II sportsmanship committee by the official or the official's representative. The official shall also send a copy of this report to the Director of Athletics of the offending school.

The offending school shall file a written report with the sportsmanship committee within forty (48) hours of receipt of official's notification. A hearing shall be conducted as soon as possible by the committee with all parties or representatives present. Decisions of the sportsmanship committee shall be final.

Each case will be reviewed separately and the following penalties may be assessed:

1. Multiple game suspensions.
2. Season suspension.
3. Suspension from playing or coaching any sport for one calendar year. The official would retain the right to initiate legal action against the offending player or coach.

LEAGUE AFFILIATION

FORT ANN CENTRAL SCHOOL DISTRICT IS CURRENTLY A MEMBER OF THE FOLLOWING ASSOCIATIONS, GROUPS, OR LEAGUES:

New York State Public High School Athletic Association

The NYSPHSAA is the governing body for athletics in New York State. Its guidelines, rules, and regulations are outlined in its official publication The Handbook, which is available to all coaches. Coaches should familiarize themselves with the information contained in this handbook, especially the sections pursuant to eligibility standards, practice requirements, etc., for their particular sport. The school district pays annual dues to the NYSPHSAA. Fort Ann is represented at the NYSPHSAA through elected representatives from Section II.

Section II

Section II is the local chapter of the NYSPHSAA which is directly responsible for regulating the athletic programs of some ninety-five schools in the Capital District area and North Country. Section II governs sectional competition and post-season play in our area. A copy of the Section II Constitution and By-Laws is available from the Director of Athletics. The school district pays annual dues to Section II and is represented by three voting members of the Adirondack League Athletic Council.

Adirondack League Athletic Council

This is the primary league affiliation for the Fort Ann Central School District. Its major concern is the scheduling and regulation of athletics among member schools.

The school district pays annual dues to the Adirondack League Athletic Council in a timely fashion. Fort Ann is represented at league meetings by the Director of Athletics and/or administration.

Elementary PE Classroom Exercises

Cardiovascular Endurance

- Ski Jumps
- Jumping Jacks
- Foot Fire
- Running in Place
- Crazy Dancing









Muscular Strength & Endurance

- Planks
- Modified Push-Ups
- Sit-Ups
- Mountain Climbers
- Squats
- Frog Jumps
- Crab-Walk Dips
- Squat-Thrusts
- Lunges

Flexibility

- Hamstring Stretch (bend over and touch your toes)
- Quadriceps Stretch (pull your leg back to stretch thigh)
- Calf Stretch (one leg forward, one leg back, heels to the ground)
- Pectoral Stretch (arms behind back, extend up, big chest)
- Shoulder Stretch (arm across chest, pull shoulder)

LIMITED SPACE TABLE OF CONTENTS

	PAGE/WEBSITE	GROUPING
Introductory Pages		
Introduction	1	
What You Have	1	
How To Use It	2	
What You Need	3	
SPARK Space Savers		
A list of activities from other units that can be adapted, modified, and used in limited space activity environments	5	Mixed
Limited Space Circuit Small groups move from station to station, practicing a variety of tasks.	7	
Grab the Apple Pairs compete to be the first to grab a beanbag on signal.	8	
Limited Space BINGO Students try to score a BINGO by completing various tasks with a partner, or by finding out something about each other.	9	
Simon Says Non-elimination Simon Says. Small groups try not to be tricked by their group leader (Simon).	10	
Scavenger Hunt Small groups find items from a teacher-generated list.	11	
Nutrition Mix-up Students assigned to a MyPyramid food group move from spot to spot when their group is called.	13	
SPARK Plugs		
Around the World Students pass items around a circle, using specific passing methods.	15	
Tiny Soccer Students dribble and kick paper balls around the room. They score by passing the ball between other's feet.	16	

 = Individuals

 = Pairs

 = Groups


LIMITED SPACE TABLE OF CONTENTS

PAGE/
GROUPING


SPARK Plugs

All Hands on Deck

Students receive a playing card and perform an activity based on its suit.

10



Leader of the Pack

Students follow a leader through various movements. One student, the Guesser, does not know who the Leader is and tries to identify her/him.

11



Have You Ever?

Students on spots within area, 1 without a spot. This student asks a question of others. If they can answer "yes," they move to other spots.

12



SPARK Anchors

Odd Hops and Even Jumps

Individuals hop or jump according to the number on the board.

13



Spelling Relay

Five groups in file lines. First student in each line runs to a pile of letter cards and brings 1 back to the line. The object is to spell a designated word written on the board.

14



Movement Spelling

Using words from a spelling list, students move according to whether letters are consonants or vowels.









15



Limited Space BINGO Card















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LIMITED SPACE TABLE OF CONTENTS	PAGE/WEBSITE	GROUPING
SPARK Plugs (continued)		
Popcorn! Students self-toss and catch paper balls as quickly as possible.	17	
Odds and Evens All students are numbered. They meet up with others, and calculate their sum. If odd, they do 1 task; if even, they do another.	18	
Sneaky Hand-off Students in 2 groups; both try to hand small items down the line of their group. The object is to guess where the item ends up.	19	
Hand Pat Relay Small groups in a circle place their hands on tabletop, crossing over hands with their neighbors. The object is to pat the table with hands, moving in 1 direction.	20	
Electrical Relay Students in 2 lines; hands joined. Leader in each line sees a coin toss, and sends an appropriate squeeze down the line. They have to be careful not to go too fast.	21	
SPARK Anchors		
Olympic Math Pairs use playing cards and various math functions to reach the sum of 2 rolled dice.	23	
Odd Hops and Even Jumps Small groups hop or jump through a web of spot markers, according to the roll of their dice.	24	
Moving Multiples Small groups create a movement to help learn the multiples of a designated number. E.g., multiples of 4, do a clap, stomp, kick, wave and say, "4."	25	
Sentence Detectives Pairs or 3s take turns moving to get a card with a word on it. Each group is trying to form an active sentence.	26	
Limited Space Skill Cards		
Limited Space BINGO Card		
Blank Limited Space BINGO Card		

Record of Daily Activities

Teacher: _____

Grade: _____

	Monday 8 minute Activity	Tuesday 8 minute Activity	Wednesday 8 minute Activity	Thursday 8 minute Activity	Friday 8 minute Activity
Week of:					
Week of:	Tiny Soccer with Jumping Jacks pg.16	Tiny Soccer with Jumping Rope pg. 16	Tiny Soccer with Burpees Rope pg. 16	Tiny Soccer with Jumping Rope pg. 16	Tiny Soccer with High Knees pg. 16
Week of:					
Week of:					
Week of:					
Week of:					
Week of:					
Week of:					
Week of:					
Week of:					
Week of:					
Week of:					
Week of:					
Week of:					
Week of:					

STANDARDS FOR HEALTHY FITNESS ZONE®

IN PARTNERSHIP WITH



THE NFL MOVEMENT FOR AN ACTIVE GENERATION

BOYS											
Age	Aerobic capacity 10 min (mL/kg/min)			Percent body fat			Body mass index				
	PACER, one-mile run, and walk test										
	10-High Risk	10-Low Risk	10-Optimal Risk	Very Low	Low	High	Very Low	Low	High	Very Low	High
5	≤13.0	13.1-16.7	16.8	≤12.5	12.6-16.7	16.8	≤12.5	12.6-16.7	16.8	≤12.5	12.6-16.7
6	≤14.0	14.1-18.0	18.1	≤13.5	13.6-18.0	18.1	≤13.5	13.6-18.0	18.1	≤13.5	13.6-18.0
7	≤15.0	15.1-19.0	19.1	≤14.5	14.6-19.0	19.1	≤14.5	14.6-19.0	19.1	≤14.5	14.6-19.0
8	≤16.0	16.1-20.0	20.1	≤15.5	15.6-20.0	20.1	≤15.5	15.6-20.0	20.1	≤15.5	15.6-20.0
9	≤17.0	17.1-21.0	21.1	≤16.5	16.6-21.0	21.1	≤16.5	16.6-21.0	21.1	≤16.5	16.6-21.0
10	≤18.0	18.1-22.0	22.1	≤17.5	17.6-22.0	22.1	≤17.5	17.6-22.0	22.1	≤17.5	17.6-22.0
11	≤19.0	19.1-23.0	23.1	≤18.5	18.6-23.0	23.1	≤18.5	18.6-23.0	23.1	≤18.5	18.6-23.0
12	≤20.0	20.1-24.0	24.1	≤19.5	19.6-24.0	24.1	≤19.5	19.6-24.0	24.1	≤19.5	19.6-24.0
13	≤21.0	21.1-25.0	25.1	≤20.5	20.6-25.0	25.1	≤20.5	20.6-25.0	25.1	≤20.5	20.6-25.0
14	≤22.0	22.1-26.0	26.1	≤21.5	21.6-26.0	26.1	≤21.5	21.6-26.0	26.1	≤21.5	21.6-26.0
15	≤23.0	23.1-27.0	27.1	≤22.5	22.6-27.0	27.1	≤22.5	22.6-27.0	27.1	≤22.5	22.6-27.0
16	≤24.0	24.1-28.0	28.1	≤23.5	23.6-28.0	28.1	≤23.5	23.6-28.0	28.1	≤23.5	23.6-28.0
17	≤25.0	25.1-29.0	29.1	≤24.5	24.6-29.0	29.1	≤24.5	24.6-29.0	29.1	≤24.5	24.6-29.0
≥17	≤26.0	26.1-30.0	30.1	≤25.5	25.6-30.0	30.1	≤25.5	25.6-30.0	30.1	≤25.5	25.6-30.0

GIRLS											
Age	Aerobic capacity 10 min (mL/kg/min)			Percent body fat			Body mass index				
	PACER, one-mile run, and walk test										
	10-High Risk	10-Low Risk	10-Optimal Risk	Very Low	Low	High	Very Low	Low	High	Very Low	High
5	≤13.0	13.1-16.7	16.8	≤12.5	12.6-16.7	16.8	≤12.5	12.6-16.7	16.8	≤12.5	12.6-16.7
6	≤14.0	14.1-18.0	18.1	≤13.5	13.6-18.0	18.1	≤13.5	13.6-18.0	18.1	≤13.5	13.6-18.0
7	≤15.0	15.1-19.0	19.1	≤14.5	14.6-19.0	19.1	≤14.5	14.6-19.0	19.1	≤14.5	14.6-19.0
8	≤16.0	16.1-20.0	20.1	≤15.5	15.6-20.0	20.1	≤15.5	15.6-20.0	20.1	≤15.5	15.6-20.0
9	≤17.0	17.1-21.0	21.1	≤16.5	16.6-21.0	21.1	≤16.5	16.6-21.0	21.1	≤16.5	16.6-21.0
10	≤18.0	18.1-22.0	22.1	≤17.5	17.6-22.0	22.1	≤17.5	17.6-22.0	22.1	≤17.5	17.6-22.0
11	≤19.0	19.1-23.0	23.1	≤18.5	18.6-23.0	23.1	≤18.5	18.6-23.0	23.1	≤18.5	18.6-23.0
12	≤20.0	20.1-24.0	24.1	≤19.5	19.6-24.0	24.1	≤19.5	19.6-24.0	24.1	≤19.5	19.6-24.0
13	≤21.0	21.1-25.0	25.1	≤20.5	20.6-25.0	25.1	≤20.5	20.6-25.0	25.1	≤20.5	20.6-25.0
14	≤22.0	22.1-26.0	26.1	≤21.5	21.6-26.0	26.1	≤21.5	21.6-26.0	26.1	≤21.5	21.6-26.0
15	≤23.0	23.1-27.0	27.1	≤22.5	22.6-27.0	27.1	≤22.5	22.6-27.0	27.1	≤22.5	22.6-27.0
16	≤24.0	24.1-28.0	28.1	≤23.5	23.6-28.0	28.1	≤23.5	23.6-28.0	28.1	≤23.5	23.6-28.0
17	≤25.0	25.1-29.0	29.1	≤24.5	24.6-29.0	29.1	≤24.5	24.6-29.0	29.1	≤24.5	24.6-29.0
≥17	≤26.0	26.1-30.0	30.1	≤25.5	25.6-30.0	30.1	≤25.5	25.6-30.0	30.1	≤25.5	25.6-30.0

Age	Cardio-pulmonary test (min, sec)			Percent body fat			Body mass index				
	10-High Risk	10-Low Risk	10-Optimal Risk	Very Low	Low	High	Very Low	Low	High	Very Low	High
5	≤13.0	13.1-16.7	16.8	≤12.5	12.6-16.7	16.8	≤12.5	12.6-16.7	16.8	≤12.5	12.6-16.7
6	≤14.0	14.1-18.0	18.1	≤13.5	13.6-18.0	18.1	≤13.5	13.6-18.0	18.1	≤13.5	13.6-18.0
7	≤15.0	15.1-19.0	19.1	≤14.5	14.6-19.0	19.1	≤14.5	14.6-19.0	19.1	≤14.5	14.6-19.0
8	≤16.0	16.1-20.0	20.1	≤15.5	15.6-20.0	20.1	≤15.5	15.6-20.0	20.1	≤15.5	15.6-20.0
9	≤17.0	17.1-21.0	21.1	≤16.5	16.6-21.0	21.1	≤16.5	16.6-21.0	21.1	≤16.5	16.6-21.0
10	≤18.0	18.1-22.0	22.1	≤17.5	17.6-22.0	22.1	≤17.5	17.6-22.0	22.1	≤17.5	17.6-22.0
11	≤19.0	19.1-23.0	23.1	≤18.5	18.6-23.0	23.1	≤18.5	18.6-23.0	23.1	≤18.5	18.6-23.0
12	≤20.0	20.1-24.0	24.1	≤19.5	19.6-24.0	24.1	≤19.5	19.6-24.0	24.1	≤19.5	19.6-24.0
13	≤21.0	21.1-25.0	25.1	≤20.5	20.6-25.0	25.1	≤20.5	20.6-25.0	25.1	≤20.5	20.6-25.0
14	≤22.0	22.1-26.0	26.1	≤21.5	21.6-26.0	26.1	≤21.5	21.6-26.0	26.1	≤21.5	21.6-26.0
15	≤23.0	23.1-27.0	27.1	≤22.5	22.6-27.0	27.1	≤22.5	22.6-27.0	27.1	≤22.5	22.6-27.0
16	≤24.0	24.1-28.0	28.1	≤23.5	23.6-28.0	28.1	≤23.5	23.6-28.0	28.1	≤23.5	23.6-28.0
17	≤25.0	25.1-29.0	29.1	≤24.5	24.6-29.0	29.1	≤24.5	24.6-29.0	29.1	≤24.5	24.6-29.0
≥17	≤26.0	26.1-30.0	30.1	≤25.5	25.6-30.0	30.1	≤25.5	25.6-30.0	30.1	≤25.5	25.6-30.0

Appendix C SPARK Scope and Sequence Early Childhood through High School 6.16.2011

- I** Designates the grade(s) when the content is first explored and/or introduced. The critical elements of a skill may be taught at this time.
- A** Designates the grade(s) when the content is applied in varying contexts.
- R** Designates the grade(s) when the content is reinforced. At this time, students review proper form and strive to improve skills and knowledge.

NAPSE Standard 1: Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities											
	EC	K	1st	2nd	3rd	4th	5th	6th	7th	8 th	9 th -12 th
Rhythms/Dance											
Jumping Rope (long)		I	IA	IA				R	R	R	
Jumping Rope (individual)		I	IA	IA	A	A	A	R	R	R	R
Jumping Rope (Dutch)								I	IA	IA	R
Ribbons/Streamers	I	IA	A	R							
Jump Bands					I	A	A	R	R	R	R
Line Dancing					I	A	A	R	R	R	R
Individual Activities											
Cycling											IA
Golfing								IA	A	A	R
Dual Activities/Paddle/Racquet Activities											
Badminton					I	I	I	IA	A	A	R
Racquetball								IA	A	A	R
Tennis											
Table Tennis											
Pickleball					I	I	I	A	A	R	R
Stunts/Tumbling											
Stunts	I	I	IA	IA	A	A	A	R	R	R	R
Balance	I	I	IA	IA	A	A	A	R	R	R	
Tumbling		I	IA	IA	IA	A	A	R	R	R	
Cooperatives											
Pairs			I	I	A	A	A	R	R	R	R
Small Group			I	I	A	A	A	R	R	R	R
Large Groups					IA	A	A	R	R	R	R
Team Activities											
Basketball					I	A	A	R	R	R	R
Hockey					I	A	A	R	R	R	R
Football					I	IA	A	R	R	R	R
Ultimate Frisbee					I	IA	A	R	R	R	R
Volleyball					I	IA	A	R	R	R	R
Softball					I	A	A	R	R	R	R
Soccer					I	A	A	R	R	R	R



Appendix C SPARK Scope and Sequence Early Childhood through High School 6.16.2011

NAPSE Standard 1: Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities											
	EC	K	1st	2nd	3rd	4th	5th	6th	7th	8 th	9 th -12 th
Outdoor Activities											IA
Orienteering											IA
Rock Climbing											I
Fitness											
Resistance Training					I	A	A	A	A	A	R
Plyometrics					I	IA	IA	A	A	A	R
Pilates								IA	IA	A	R
Circuits		I	A	A	A	A	A	R	R	R	R
Walking/Jogging/Running		I	A	A	A	A	A	R	R	R	R
Group Fitness/Aerobic Dance					I	A	A	R	R	R	R
Yoga/Power Stretching								I	A	A	R
Cross-Training											IA
Locomotor Skills											
Walking	IA	IA	R	R	R	R	R	R	R	R	R
Running	IA	IA	R	R	R	R	R	R	R	R	R
Galloping	IA	IA	R	R	R	R	R	R			
Side-sliding	I	IA	IA	R	R	R	R	R	R	R	R
Hopping	I	IA	IA	R	R	R	R	R	R	R	R
Skipping	I	IA	IA	R	R	R	R	R	R	R	R
Leaping	I	IA	IA	R	R	R	R	R	R	R	R
Chasing and Fleeing		I	IA	IA	A	A	R	R	R	R	R
Body Management											
Balancing	IA	IA	A	A	A	A	A	R	R	R	R
Jumping/Landing	IA	IA	A	A	R	R	R	R	R	R	R
Weight Transfer	I	I	I	A	A	A	A	R	R	R	R
Manipulatives											
Rolling	I	IA	IA	IA	A	A	A				
Bouncing	I	I	IA	IA	A	A	A	R	R	R	R
Throwing	I	I	IA	IA	A	A	A	R	R	R	R
Catching	I	I	IA	IA	A	A	A	R	R	R	R
Kicking	I	I	IA	IA	A	A	A	R	R	R	R
Hand Dribbling	I	I	IA	IA	A	A	A	R	R	R	R
Foot Dribbling		I	IA	IA	A	A	A	R	R	R	R
Foot Passing		I	IA	IA	A	A	A	R	R	R	R
Trapping		I	IA	IA	A	A	A	R	R	R	R
Volleying		I	I	I	IA	IA	IA	R	R	R	R
Striking with Short-handled Implements		I	I	I	IA	IA	IA	R	R	R	R
Striking with Long-handled Implements					I	IA	IA	R	R	R	R

Appendix C SPARK Scope and Sequence Early Childhood through High School 6.16.2011

NAPSE Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.											
	EC	K	1st	2nd	3rd	4th	5th	6th	7th	8th	9th-12th
Spatial Awareness											
Personal Space	I	I	A	A	R	R	R	R	R	R	R
General Space	I	I	A	A	R	R	R	R	R	R	R
Boundaries	I	I	A	A	R	R	R	R	R	R	R
Levels of Movement	I	I	I	A	R	R					
Pathways	I	I	I	A	R	R	R	R	R	R	
Directions	I	I	I	A	R	R					
Effort											
Speed/Tempo	I	I	A	A	R	R	R	R	R	R	R
Force	I	I	I	A	A	A	A	R	R	R	R
Relationships											
Body Parts	I	I	I	A	A	R	R	R	R	R	R
With Objects	I	I	I	A	A	R	R	R	R	R	R
With People	I	I	A	A	A	R	R	R	R	R	R
Concepts, Principles, and Strategies											
Identifies elements of correct form for motor skills	I	I	I	A	A	R	R	R	R	R	R
Uses feedback to improve performance		I	I	A	A	R	R	R	R	R	R
Uses knowledge of critical elements to give feedback to others					I	A	A	A	A	A	R
Describes the FITT Principle and how it relates to fitness					I	A	A	R	R	R	R
Describes and demonstrates how skills learned in one physical activity can be transferred to another						I	A	A	A	A	R
Describes basic principles of training and how they improve fitness					I	I	I	A	A	A	R
Describes and applies strategies and tactics for mini-games					I	I	I	A	A	A	R

SPARK Scope and Sequence Early Childhood through High School 6.16.2011

NAPSE Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.												
	EC	K	1st	2nd	3rd	4th	5th	6th	7th	8th	9 th -12 th	
Uses information from a variety of sources to guide and improve performance								IA	A	A	R	
Demonstrates knowledge to develop an activity plan								IA	A	A	R	
Reaction Time		I	IA	IA	A	A	A	A	A	A	R	
Agility				I	A	A	A	A	A	A	R	
Coordination		I	A	A	A	A	A	A	A	A	R	
Explosive Power					I	I	IA	A	A	A	R	
Speed				I	A	A	A	A	A	A	R	
Offense				I	IA	A	A	A	A	A	R	
Defense				I	IA	A	A	A	A	A	R	
Transition (from O to D and D to O)							I	IA	A	A	R	
Leverage					I	A	A	IA	A	A	R	
Force		I	A	A	A	A	A	A	A	A	R	
Inertia								I	A	A	R	
Rotary Motion									A	A	I	
Opposition		I	A	A	A	A	A	A	A	A	R	
Aerobic and Anaerobic					I	A	A	A	A	A	R	
Analyzes consumer products/programs								I	I	A	R	
Exercise Safety					IA	A	A	A	A	A	R	
Uses complex movement concepts to refine skills and apply to the learning of new skills							I	A	A	A	R	

Appendix C SPARK Scope and Sequence Early Childhood through High School 6.16.2011

NAPSE Standard 3: Participates regularly in physical activity											
	EC	K	1st	2nd	3rd	4th	5th	6th	7th	8th	9th-12th
Participates in a variety of activities outside of PE, during school hours	I	A	A	A	A	A	A	R	R	R	R
Participates in a variety of activities outside of school	I	A	A	A	A	A	A	R	R	R	R
Participates in organized physical activity outside of PE class					I	A	A	R	R	R	R
Monitors physical activity using a pedometer					I	A	A	R	R	R	R
Sets realistic PA goals and strives to attain them					I	I	A	A	A	A	R
Accumulates a specified number of steps during the day					I	A	A	A	A	A	R
Determine the intensity of a physical activity using perceived exertion						I	IA	A	A	A	R
Monitors physical activity using heart-rate monitor							I	A	A	A	R

SPARK Scope and Sequence Early Childhood through High School 6.16.2011

NAPSE Standard 4: Achieve and maintain a health-enhancing level of physical fitness											
	EC	K	1st	2nd	3rd	4th	5th	6th	7th	8th	9th-12th
Participates in a variety of activities that increase breathing and heart rate		I	IA	A	A	A	R	R	R	R	R
Sustains activity for increasing longer periods of time throughout the year		I	IA	A	A	A	A	R	R	R	R
Recognizes that health-related physical fitness consists of 5 different components					I	A	A	A	A	A	R
Explains the benefits of regular physical activity				I	A	A	A	A	A	A	R
Participates in selected activities that develop and maintain each component of fitness					I	A	A	A	A	A	R
Identifies strengths and weaknesses based fitness assessment					I	I	A	A	A	A	R
Demonstrates appropriate training principles when engaged in activity to improve fitness					I	I	I	A	A	A	R
Formulates meaningful personal fitness goals based on fitness assessment					I	I	A	A	A	A	R
Demonstrates ability to monitor personal fitness program to meet own needs and goals							I	A	A	A	R

SPARK Scope and Sequence Early Childhood through High School 6.16.2011

NAPSE Standard 5: Exhibit responsible personal and social behavior that respects self and others in physical activity settings											
	EC	K	1st	2nd	3rd	4th	5th	6th	7th	8th	9 th - 12th
Demonstrates responsible personal/social behavior during PE	I	I	I	A	A	A	A	A	A	A	R
Uses equipment safely	I	I	I	A	A	A	A	R	R	R	R
Demonstrates elements of appropriate conflict resolution during PE		I	IA	A	A	A	A	R	R	R	R
Demonstrates ability to teach an activity or skill to others					I	A	A	R	R	R	R
Regularly encourages others and refrains from put-downs				I	A	A	R	R	R	R	R
Demonstrates cooperation skills				I	IA	IA	A	R	R	R	R
Able to accomplish group goals in both cooperative and competitive activities					I	A	A	R	R	R	R
Demonstrates self-direction, responsible behavior, and communication skills during PE				I	IA	A	A	R	R	R	R
Participates in activity for personal enjoyment	I	A	A	A	A	A	A	A	A	A	R



Appendix C

SPARK Scope and Sequence Early Childhood through High School 6.16.2011

NAPSE Standard 6: Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction											
	EC	K	1st	2nd	3rd	4th	5th	6th	7th	8th	9th-12th
Tries new movements and skills	I	A	A	A	A	A	A	R	R	R	R
Persists if not successful on first try		I	IA	A	A	A	A	R	R	R	R
Chooses to practice skills needing improvement					I	IA	A	A	A	A	R
Exhibits ways to use the body and movement to express self	I	IA	A	A	A	A	A	R	R	R	R
Seeks personally challenging experiences in PA activities					I	A	A	A	A	A	R
Works with others to achieve a common goal								R	R	R	R
Creates and performs a small group dance routine								R	R	R	R

Appendix D

SUBJECT: SPORTS AND THE ATHLETIC PROGRAM

Athletics are an integral part of a well-balanced educational program. Therefore, the Board supports within its resources a broad sports program with equal access for both males and females, with an emphasis on maximum participation, through interscholastic and intramural activity. The District will comply with recommendations from the U.S. Department of Education's Office for Civil Rights (OCR) regarding Title IX equal opportunity for males and females in the District's total athletic program regarding any of the following factors which may be applicable:

a) The nature and extent of the sports program to be offered (including the levels of competition, such as varsity, club, etc.); b) The provision of equipment and supplies; c) The scheduling of games and practice time; d) The provision of travel and per Diem allowances; e) The nature and extent of the opportunity to receive coaching and academic tutoring; f) The assignment and compensation of coaches and tutors; g) The provision of locker rooms, practice and competitive facilities; h) The provision of medical and training facilities and services; i) The provision of housing and dining facilities and services; and j) The nature and extent of support, publicity and promotion including cheerleading, bands, published programs distributed at games, and booster club activities.

The interscholastic athletic program shall conform to the Regulations of the Commissioner of Education as well as the established rules of the New York State Public High Schools Athletic Association and the State Education Department. Eligibility for interscholastic athletic competition requires that the students:

a) Provide written parental/guardian consent; b) Pass satisfactorily the medical examination administered by the school physician/nurse practitioner or the student's personal physician. The school physician/nurse practitioner retains final approval on all physicals performed by the student's personal physician; and

c) Meet the requirements for interscholastic competition as set forth by the Commissioner's Regulations and the New York State Public High School Athletic Association.

Booster Clubs The School District has a responsibility under Title IX to ensure that boys' and girls' programs are provided with equivalent benefits, treatment, services and opportunities regardless of their source. When determining equivalency, benefits, services and opportunities attained through the use of private funds (e.g., "booster clubs"), such funds are considered in combination with all benefits, services and opportunities.

Private fundraising, including student-initiated fundraising, is permissible under Title IX. Further, compliance with Title IX does not mean that teams must "share" proceeds from fundraising activities. It does, however, place a responsibility on the District to ensure that benefits, services, treatment and opportunities overall, regardless of funding sources, are equivalent for male and female athletes.

In accordance with OCR, in order for the District to be in continuing compliance with Title IX requirements, the District must assure that services, benefits and opportunities in its athletic programs are provided on an equivalent basis to both boys and girls, including those services, benefits and opportunities that are provided through the use of outside financial assistance such as donations, fundraising by coaches, and booster clubs.

Selection/Classification Process The Board approves the use of the selection/classification process for all secondary school interscholastic team members. The Board directs the Superintendent to implement the procedures and maintain a file of those students deemed eligible as a result of those procedures.

Student Athletic Injuries No student should be allowed to practice or play in an athletic contest if he/she is suffering from an injury. The diagnosis of and prescription of treatment for injuries is strictly a medical matter and should under no circumstances be considered within the province of the coach. A coach's responsibility is to see that injured players are given prompt and competent medical attention, and that all details of a doctor's instructions concerning the student's functioning as a team member are carried out. No student will be allowed to practice or compete if there is a question whether he/she is in adequate physical condition. A physician's certificate may be required before an athlete is permitted to return to practice or competition.

Athletic Program - Safety The District will take reasonable steps to see that physical risks to students participating in the interscholastic athletic program shall be kept at a minimum by:

- a) Requiring medical examinations of participants; b) Obtaining appropriately certified and/or licensed officials to coach all varsity, junior
varsity, and modified games; and c) Ensuring that equipment is both safe and operative within approved guidelines.

Adopted 7/3/2012

Title IX of the Education Amendments of 1972, 20 United States Code (USC) Section 1681 et seq. 45 Code of Federal Regulations Part 86.8 New York Code of Rules and Regulations (NYCRR) Section 135

Policy # 7522

Subject: Concussion Management

The Board of Education recognizes that concussions and head injuries are the most commonly reported injuries in children and adolescents who participate in sports and recreational activities. The physical and mental well-being of our students is a primary concern. Therefore, the Fort Ann School District adopts the following policy to support the proper evaluation and management of concussion injuries.

A concussion is a mild traumatic brain injury (MTBI). A concussion occurs when normal brain functioning is disrupted by a blow or jolt to the head or body that causes the head or brain to move rapidly back and forth. Recovery from concussion and its symptoms will vary. Avoiding re-injury and over-exertion until fully recovered are the cornerstones of proper concussion management. Concussions can impact a student's academics as well as their athletic pursuits.

Concussion Management Team (CMT)

In accordance with the Concussion Management and Awareness Act, the School District is authorized, at its discretion, to establish a Concussion Management Team (CMT) which may be composed of the certified athletic director, a school nurse, the school physician, a coach of an interscholastic team, a certified athletic trainer or such other appropriate personnel as designated by the School District. The Concussion Management Team shall oversee and implement the School District's concussion policy and regulations, including the requirement of all school coaches, physical education teachers, nurses and certified athletic trainers who with and/or provide instruction to pupils engaged in school-sponsored athletic activities complete training relating to mild traumatic brain injuries. Furthermore, every concussion management team may establish and implement a program which provides information on mild traumatic brain injuries to parents and persons in a parental relation throughout the school year.

Staff Training/Course of Instruction

Each school coach, physical education teacher, school nurse and certified athletic trainer who works with and/or provides instruction to students in school-sponsored athletic activities (including physical education class and recess) shall complete a course of instruction every two (2) years relating to recognizing the symptoms of concussions or MTBIs and monitoring and seeking proper medical treatment for students who suffer from a concussion or MTBI.

Components of the training will include:

- a. The definition of MTBI;
- b. Signs and symptoms of MTBI;
- c. How MTBIs may occur;
- d. Practices regarding prevention;
- e. Guidelines for the return to school and school activities for a student who has suffered an MTBI, even if the injury occurred outside of school.

The course can be completed by means of instruction approved by SED which include, but are not limited to, courses provided online and by teleconferences.

Appendix E

Information to Parents

The District shall include the following information on concussion in any permission or consent form or similar document that may be required from a parent/person in parental relation for a student's participation in interscholastic sports. Information will include:

a) The definition of MTBI; b) Signs and symptoms of MTBI; c) How MTBIs occur; d) Practices regarding prevention; and e) Guidelines for the return to school and school activities for a student who has suffered an MBTI, even if the injury occurred outside of school.

The District will provide a link on its website, if one exists, to the above list of information on the State Education Department's and Department of Health's websites.

Identification of Concussion and Removal from Athletic Activities

The District shall require the immediate removal from all athletic activities of any student who has sustained, or is believed to have sustained, a mild traumatic brain injury (MTBI) or concussion. Any student demonstrating signs, symptoms or behaviors consistent with a concussion while participating in a class, extracurricular activity, or interscholastic athletic activity shall be removed from the class, game or activity and must be evaluated as soon as possible by an appropriate health care professional. Such removal must occur based on display of symptoms regardless of whether such injury occurred inside or outside of school. If there is any doubt as to whether the student has sustained a concussion, it shall be presumed that the student has been injured until proven otherwise. The District shall notify the student's parents or guardians and recommend appropriate evaluation and monitoring.

Return to School Activities

The student shall not return to physical activity (including athletics, physical education class and recess) until he/she has been symptom-free for not less than twenty-four (24) hours, has been evaluated and received written authorization from a licensed physician. In accordance with Commissioner's Regulations, the School District's Medical Director will give final clearance on a return to activity for extra- class athletics. All such authorizations shall be kept on file in the student's permanent health record. The standards for return to athletic activity will also apply to injuries that occur outside of school. School staff should be aware that students may exhibit concussion symptoms caused by injuries from outside activities and that these visible symptoms also indicate a removal from play.

The District shall follow any directives issued by the student's treating physician with regard to limitations and restrictions on school and athletic activities for the student. The District's Medical Director may also formulate a standard protocol for treatment of students with concussions during the school day.

In accordance with NYSED guidelines, this Policy shall be reviewed periodically and updated as necessary in accordance with New York State Education Department guidelines. The Superintendent, in consultation with the District's Medical Director and other appropriate staff, may develop regulations and protocols for strategies to prevent concussions, the identification of concussions, and procedures for removal from and return to activities or academics.

Education Law Sections 207; 305(42), and 2854 8 NYCRR 135.4 and 136.5 Guidelines for Concussion Management in the School Setting, SED Guidance Document, June 2012

Adoption Date: Sept. 18, 2012

FORT ANN CENTRAL SCHOOL DISTRICT

One Catherine Street
 Fort Ann, New York 12827
 Telephone: (518) 639-5594
 Fax: (518) 639-8911

COACHING EVALUATION FORM

Name of Coach:

Evaluator:

Performance Area

Sport/Level:

Date:

Performance Level *

5 4 3 2 1 NA

1. Demonstrates good technical/professional skills of his/her sport.
2. Is able to teach the skills in an appropriate fashion to the athletes.
3. Presents a positive image for the District.
4. Cooperates with other school personnel.
5. Performs well with minimal supervision.
6. Maintains, conducts and models positive interactions with athletes.
7. Maintains and conducts positive interactions with parents.
8. Demonstrates a respect for school property.
9. Assumes fair share of workload.
10. Follows Interscholastic Athletic Guide.
11. Maintains good safety (adheres to school safety guides).

Has: ☐ Coaching Certificate ☐ Temporary Coaching License ☐ Completed Course Level ☐

Suggestions for improvement: (Items marked above that are level 2 or lower require suggestions for improvement.) Use back of form for additional space.

A discussion of this evaluation has been held between the coach and evaluator on: _____

Signature of employee:

Signature of evaluator:

Coach's signature acknowledges receipt of this evaluation, not necessarily agreement with its content. The employee may submit comments concerning this evaluation in writing to be attached within 10 working days of the date of the evaluation conference.

cc: Personnel file
 Coach
 Athletic Director of evaluator

* Based on experience level: 5. Outstanding 4. Above Average 3. Satisfactory
 2. Slightly below basic competencies 1. Significantly below basic competencies

Appendix G FORT ANN HIGH SCHOOL ATHLETE EMERGENCY CARD

Date _____

NAME _____ AGE _____ DOB _____

ADDRESS _____ HOME PHONE _____

PARENT/GUARDIAN _____ BUSINESS PHONE _____

FAMILY

PHYSICIAN _____ PHONE _____

In the event of a medical emergency, I give permission

for _____ to receive emergency medical transportation
and treatment at the nearest medical facility.

MEDICAL INSURANCE PROVIDER/COMPANY:

Ins. I.D. # _____

Signature Parent or Guardian _____

PLEASE INDICATE ANY MEDICINE OR TREATMENT WHICH SHOULD NOT
BE USED.

SECTION II DISQUALIFICATION REPORT

School _____

Director of Athletics _____

School Telephone _____ **Date** _____

Summary of Incident:

Date of Contest: _____

Type of Contest and Level: (Check all that apply)

_____ Boys	_____ Varsity
_____ Girls	_____ Junior Varsity
_____ Tournament	_____ Freshman
_____ Sectional Contest	_____ Modified
_____ Regional Contest	_____ Eighth Grade
_____ State Contest	_____ Seventh Grade

Opponent: _____

Site: _____

Player(s) Disqualified: _____

Coach (es) Disqualified: _____

Contest Officials (and telephone numbers): _____

Brief Description of Incident: _____

Signed: _____

I. Handbook for Students and Parents (Taken from Student Handbook)

2011-12 FORT ANN CENTRAL SCHOOL EXTRACURRICULAR ACTIVITY and INTERSCHOLASTIC ATHLETIC GUIDE

The regulations and expectations contained in this document will be in effect from the first day of the fall season through June 30th for all students; any student who fails to return the signature page at the end of this handbook in the first week of school will be ineligible for all extracurricular events for the school year. Any transfer student will have one week from his/her enrollment to meet this requirement, but may not participate until doing so.

Dear Parents and Student,

Participation in the Fort Ann extracurricular program is a privilege that should elicit great pride in both the students and their families. Accordingly, the Board of Education, administration, coaches of athletic teams, and advisors/sponsors of student activities believe that students who are selected for the privilege of membership on teams, squads, performing groups, clubs and other school organizations should conduct themselves as a responsible representative of the school.

Parents and school personnel must join forces to promote a common value system that develops the character in young adults that our society seeks. Advisors/Coaches alone can't do it. Changing social patterns, modified value systems, and an emphasis on winning at all costs, affect so many of us that adult collaboration is now more important than ever if we want to steer our children in the right direction. Parents, coaches, teachers, and school administrators must communicate their expectations with one another, and present a united front that expects nothing less than acceptable personal and social behavior.

When your son/daughter enlists in one of our extracurricular programs, he/she has committed himself/herself to certain responsibilities and obligations. This publication will acquaint you with some of the specific policies that are necessary for a well-organized extracurricular program.

The extracurricular program is governed by the regulations established by the Commissioner of Education's basic code for extracurricular participation. Fort Ann is a member of the New York State Public High School Athletic Association competing in Section II as a member of the Adirondack League.

Sincerely,

Justin Hoskins

Jr. /Sr. High Principal

PRINCIPLES OF THE FACS EXTRACURRICULAR/ATHLETIC PROGRAM

Fort Ann Central School District believes that an extracurricular/interscholastic athletic program should afford each student in grades 7-12 the equal opportunity to participate and achieve success. The program must stress the importance of striving for excellence according to the individual's ability. It is our belief that while an extracurricular/athletic program is an integral part of our school, academics must take priority. Within this program, we feel that students should be accountable for their conduct as students to include both classroom performance and school rules. An extracurricular/interscholastic athletic program should also be sensitive to those students who may need assistance through special programs, and provide services required to assist the individual toward improvement.

An extracurricular/athletic program should also be student-centered and designed to develop physical and mental skills, sportsmanship, character, collaboration, and the positive qualities that will produce good citizens.

We support the concept that all persons involved with the Fort Ann Extracurricular/ Athletic Program should exhibit the highest ethical standards of conduct as representatives of Fort Ann Central School.

Members of the athletic staff, teachers, administrators and parents should function together positively toward the common goal of providing a quality and educationally sound program for students in the Fort Ann Central School District.

CODE OF ETHICS

It is the duty of all concerned with our students to:

- Emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
- Eliminate all possibilities which tend to destroy the best values of the program.
- Stress the values derived from participating in events fairly.
- Show courtesy to visiting teams and officials.
- Establish a cordial relationship between visitors and hosts.
- Respect the integrity and judgment of evaluators/sports officials.
- Achieve a thorough understanding and acceptance of the rules of the club/team and the standards of eligibility.
- Encourage leadership, use of initiative, and good judgment by members of the club/team.
- Recognize that the purpose of extracurricular activities and athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual.
- Remember that an extracurricular event/athletic contest is not a matter of life and death for student, teacher, advisor, coach, school, official, fan, or community.

SPECTATOR BEHAVIOR

Spectator behavior goes beyond the members of the student body. Adult or student interference with the advisor, athletes, and/or coaches participation during scheduled events/contests will not be tolerated.

Spectators will be removed from grounds, if deemed necessary by the supervisor after adequate warning.

Appendix I

SUBSTANCE ABUSE

It is the overwhelming opinion of health professionals, educators and coaches that students perform best when they abstain from tobacco, alcohol and drugs in any form, except those prescribed to a student by a physician. Medical research clearly substantiates the fact that the use of tobacco, alcohol and any type of mood modifying, illicit, illegal or controversial substances produces harmful effects on the human organism.

When a student makes the choice to become a club or team member, he or she should realize that self-discipline is an expectation. Expectations include the student's willingness to follow a simple set of rules that are fair to all. These rules will be established by the advisor, and coach, with direction from the athletic director and/or administration.

It is a fact that the use of tobacco, alcohol and drug use as mentioned above are injurious to the development of human growth. The student who wishes to experiment with such abuses should remove himself/herself from the club/team before he/she jeopardizes club/team morale, reputation, and success and does physical harm to him/herself.

HAZING

The Board of Education recognizes that hazing of students and staff is abusive and illegal behavior that builds fear, distrust, intimidation and intolerance. Incidents of hazing will not be tolerated and will result in immediate removal from the club/team, referral to administration for potential further disciplinary action including up to expulsion from school, and notification of the police as appropriate.

CURFEW

It is the expectation of all advisors/coaches in the Fort Ann School System that students receive sufficient time to rest and relax before each game/event. Therefore, a uniform curfew time has been established for all clubs/teams. Students will be expected to be in their legal residence by 11 p.m. the day before each game/event unless they have a valid excuse. The only exception shall be if the advisor/coach is notified by the student's parent and under special circumstances an adjustment is made. Breaking the curfew without prior permission shall mean that the student forfeits the right to participate in that game/event.

ATTENDANCE REQUIREMENT THE DAY OF EVENT/GAME

Unless excused by the Principal or Athletic Director due to special circumstances, a participant must be present in school on the day of an event/contest. If the event/contest is on a non- school day, the student must be present on the last school day preceding the contest, unless legally excused, to be eligible to compete in that contest. He/She must attend that day's practice unless dismissed by the advisor/coach who is acting in the best interest of the student. A participant will be deemed present if he/she is in attendance prior to 8:15 am. If the student leaves school prior to the end of the day, he or she is not entitled to participate unless the Principal/Athletic Director gives prior approval.

DRESS FOR HOME/AWAY EVENTS/GAMES

Both boys and girls are being asked to dress professionally for home and away events/games during the season. Those participating in extracurricular activities represent our school and therefore have a responsibility to dress appropriately. For example, our basketball coaches require male athletes, when not wearing a team uniform, to wear a dress shirt with a tie, dress pants, and shoes (no jeans or sneakers) to each game. Our female athletes are required, when not wearing a team uniform, to wear business dress (i.e. skirts, dresses, dress slacks, blouses), and shoes (no jeans or sneakers). Each advisor/coach will discuss the appropriate dress for his/her club or team.

TRANSPORTATION REQUIREMENTS FOR CLUB/CLASS/TEAM TRAVEL

Only team/club members listed on the official team/club roster may ride on school transportation. All team/club members are expected to ride the school transportation system to and from all scheduled events. In general, advisors/coaches shall allow parents' reasonable requests to transport their own student/athlete when those requests are communicated in person and in writing. When team travel is deemed necessary, advisors/coaches shall communicate their requirements in meetings prior to the event/contest.

ISSUING OF SCHOOL CLOTHING AND EQUIPMENT

It is the responsibility of the student to turn back to the advisor/coach all clothing and equipment issued. Failure to do this will result in the student paying for the missing articles. Students not paying for the missing articles will forfeit their right to receive any school equipment or clothing in the next club/sport season or be eligible for any certificate, pin or letter. A list of all violators will be sent to the Principal or Athletic Director within 7 days following the end of the club/sport season.

NYS STUDENT ELIGIBILITY FOR ATHLETICS

According to the Commissioner's Regulations, a pupil shall be eligible for inter-school competition in a sport during a semester; provided that he/she is a bona fide pupil, enrolled during the first 15 days of each semester, is registered in the equivalent of three regular courses, and meets the physical education requirements.

NYS DURATION OF COMPETITION

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

NYS SELECTIVE CLASSIFICATION

"Selective Classification" Program is a special program for younger athletes (usually in grade 7 or 8) who are extremely advanced in skill, physical maturity, emotional maturity and knowledge. They may be selectively classified for the level fitting their readiness. To be considered for the program, the student will be given the physical and medical tests established by the State. If the student passes these in their entirety, he/she is allowed to try out for a higher level team.

Appendix I

LEAVING A TEAM

Commitment in general to one's team is a highly valued characteristic. As such, any JV or Varsity athlete may leave the team within the first six days with no penalty. If an athlete leaves the team after six days, then he/she will sit out the first 25% of the next season in which he/she plays a sport. Consideration will be given to extenuating circumstances on an individual basis. Modified athletes may leave the team at any time, but must speak to the coach prior to doing so. If they do not inform the coach of the reason for needing to leave the team, they are penalized 3 games in their next sport.

VACATIONS

When the immediate family's vacation conflicts with a sports season, the athlete shall not compromise his or membership on the team by joining the family. If an athlete on his or her own decides to go on a vacation, he/she may forfeit the opportunity to be on the team.

SPORTS PHYSICALS

A student who may engage in interscholastic competition shall receive an adequate health examination and health history update when required, and may not practice or participate without the approval of the school physician or personal physician.

Physicals for participation in school sports may be scheduled at any time during the calendar year. The results of the physical shall be valid for a period of 12 months starting with the last day of the month in which the physical was conducted. Unless the medical examination is conducted within 30 days of the start of the season, a health history update is required.

If an athlete is absent from school for five consecutive days or more due to a sports injury or illness, he/she must be again examined by a physician prior to returning to any athletic contest.

RISK FACTOR IN SPORTS

Participation in sports involves a certain degree of risk for injury. Before going out for a team, we want you to be aware of the risk so you will be better able to reduce your chances for injury. Pre-season conditioning, learning the skills and techniques, and knowledge of rules and safety factors will help you have a healthy season. Risk of injury form must be signed before participation in any season.

INJURIES

It is extremely important to report any injury to your advisor/coach immediately. Medical expenses resulting from any injury must first be submitted to your own insurance carrier. NOTE: The school accident insurance provides only excess coverage according to a fee schedule. All injuries must be reported to the nurse's office within 24 hours of the injury in order to receive consideration from our school accident insurance carrier.

Injuries which have potential of head trauma must have clearance from their family physician and school nurse prior to resuming participation. Medical clearance protocol will be followed as listed: No exertion activity until asymptomatic.

Appendix I

When the athlete appears clear, begin low-impact activity such as walking, stationary bike, etc. Initiate aerobic activity fundamental to specific sports such as skating, running, etc. Begin non-contact skill drills specific to sport such as dribbling, ground balls, batting, etc. Then full contact in a practice setting. If an athlete remains without symptoms, he or she may return to play. Athletes must remain asymptomatic to progress to the next level. If symptoms return, the athlete must return to the previous level. Medical check should occur before contact.

PENALTIES The Fort Ann Central School Extracurricular Activity/Interscholastic Athletic guide's 3-Strike Policy is cumulative for students in Grades 7-12. For a "Strike 3" the student shall be removed from participation in all extracurricular activities/ interscholastic athletics for at least 1 calendar year. The student's status will be reevaluated after 1 year by the Administration, and those of the following that are applicable: Athletic Director, coaches, advisors, and/or staff.

Level 1 Offenses (Counts as 1 Strike): The student is suspended for "x" number of contests/events (see **CHART OF PENALTIES**).

Level 2 Offenses (Counts as 2 Strikes): The student is suspended for at least "x" number of contests/events up to a year (see **CHART OF PENALTIES** on next page).

Examples of Level 1 Offenses may include but are not limited to:

- Possession and/or Use of Alcohol and/or Tobacco products or paraphernalia.
- FACS Student Code of Conduct Violations: Any violation of the FACS Student Code of Conduct which results in out-of-school suspension.
- Poor Sportsmanship: Students, whether participants or spectators, will observe courteous behavior during all sporting events. Booing, whistling, name calling, obscene gestures, fighting or arguing with the referee etc.
- Stealing: Stealing of any kind, including athletic clothing belonging to FACS or our visitors and opponents.
- Verbal and/or Physical Abuse: directed at teachers, coaches, students, opponents, officials, etc.
- Attending Drinking/Drug Parties: Students are prohibited from attending a party that involves alcohol, drugs or illegal substances. If a student attends a party where alcohol or drugs are present then the student must leave immediately (Leave means leave IMMEDIATELY).

Examples of Level 2 Offenses may include but are not limited to:

- Possession and/or use of Drugs: The possession and/or use of illegal drugs and/or paraphernalia or the possession and/or use of drugs or medications without a prescription are strictly prohibited.
- Hosting of Drinking/Drug Parties: Students are prohibited from hosting a party that involves alcohol, drugs or illegal substances.
- Hazing/Initiation Ceremony – FACS coaches and staff members will not permit, nor will FACS students stage any type of "initiation ceremony," or hazing for anyone at any time and on any level. This prohibition includes any student giving other students haircuts, shaving other students, or

planning/carrying out any pranks etc.

- Verbal and/or Physical Abuse: directed at teachers, coaches, students, opponents, officials, etc.
- Vandalism and/or Property Destruction

Violent Behavior of any manner shall be grounds for immediate dismissal.

Cyber Image Policy – Any identifiable image, photo or video which implicates a student to have been in possession or presence of drugs or portrays actual use, or out of character behavior of crime, shall be confirmation of a violation of the code. Since there is no way to establish a timeframe for when or location of where the image was taken, it shall be a responsibility that the student must assume. It must also be noted that there may be persons, who would attempt to implicate a student, by taking such images, to place them in a situation where they might be in violation of this code standard. This is our rationale for demanding that our students not place themselves in such environments.

It should be noted, notwithstanding the chart of penalties, that the facts of an incident may warrant immediate removal from the club/team if the Advisor/Head Coach/ Athletic Director and the Administration believe that the offense committed by the student warrants such action. Further, the Advisor/Athletic Director and the Administration hold discretionary rights when assigning a strike(s) and penalty to a student.

APPEAL PROCESS

Extracurricular suspension will remain in place during any appeal proceedings. All appeals must be made in writing to the Principal and Advisor or A.D. within two school days of the parent/guardian being notified of the imposed penalty.

CHART OF PENALTIES:

**Number of Regular Season Strike 1 Strike 2 Scheduled Contests/Events Contest/Event Penalty
Contest/Event Penalty**

7-11 2 At LEAST 4, up to a whole calendar year

12-15 3 At LEAST 6, up to a whole calendar year

16-19 4 At LEAST 8, up to a whole calendar year

20-24 5 At LEAST 10, up to

a whole calendar year

* The number of athletic contests or extracurricular events listed above does not include any that are missed during an out of school suspension. The athletic/extracurricular suspension is in addition to any suspension from school and begins when the student returns to school. * Extracurricular Clubs that do not meet the number of times above will have a penalty equal to 20% of the meeting times

BOOSTER CLUB STATEMENT

Purpose: Promote interest in the Athletic Programs of Fort Ann Central School grades 7-12, interested in developing a following for athletic teams and for providing encouragement, rewards, and honors for participation in athletics, and financial support in other sports related activities.

In the past, the Booster Club has given awards and scholarships to our Fort Ann athletes, helped to build dugouts, provide warm-ups, helped to pay for tournaments and summer recreation programs, obtained bleachers, batting cages, scoreboards, etc. Our next big project will be updating championship banners for the gymnasium.

Please join us in supporting our athletes by becoming a member of the Fort Ann Booster Club. You can help in a variety of ways; by providing financial support, making phone calls, or donating your time at various activities. We sincerely appreciate and thank you in advance for any support you can give the Fort Ann Booster Club.

SCHOOL COLORS: RED & WHITE SCHOOL MASCOT: CARDINALS

ALMA MATER

In the Adirondack foothills On the Burgoyne Trail
Stands our noble alma mater She shall never fail
For her honor and her glory We shall ever fight
Hail to thee Our Fort Ann Central Hail to Red and White

Appendix L

FORT ANN CENTRAL SCHOOL DISTRICT One Catherine Street Fort Ann, New York 12827 Telephone: (518) 639-5594 Fax: (518) 639-8911

COACHING EXPECTATIONS AND PERFORMANCE REVIEW FOR COACHING

INTERSCHOLASTIC ATHLETICS Statement of Purpose: Fort Ann Central School recognizes there is much more to coaching than winning. A successful coach needs a broad spectrum of competencies, which are essential in order to provide for our student athletes an overall quality learning experience which aligns with the District's Overall Mission.

The general purpose of this evaluation is to provide feedback to coaches in order to enhance the experience of ALL athletes. Other purposes of an evaluation are:

1. To afford an opportunity to identify, recognize and praise quality coaching and instruction.
2. To provide an opportunity to identify potential leadership within a system.
3. To create a climate to achieve personal improvement through job description.
4. To provide information necessary to make an objective assessment of the performance of a coach.

District Philosophy: First and foremost, at ALL levels of competition, sportsmanship and working as a team should be the foundation of the program and emphasized throughout the sport. At the elementary and modified levels, developing enjoyment of the sport and building a passion are key. As such, all students should play equally and as much as possible, however, attendance, effort and attitude at practices and games may enter into the amount of individual playing time. Skill building should be progressive. At the modified level, while all students should continue to have significant play time, there should begin to be some transition to earning game time. All students should have at least one year on a modified team before being considered for selective placement to a varsity level. (This requirement may be waived for exceptionally talented students who are in strong academic standing with the approval of the sport specific coach, Athletic Director, Principal and parent and who have passed the selective classification test.) At the JV level, playing time is earned and is more competitive. Participation is encouraged, but skills and ability are a consideration in playing time. At the Varsity level, the team is playing to win. Playing time is earned with skills and ability being a main driver.

With these purposes and philosophy in mind, the following procedures, expectations and evaluation instruments have been developed to fairly and reasonably assess coaching performance in Fort Ann Central School.

Procedures: The Athletic Director (AD), or in his/her absence, the High School Principal will conduct the evaluations of varsity coaches.

The Athletic Director, or in his/her absence, the High School Principal, with input from Varsity

coaches, will conduct evaluations of assistant coaches and sub varsity coaches.

Appendix L

The Athletic Director will supply a copy of the evaluation form and expectations to coaches at the beginning of the sports season.

Evaluations will be completed within two weeks of the end of a season and reviewed with the coach.

The coach maintains the right to respond to the evaluation in writing if they desire to do so within 30 days.

EXPECTATIONS OF COACHES Qualifications:

¶ All coaches, including volunteers, must have current first aid, CPR and AED certification. ¶ All coaches, including volunteers, must maintain their credentials towards coaching certificate

and/or license through the TEACH system. ¶ All coaches must have a coaching certificate or at least a temporary license. ¶ The District will pay for course work leading to a professional coaching certificate as well as the

temporary license for appointed coaches as described below.

- District will pay up to \$50 for the 1st temporary license
- District will pay up to \$50 for the 2nd temporary license
- District will pay up to \$35 for the Child Abuse Recognition Seminar
- District will pay up to \$35 for the School Violence Prevention Seminar
- District will reimburse appointed coaches up to \$100 per class for Coaching Classes I, II, and III. The remainder of the cost will be the responsibility of the individual.
- Coaches will need to provide proof of payment, proof of successful course completion and a claim voucher to the District Office for reimbursement. ¶ The Cost of the Professional Certificate is the responsibility of the coach. ¶ Coaches for whom the District pays for coaching course must coach for at least two seasons. ¶ New York State Teaching Certification is preferred. ¶ Coaches must have ability to organize, coordinate, and supervise a comprehensive program. ¶ Coaches must have substantial knowledge of the technical aspects of the sport and keeps current with new theories and innovations pertinent to that sport and level. ¶ All coaches must model and promote sportsmanship. ¶ Coaching experience in the assigned sport is preferred.

Program Responsibilities:

5. Develops goals and objectives of the program.
6. Instructs athletes in the necessary individual skills, team functions, strategies, physical training, and ethical sportsmanship behavior.
7. Places athlete safety first and foremost and follows all school safety policies and procedures.
8. Provide adequate supervision for athletes during practice at games and on buses.

Administrative Responsibilities:

1. Implements athletic policies, procedures of NYSPHSAA, Section 2, Adirondack League, and the Fort Ann Central School Board of Education (including FACS Interscholastic Athletic Guide.)
2. Recommends policy, method, or procedural changes in the program.
3. Assists the AD in scheduling and establishing requirements specific to their assigned sport.
4. Assists the AD with necessary preparations to hold practice or contests, and adheres to scheduled facility use time.
5. Maintains, and follows School Eligibility Lists, Codes of Conduct for students.
6. Makes a recommendation on disciplinary action to the AD when violations occur in the Athletic Guide and/or School Code of Conduct.
7. Provides written team training rules and other unique regulations of the sport to each athlete who is considered a participant.
8. Participates in the budget process with the AD by supplying information about program needs for the next season.
9. Is responsible for managing all equipment/uniforms inventory and notifies the AD of any equipment/uniforms lost, in need of repair, or not returned. Arranges for the issuing, storing and reconditioning of equipment/uniforms and submits an annual inventory.
10. Properly marks and identifies all equipment before issuing.
11. Teaches each player to respect all equipment and school property, its care and proper use.

Public and Player Relations

1. Participates in appropriate awards program and models appropriate attire for a recognition ceremony.
2. Promotes the sports program within the school, the community and through media.
3. Communicates effectively with the student-athlete, any other FACS staff member, booster clubs, parents, officials, spectators and news media.
4. Assists athletes with matters relating to personal issues, academic advisement and future college and/or career opportunities.

BOE first approved: June 19, 2007 Amended: June 15, 2010