

**WELCOME TO THE
EUGENIO MARIA de HOSTOS CHARTER SCHOOL
(EMHCS)**

ATHLETIC HANDBOOK



Believe, Achieve, Succeed

HOME OF THE HORNETS!

2022-2023

TABLE OF CONTENTS

Welcome to Eugenio María de Hostos Charter School Athletics	Page 3
Principles of the Athletic Program	Page 4
Athletic Code of Conduct/Team Expectations	Page 4
Coming to School under the Influence	Page 5
Sportsmanship/Fair play	Page 5
Absences and Tardiness	Page 5
Location of Practices	Page 6
Athlete/Parent/Coach Communication Process	Page 6
Quitting a Team	Page 6
Risk Factors in Sports	Page 6
Injuries	Page 6
Sports Physicals and Forms	Page 6
Concussions	Page 7
Academic/Behavior Eligibility Policies	Page 9
Suspension from School	Page 9
Transportation to and from Contests	Page 9
Conduct During Bus Rides	Page 9
Cancellation of Athletic Events/Practices	Page 10
Responsibility for Materials Contained in the Handbook	Page 10
Discretion and Interpretation of the Handbook	Page 10
Important Forms for Parents and Athletes	Pages 11-13
1. Athletic Contract for Parents/Athletes	Page 11
2. EMHCS Run Around Sheet for Athletes	Page 12
3. Requal Form	Page 13
Understanding the handbook/signing the handbook	Page 14

Dear Students and Parents/Guardians,

Welcome to the Eugenio María de Hostos Charter School (EMHCS) Athletic Program for the 2022 - 2023 season. We are part of the Private Parochial League (PPL) of Rochester. This league consists of the following schools Destiny High School, Aquinas High School, Bishop Kearney High School, Mercy High School, Lima Christian High School, Rochester Prep High School, Rochester Academy Charter, Charles Finney High School, North Star Christian High School, University Prep High School, and Young Women's College Prep. This handbook has been developed to explain the values, philosophies, rules, and procedures that are the foundation of a safe athletic program for our student-athletes. Parents and student-athletes should read this handbook carefully. It contains information that is important throughout a sport season. It should be kept close at hand for future reference. When a student-athlete chooses to participate in an athletic program at EMHCS, they and their families are committed to certain responsibilities and obligations. When parents take an active role in their son or daughter's efforts in athletics, they ensure an enjoyable, educational, and successful experience. Currently we offer ten sports/clubs at EMHCS. These sports/clubs include:

1. Girls volleyball (Fall)
2. Boys volleyball (Fall)
3. Boys/Girls soccer (Fall)
4. Club boys and girls flag football (Fall)
5. Girls basketball (Winter)
6. Boys basketball (Winter)
7. Girls and Boys track and field (Spring)
8. Girls softball (Spring)
9. Boys baseball (Spring)

If there is anything we can do to make your participation in our athletic program a more successful experience, please feel free to call Mr. Stewart, Athletic Director, if you have any questions.

Sincerely,

EMHCS Athletic Staff

343 State Street, Building 10, 5th floor.

Rochester, NY 14650

Office: (585) 544-6170 ext. 7511

Cell: (585) 509-4402

Fax: (585) 207-6893

PRINCIPLES OF THE ATHLETIC PROGRAM

A high-quality athletic program is important to our students, school, and community. Athletics is intended to be a broadening experience in which athletes strive for physical and mental excellence. A well-coordinated program is important to the morale of the school culture. Students who participate in athletics should realize they have an obligation to themselves, their peers, their school, and the school community to strive for excellence. Everyone involved in athletics possesses a unique opportunity to teach and learn positive life skills and values as well as learn the sport. The skills learned on and off the field/court through athletics help make each student-athlete college and career ready. Student-athletes need to develop desire, dedication, and self-discipline in order to ensure their success in any athletic program. There is a great deal of commitment and personal sacrifice required by athletes. Winning games has often been considered the measure of success; however, the number of victories is only one criterion that determines a season's success. Guiding the team to attain maximum potential is the ultimate goal. Working toward this common goal involves maximum performance, consistent effort, and a commitment to the EMHCS sport program.

ATHLETIC CODE OF CONDUCT/TEAM EXPECTATIONS

All EMHCS athletes are expected to:

- a. Acknowledge that playing on this team is an HONOR and a PRIVILEGE, not a right.
- b. Every player is expected to attend EVERY scheduled practice, scrimmage, game, and all other team related activities.
- c. Work and play hard every day to improve as individuals and as a team.
- d. Respect all coaches, teachers, staff members, peers, and especially teammates. Failure to be respectful may result in IMMEDIATE removal from the team. Disrespect will NOT be tolerated!
- e. Be dressed, on time, and ready for every scheduled practice, contests, and team activities
- f. Every EMHCS athletes must participate in physical education. Failure to do so will result in not playing in a practice or contest.
- g. I understand that I must return all EMHCS uniform apparel to my coach by the end of the athletic season. If I don't, then I am responsible to pay the cost of the uniform.
- h. EMHCS athletes will conduct themselves and treat others with the utmost respect. Any behavior that is considered disrespectful or inappropriate may result in a one (1) or more game(s) suspension or removal from the team.
- i. EMHCS athletes will maintain respectable grades in ALL classes (overall GPA of a 2.0 and no more than one F) and treat all teachers and staff with respect.

- j. EMHCS athletes are to conduct themselves as respectful young ladies/gentlemen when attending events off school grounds that are associated with the school. Therefore, they are not to engage in any behaviors they create an unsafe situation for self and others. If a student-athlete engages in a fight, he/she will be removed from the team immediately.
- k. EMHCS athletes will need to complete a Run Around Sheet that must be filled out by each teacher every other week.
- l. EMHCS athletes will be dedicated to the team's goals and present a positive attitude that will not hinder the progress of the team.
- m. No tobacco, drugs, or alcohol use will be tolerated. Use of any of these may result in your immediate dismissal from the team. Section V also has the right to random drug test all athletes.

COMING TO SCHOOL UNDER THE INFLUENCE

EMHCS students represent themselves, their families, and the school and therefore should not come to school under the influence of drugs and/or alcohol. If an athlete comes to school under the influence they must go home for the day and cannot participate in athletics for that day. This includes but not limited to contest/games and practices. The student-athlete, coach, school administration, and parent/guardian will devise an action plan for this student-athlete and seek treatment if there is an addiction problem. Coming to school under the influence will result in a consequence as per the EMHCS Secondary School Parent/Student Handbook and may also result in removal from the team.

SPORTSMANSHIP/FAIR PLAY

Students, coaches, EMHCS staff, athletes, and other spectators are guests and must be well-mannered and adhere to Section V spectators' rules and policies. The host court/field has the right to enforce their own rules and policies. Officials are the proper authorities to make decisions regarding rules and their interpretation; these decisions should be accepted. Spectators, student-athletes, and coaches must recognize that their conduct plays an important role in establishing the reputation of EMHCS and that their positive actions can relate directly to the success of their teams. Remember, that an athletic contest is only a game-not a matter of life and death for a player, coach, school, official, fan, or community.

ABSENCES AND TARDINESS

A student-athlete who misses a school day, unexcused, is ineligible for participation in practice/game that day. An excused absence is up to the coach if the athlete may participate in games or practices. Excused absences include but not limited to:

- 1. Death in the family
- 2. Hazardous roads or weather
- 3. Remedial health treatment
- 4. Religious observance
- 5. College visitation
- 6. Court dates

7. Motor vehicle driving test
8. Doctor or dentist appointment (a doctor's note is needed).
9. Or an excused absence that's stated in the Student Code of Conduct

All excused absences should be brought to the attention of the coach. The coach has the right to enforce his/her own absences/tardiness policies. These policies must be addressed to parents and athletes before the start of the season.

LOCATION OF PRACTICES

The sports offered at EMHCS require space and equipment that we currently do not have in our school. Therefore, there will be times in which the team will practice at a location outside of EMHCS. Practices that are held outside of EMHCS will be communicated by the coach to athletes and their parents. Students will be able to take a school provided bus to the location of practice. Parents/guardians can pick up their student - athlete from the practice location. It is important that coaches and student-athletes are not waiting more than fifteen minutes for rides to come after practices and games.

ATHLETE/PARENT/COACH COMMUNICATION PROCESS

Various concerns may arise during the course of a season. Parents and student-athletes are encouraged to pursue the following communication process – if the first level is not successful at resolving the issue – the student-athlete and family should then move to the next level:

1. Athlete arranges meeting between the player and coach.
2. Athlete and parent arranges meeting with coach.
3. Athlete and parent arranges meeting with coach and Athletic Director
4. Athlete and parent arranges meeting with coach, Athletic Director & Administration staff.

QUITTING A TEAM

A player should first notify the coach of his/her intention to leave the team. A player must return all of the team's uniforms, warm - ups, or any other clothing as part of the uniform to their coach within two days of leaving the team. It is up to the coach if an athlete is able to rejoin the team.

RISK FACTORS IN SPORTS

Participation in sports involves a certain degree of risk of injury. Such physical injury can occur in any type of sports activity and will vary in nature. Athletic injuries can range from minor injuries such as bruises and scrapes to the more serious injuries such as fractures, dislocations, paralysis, and even death.

INJURIES

All injured athletes who have been seen by a doctor must be released (signed statement) by that doctor in order to resume participation with their team. This release must be filed with our school. In the case of a long term or severe injury, clearance by the nurse may be necessary prior to the return of an athlete to competition.

SPORT PHYSICALS AND FORMS

Sport physicals must be given yearly in order for athletes to participate in athletics. Students must have a physical on file one year or less from the start date of a season. For example, if a student had a physical on 8/18/15 (with a Fall Sport start date of 8/17/15), they may participate until the end of the fall season, but will need a physical prior to the winter season. Requal forms must also be completed by a parent/guardian and submitted to the nurse before an athlete can try out for the team or practice. Requal forms are located on page 10 of this handbook.

CONCUSSIONS

A concussion is a type of traumatic brain injury that impairs normal function of the brain. It occurs when the brain moves within the skull as a result of a blow to the head or body. What may appear to be only a mild jolt or blow to the head or body can result in a concussion. The understanding of sports-related concussion continues to evolve. We now know that young athletes are particularly vulnerable to the effects of a concussion. Once considered little more than a “ding” on the head, it is now understood that a concussion has the potential to result in a variety of short- or long-term changes in brain function or, rarely, death. Any suspected concussion must be taken seriously. The athlete does not have to be hit directly in the head to injure the brain. Any force that is transmitted to the head may cause the brain to bounce or twist within the skull, resulting in a concussion.

Signs of a Concussion can include but limited to:

If an athlete exhibits any signs, symptoms or behaviors that make you suspicious of a concussion, the athlete must be removed from play and closely observed. Sustaining another head injury after a concussion can lead to worsening concussion symptoms, increased risk for further injury and, rarely, death. Parents/guardians and coaches are not expected to “diagnose” a concussion. That is the role of an appropriate health-care professional. However, everyone involved in athletics must be aware of the signs, symptoms and behaviors associated with a concussion. If you suspect that an athlete may have a concussion, then the athlete must be immediately removed from all physical activity. Signs Observed by Coaching Staff

1. Loss of consciousness (even if brief)
2. Seizure
3. Increasing sleepiness
4. Worsening headache
5. Persistent vomiting
6. Dazed or stunned appearance
7. Confusion about assignment or position
8. Forgetful, for example, doesn't follow instructions
9. Uncertainty of game, score or opponent
10. Clumsy movements
11. Slow response to questions
12. Mood, behavior or personality changes
13. Inability to recall events prior to hit or fall
14. Inability to recall events after hit or fall
15. Serve Symptoms Reported by Athlete:
 - a. Headaches or “pressure” in head
 - b. Nausea or vomiting
 - c. Balance problems or dizziness

- d. Double or blurry vision
- e. Sensitivity to light
- f. Sensitivity to noise
- g. Feeling sluggish, hazy, foggy or groggy
- h. Concentration or memory problems
- i. Confusion
- j. Emotions of “not feeling right” or “feeling down”

When you suspect that a player has a concussion:

1. Remove the athlete from play.
2. Ensure the athlete is evaluated by an appropriate health-care professional. (If any severe symptoms present, the athlete should go to the emergency department)
3. Inform the athlete’s parents/guardians about the possible concussion and give them information on concussion.
4. Keep the athlete out of play the day of the injury, and until an appropriate health-care professional says the athlete is symptom-free and gives the okay to return to activity.
5. What to do in an Emergency Although rare, there are some situations where you will need to call 911 and activate the Emergency Medical System (EMS). The following circumstances are medical emergencies:
 - a. Any time an athlete has a loss of consciousness of any duration. While loss of consciousness is not required for a concussion to occur, it may indicate more serious brain injury.
 - b. If an athlete exhibits any of the following:
 - i. Seizure
 - ii. Increasing sleepiness
 - iii. Worsening headache
 - iv. Persistent vomiting
 - v. Rest The first step in recovering from a concussion is rest. Rest is essential to help the brain heal. Athletes with a concussion need rest from physical and mental activities that require concentration and attention as these activities may worsen symptoms and delay recovery. Exposure to loud noises, bright lights, computers, video games, television and phones (including texting) all may worsen the symptoms of concussion. Athletes typically require 24-48 hours of rest, though some may require longer.

Return to Play

After suffering a concussion, no athlete should return to play or practice on that same day. An athlete should never be allowed to resume play following a concussion until symptom free and given the approval to resume physical activity by an appropriate health-care professional. Once an athlete no longer has signs or symptoms of a concussion and is cleared to return to activity by an appropriate health-care professional, he/she should proceed in a stepwise fashion to allow the brain to re-adjust to exercise. In most cases, the athlete should progress no more than one step each day, and at times each step may take more than one day. Below is an example of a return to physical activity program:

Progressive Physical Activity Program (ideally under supervision)

Step 1: Light aerobic exercise- 5 to 10 minutes on an exercise bike or light jog; no weight lifting, resistance training or any other exercises.

Step 2: Moderate aerobic exercise- 15 to 20 minutes of running at moderate intensity in the gym or on the field without equipment.

Step 3: Non-contact training drills in full uniform. May begin weightlifting, resistance training and other exercises.

Step 4: Full contact practice or training.

Step 5: Full game play.

ACADEMIC/BEHAVIOR ELIGIBILITY POLICY

Academics and athletics work jointly to ensure the student has educational success in the classroom. We encourage all student-athletes to be well prepared in his/her studies. All student-athletes are encouraged to stay after school with individual teachers to enhance the learning experience. Student-athletes are required to maintain an overall GPA of a 2.0, and no more than one F, in order to be eligible to participate in contests/games. Athletes are also required to have parents, teachers, and the student-athlete sign a Run Around Sheet with all teachers. This Run Around Sheet also includes behavior in all classes/hallways. A sample Run Around Sheet is located on page 9 of this handbook. EMHCS athletes are to conduct themselves as respectful young ladies/gentlemen. Therefore, they are not to fight on and off school campus. If a student-athlete engages in a fight, they will be removed from the team.

SUSPENSION FROM SCHOOL

A student-athlete who is suspended from school cannot participate in any athletics until the suspension is over including attendance at games as a spectator. Upon returning to school from the suspension, a return conference will be held with an administrator and the Athletic Director to decide if the student will be allowed to continue as a member of the athletic team. Playing on a team at EMHCS is an HONOR and a PRIVILEGE, not a right.

TRANSPORTATION TO AND FROM CONTESTS

Athletes will travel to all away contests on the bus provided for them. A coach may enforce a rule that everyone rides back to school on the bus, otherwise, the athlete may leave an away contest with his/her parents/guardians. The athlete must notify the coach before he/she leaves the contest with a parent/guardian.

CONDUCT DURING BUS RIDES

The coach will assist the bus driver in supervising the student-athletes. No “horseplay” allowed. Athletes must remain seated when the bus is in motion. Head or arms are not to be placed outside of windows. Nothing is to be thrown out of the windows. Loud noises or cheering that affects the driver’s ability to hear an emergency vehicle is not allowed. The driver has the ability to enforce his/her own rules when driving the bus.

CANCELLATION OF ATHLETIC EVENTS OR PRACTICES

If EMHCS closes or closes early, all athletic contests and practices involving EMHCS teams will be cancelled. The cancellation of contests and/or practices will be communicated by the coach to the athletes and their families.

RESPONSIBILITY FOR MATERIALS CONTAINED IN THE HANDBOOK

Parents and students are responsible for knowing and understanding the policies and procedures contained in this handbook. A student's participation on any athletic team implies that the student-athletes and parent/guardians have knowledge and understanding of this handbook. It is available in the Athletic Director's office, on the school website, and from each coach.

DISCRETION AND INTERPRETATION OF HANDBOOK

The Administration staff has authority to waive aspects of the policies in this handbook or make any changes in special cases where it is determined that circumstances require such action. Failure to meet these expectations within the handbook could result in disciplinary action or removal of the athletic team.

Eugenio María de Hostos Charter School Athletic Contract for Parents/Athletes

All EMHCS athletes are expected to:

1. Acknowledge that playing on this team is an HONOR and a PRIVILEGE, not a right.
2. Every player is expected to attend EVERY scheduled practice, scrimmage, game, and all other team related activities.
3. Work and play hard every day to improve as individuals and as a team.
4. Respect all coaches, teachers, staff members, peers, and especially teammates. Failure to be respectful may result in IMMEDIATE removal from the team. Disrespect will NOT be tolerated!
5. Be dressed, on time, and ready for every scheduled practice, contests, and team activities
6. Every EMHCS athletes must participate in physical education. Failure to do so will result in not playing in a practice or contest.
7. Review the Student – Athletic Handbook and abide by the rules within the handbook. The handbook is located at [2022-2023 EMHCS Sports Handbook](#)
8. I understand that I must return all EMHCS uniform apparel to my coach by the end of the athletic season. If I don't, then I am responsible to pay the cost of the uniform.

Team Rules

9. EMHCS athletes will conduct themselves and treat others with the utmost respect. Any behavior that is considered disrespectful or inappropriate may result in a one (1) or more game(s) suspension or removal from the team.
10. EMHCS athletes will maintain respectable grades in ALL classes (overall GPA of a 2.0 and no more than one F) and treat all teachers and staff with respect.
11. EMHCS athletes are to conduct themselves as respectful young ladies/gentlemen when attending events off school grounds that are associated with the school. Therefore, they are not to engage in any behaviors they create an unsafe situation for self and others. If a student-athlete engages in a fight, he/she will be removed from the team immediately.
12. EMHCS athletes will need to complete a Run Around Sheet that must be filled out by each teacher every other week.
13. EMHCS athletes will be dedicated to the team's goals and present a positive attitude that will not hinder the progress of the team.
14. No tobacco, drugs, or alcohol use will be tolerated. Use of any of these may result in your immediate dismissal from the team. Section V also has the right to random drug test all athletes.

I, _____, parent/guardian of _____, understand these rules and expectations. I will support the coaches and teaching staff at the Eugenio María de Hostos Charter School to ensure my son/daughter is meeting these expectations. I understand that if my son/daughter does not meet these expectations, he/she may be removed from the team.

Parent/Guardian signature

Date

Athlete's signature

Date

EMHCS Run Around Sheet for Athletes

Name: _____ Sport: _____

This form needs to be completed by all teachers in order for above athlete to play in our next game. Remember, you need to have an overall GPA of 2.0 and no one than one F to be eligible to play.

Class	Grade	Comments	Teacher Signature

By signing this form below you acknowledge the grades above and understand that with a GPA of lower than a 2.0 and no one than F a student-athlete cannot play in the next contest.

Student-Athlete Signature Date

Parent/Guardian Signature Date

**Eugenio Maria de Hostos Charter School
Interscholastic Athletics
Medical Eligibility Certification**

Student Name: _____	Grade: _____	Birthday: _____	Age: _____
Name of Parent: _____	Telephone Nos.: _____		
or Guardian: _____	Home: _____		Sex M F
Address and zip: _____	Business: _____		(circle one)
_____	Emergency: _____		
Data Entered Ninth (9 th) Grade: _____	Sport: _____		
	Modified _____ J.V. _____ Varsity _____		

Part I Injury clearance for participation must be signed by parent/guardian and student prior to medical clearance by the nurse:
 Name of Physician / Health Center: _____ Date of last exam: _____
 This is to certify that _____ has not had an injury or medical problem that will prevent him/her from participation in the sport specified above.
 (Student name)

Parent/Guardian Signature _____ Date _____ Student Signature _____ Date _____

Part II (To be completed by the parent prior to the students interview with the nurse)

Please answer each question	Yes	No
1. Have you been to an emergency room or seen a doctor for illness, injury, or abnormal lab test within the past year? _____		
2. Have you ever have an operation? If yes, list _____		
3. Have you been hospitalized overnight by any reason? _____		
4. Have you ever had any of the following: Head injury? (concussion/fracture) _____		
5. Have you had injury to joints, muscles, or bones within the past year? (ex: severe sprain, fracture, dislocation) If yes, are there any after effects? _____		
6. Do you have pain or problems with your shoulder? Arm? _____ Elbow? _____ Wrist? _____ Back? _____ Hips? _____ Knee? _____ Ankle? _____		
7. Do you have problems with Eyes or vision? _____ Ears or hearing? _____		
8. Do you have absence or loss of function of paired organ? _____ (eye, ear, kidneys or testicle)		
9. Do you have any Lumps? _____ Sores? _____ Infected areas? _____		

	Yes	No
10. Are you currently taking any medication? If yes, list _____		
11. Have you had a recent illness such as: Infectious mononucleosis? _____ Bladder infection? _____ Skin disease? _____ Pneumonia? _____ Other? _____		
12. Have you had symptoms or problems such as Dizziness? _____ Severe headache? _____ Chest pain? _____ Wheezing? _____ Shortness of breath? _____ Abdominal pain? _____ Burning on urination? _____ Excessive bruising? _____ Prolonged bleeding from small out? _____ Adverse reaction from heat? _____ High blood pressure? _____ Allergies? _____ Asthma? _____ Heart trouble? _____ Diabetes (sugar)? _____ Hernia? _____ Scoliosis? _____ Motional disorder? _____ Other? _____		
13. Have you seen a doctor for any of the above? _____		
14. Is there anything else we should know about your health? _____		
15. Is there a history of sudden unexplained death in your family? If yes, relationship _____		

Part III (To be completed by nurse)

Date of last approved physical _____ Date of nurse interview _____

Restrictions include: (circle) none or _____

This certifies that the above student is qualified to participate in the sports specified above:

School Nurse _____ Date: _____

Athletic Director _____ Date: _____

I, _____, parent/guardian of, _____,

Have read and understand the expectations of this handbook. By signing this form, I am responsible for maintaining the rules and expectations within this handbook. Failure to meet these expectations and rules within the handbook could result in disciplinary action or removal of the athletic team.

Parent/guardian signature

Date

Student – Athlete signature

Date