

MCSD

# Marcellus Central Schools

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## Athletic Plan

**Updated August 5, 2024**

## **Acknowledgement**

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The Marcellus Central School District gathered a team of coaches and other school personnel during the 2022-2023 school year to revise our existing plan for the Marcellus Central School District athletic programs. The committee reviewed current Marcellus Central School District policies and procedures relative to athletics and recommended changes/edits to the existing plan developed in 2003-2004. This updated plan is a reflection of the committee's belief that athletics are an integral part of our instructional program. The plan was then vetted by a group of parents from the district.

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\*revised August 2024 by committee review

**MARCELLUS CENTRAL SCHOOL DISTRICT  
INTERSCHOLASTIC ATHLETIC PROGRAM**

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## **Marcellus Central School District Interscholastic Athletic Program**

### **1. Vision/Mission Statement**

#### **Vision**

Maximize potential, Create opportunity, and Support the enjoyment and benefit of participation in athletic competition.

This Vision is accomplished in concert with the Marcellus School District Commitments:

- Ensuring an environment that is physically, emotionally, and socially safe
- Cultivating relationships in which everyone is valued and connected
- Inspiring adventurous learners to view failure and success as opportunities for growth
- Collaborating with local and global partners to explore, develop and share interests
- Igniting passions through learning by doing

#### **Mission**

The mission of the MCS interscholastic athletic program is to provide a comprehensive program which educates and develops the character, physical and mental well-being of each student athlete.

This mission aligns with the district vision:  
Connect \* Empower \* Ignite

## 2. Student Athlete Section

### Definition of Student Athlete

A student athlete is an individual who is committed to expend the time and effort necessary to develop intellectually, emotionally, socially and physically in order to strive for excellence in the classroom and on the field of play.

### MARCELLUS CENTRAL SCHOOL DISTRICT STUDENT ATHLETE EXPECTATIONS

A Marcellus Student Athlete will be committed to continuous improvement in the following areas:

- Skill development at all levels
- Knowledge of games/strategies
- Fitness, conditioning, and healthy behavior
- Lifelong appreciation, engagement, and support of athletics

A Marcellus Student Athlete will AIM to demonstrate:

**Dedication**  
**Accountability**  
**Responsibility**  
**Trustworthiness**  
**Sportsmanship**

## **Student Athlete Policies**

### **A. Sports Physical**

1. Every student athlete must have an approved sports physical prior to participating in a sport.
2. Sports physicals are good for one calendar year.
3. Physical records are maintained in the health office.
4. Private physicians can be utilized for a sports physical but the school physician must grant final approval of all physicals, before participation.

**B. Eligibility Process** – the process for establishing eligibility for participation in a sport is as follows:

5. Obtain a copy of the Student Athlete Handbook.
  - a) Handbooks are available from coaches at the pre-season meeting, from the Athletic Director's office or on-line at Arbiter Sports.
6. Schedule a physical.
  - a) Physicals may be scheduled with the student's private physician OR Physicals may be scheduled with the school physician (free of charge) at school during the scheduled biannual dates. The school building nurse will schedule these biannual dates.
  - b) Physicals with a private physician must use the school physical form and be returned to the school nurse for approval by the school physician.
7. Parents need to create an account and log-in to Arbiter Sports within thirty days of the start of the season and complete the online registration.
8. The school nurse approves the online registration for the school physician, and sends an automated response from Arbiter Sports to the parent email.

## **Athletic Placement Process**

### **A. Athletic Placement Process Policy**

The Athletic Placement Process was designed for mature and exceptionally skilled student athletes to advance to an upper level and less developed student athletes to participate at an appropriate lower level that is suited to their development and ability. The APP is not to be used to fill positions on teams, provide additional experience, provide an opportunity for middle school or junior high students when no modified program is offered, or to reward a student. It is aimed at a few select student athletes who can benefit from such placement because of their level of readiness. The Athletic Placement Process is designed to create a more equitable and fair competitive and learning environment for modified level student athletes.

Eighth grade students who demonstrate mental and physical maturity as well as exceptional skill may be advanced to the junior varsity or varsity level through this process. In certain specific circumstances and with permission from the Superintendent of Schools, seventh

grade students who also demonstrate the mental and physical maturity as well as exceptional skill may be advanced to the junior varsity or varsity level through this process.

## **B. Athletic Placement Process Procedures**

If a student athlete is identified to qualify to play at a higher level, the following procedure will be followed:

1. The Varsity Head coach will inform the Athletic Director (AD) of his/her interest in advancing a student-athlete by completing the player information form and submitting to the AD 6 weeks before the start of the season.
2. The Varsity Head Coach will contact parents to let them know of their interest in asking their athlete to try to play up and let them know the AD will be calling.
3. In the event that a parent request is made for their child to play at a higher level, they need to contact the Athletic Director.
4. **Step 1 Parent/Guardian Permission:** All students who are to be evaluated must first obtain written parent/guardian permission before any evaluation may begin. The parent is contacted by the AD to explain the process and ask for parental approval. All elements of the process are explained to the parent at this time.
5. **Step 2 Administrative Approval:** The athletic administrator shall confirm that the student is suitable for consideration, which includes the likelihood that the student would play in at least 50% of the games if moved to the higher level of play. Additionally, because of the increased time demands of participation at the high school level, the student's academic performance should be at or above grade level as outlined below in the "Academic Performance Standards" section. Furthermore, administration should assess the student's emotional readiness to socialize with high school-aged students. If the student is not academically or socially ready, the student should not proceed through the APP.

### **Academic Performance Standards**

- i. The Student Athlete must have an overall average of at least an 85 in the marking period prior to the start of the season or an 85 final average (if end of year report card is being used) to meet the Marcellus CSD Academic Performance Standards.

### **Social/Emotional Readiness Standards**

- i. Students must not demonstrate a pattern of misbehavior leading to multiple discipline referrals that cause undue disruption within the last calendar year from the date of the application..
  - ii. Students must have higher than a 92% attendance rate (except in the case of a medical concern).
6. **Step 3 Medical Clearance:** (Must be completed BEFORE the physical fitness portion of the process) The district medical director will determine a student's physical maturity level, and compare the physical size of the student in relation to that of the students with/ against whom the student wishes to compete. If the student is determined to have attained the appropriate, recommended physical maturity level and comparable physical size for the desired sport and level, the student may proceed with step 5. If the student is determined to **not** have attained an appropriate physical maturity level for the desired sport and level, **the process stops**. The Medical Director allows the school nurse to use the Tanners scale score from their physical to assess their physical maturity..

7. **Step 4 Sport Skill Evaluation:** The sport coach will rely on past personal observations and may consider input from the student's former coaches to complete the evaluation. If the coach is unfamiliar with the student, the sport coach may wish to observe the student in a physical education class.
8. **Step 5 Physical Fitness Testing:** This assessment must be done by a certified physical education teacher who is **not** a coach of the sport for which the student will be trying out. The President's Physical Fitness Test has been selected as the test for this process. The student must meet the 85th percentile level for their age in all required test components. Student athletes will be offered a maximum of two opportunities to successfully pass all elements of the test with a minimum of 48 hour rest between test sessions.

For students trying out for swimming, see Appendix J for an alternate fitness test to the 1 mile walk/run- students trying out for swimming may choose to either do the 1 mile walk/run or the 500 yard swim.

*\*Exception to the physical fitness test requirement: Students who desire to try out for bowling or golf teams are not required to complete the physical fitness testing.*

9. **Step 6 Qualification Determination:** The results of the three evaluations will be sent to the director of physical education/athletics. **Only students who pass all parts of the APP are permitted to try out.**
10. **Step 7 Tryouts:** The student is allowed to try out (maximum five day try-out period) for the sport and level requested or the student must return to the modified level of competition. For students trying out for bowling or golf, see instructions for tryouts for these sports.

**GOLF:** Any 7th or 8th grade student may be given the opportunity to try out for a junior varsity or varsity golf team. At the completion of the tryout sessions, which must include 18 holes golfed over a three-day period (the first three days of the individual's tryout when the course is accessible), if the individual's golf average puts him/her in the top 8 of your golfers, he/she is eligible for the team.

- i. At the end of a maximum five day try-out period, if a student athlete is placed at a higher level, that student may not return to a modified level in that particular sport at any time in the future.
11. The APP is required for each sport a student athlete chooses to play at an advanced level.

### **Academic Eligibility**

Students participating in extracurricular activities and athletics are expected to maintain passing grades in all academic classes. Students who are failing two or more classes at the five and ten week marking periods are expected to meet the following criteria to maintain eligibility to participate:

- Attend class
- Be on time for class
- Turn in all homework
- Stay after school with the teachers for extra help



Students who are failing two or more classes and are not meeting the above expectations will be ineligible to participate in athletics or extracurricular activities until they are able to demonstrate that they are passing or meeting the above criteria. Once a student is declared ineligible, the building administrator or athletic director must certify they are meeting academic expectations.

Academic eligibility will be determined by the student's grades posted in the student information system at the five and ten week points. The Athletic Director will be responsible to review grades for all athletes. The building administration will review grades for all students participating in extracurricular activities. Coaches and/or Advisors will be notified by Administration when they have students that are failing two or more classes.

The Athletic Director, Building Administrator or counselor will meet with each academically at risk student to discuss the academic probation sheet. The student is responsible to meet the criteria required to maintain eligibility to play and have the eligibility form signed weekly. Forms are turned into the Athletic Director or Building Administrator. If a student does not turn in the signed form for each class they are failing, then the student will be ineligible to participate in the extracurricular activity or sport for one week or until they meet with the administration and receive written approval to resume. The administration will inform parents if a student is ineligible to participate in an activity or sport.

During a student athlete's ineligibility period, while not allowed to participate, he/she must attend all practices and contests and conduct him or herself in a manner befitting and supporting of the athletic program.

Student athletes will not be allowed to quit a sports team to avoid consequences associated with violations of the District Code of Conduct. Student athletes who do choose to quit a sport to avoid compliance with the athletes' Code of Conduct will be deemed ineligible for 50% of the regular season contests in the next sports season in which he/she participates. For example, if the next sports season is basketball and there are 20 games, the student athlete would be ineligible for the first 10 games.

### **Rules Relating to Drugs, Alcohol, and Tobacco and Other Substances**

The use of tobacco products, vapes, alcohol, and/or other substances has been proven to be detrimental to health and athletic performance. A student is expected to maintain the prescribed training rules for his/her own health and the betterment of the team or activity. Possessing, consuming, selling, attempting to sell, distributing or exchanging alcoholic beverages, tobacco, tobacco products, vapor pens or illegal and/or controlled substances, counterfeit and designer drugs, or paraphernalia for use of such drugs or be under the influence of any such substances on school property or at a school function. "Illegal substances" include, but are not limited to, inhalants, marijuana, synthetic cannabinoids, cocaine, LSD, PCP, amphetamines, heroin, steroids, look-alike drugs, drug paraphernalia and any substances commonly referred to as "designer drugs." The inappropriate use of prescription and over-the-counter drugs shall also be prohibited.

Penalties for violating this policy will be addressed as per the District Code of Conduct. A Superintendent Hearing may occur along with additional penalties related to athletics or extracurricular activities. Alleged violations of this code must be reported to the Building Administration immediately. Upon notification of an alleged violation, the Building Administrator will begin an investigation of the incident. If the student athlete or extracurricular activity participant has been found to have violated this policy, the consequences, as identified in the District Code of Conduct, will apply.

## Due Process

Due Process procedures as identified in the District Code of Conduct will be followed when allegations of misconduct are brought forward..

### **Behavior/Disciplinary Reports**

All behavior disciplinary reports will be addressed by the building administration. The Athletic Director, coaches, and advisors will monitor after-school detention attendance and disciplinary reports. If appropriate, an intervention plan will be developed to assist the student in correcting behavior and preventing further incidents of misconduct.

### **Practice and Game Attendance**

Participation in the Marcellus Interscholastic Athletic Program requires a significant commitment on the part of the student athlete. This commitment is not only to their physical and academic pursuits but also to their teammates both in games and at practice.

In addition, because athletic performance is enhanced and the risk of injury is minimized when physical conditioning and participation is uninterrupted, attendance at all practices and games during the season is required. Practice times and dates are left up to the discretion of the Athletic Director and coach and will take into consideration:

1. physical demands of the sport
2. level of competition
3. practice time available between contests
4. impact on game readiness for athletes who miss practices or games

Exceptions to attendance requirements will be made for absences such as college visits, school sponsored out-of-town trips, family tragedies and family vacations. In these situations, the student athlete must inform the coach well in advance in order to be considered legal to participate once he/she returns to the team. Coaches will assess game readiness for athletes who miss practice or games and may decide to hold an athlete out from a game or more following their return to the team.

The above guidelines will be administered consistently across all sports within the Marcellus Interscholastic Athletic Program.

### **Physical Education Participation**

Student athletes must be prepared for and actively participate in Physical Education class to be eligible to practice or play in a contest that day.

## **School Attendance**

All students must arrive at school by 7:50 a.m. and remain in school the entire day in order to participate in activities, practices or contests on that day. Students on late arrival schedules must arrive at the scheduled time.

Students who arrive after 7:50 a.m. for legal reasons, other than sickness, may participate in activities, practices or contests. If students arrive at school late and do not have a legal excuse, they cannot participate in extracurricular activities. Because of health and safety reasons, absences and tardiness due to illness will exclude students from activities, practices or games on that day.

Students are to communicate with their coach or advisor if they will be absent for any reason.

## **Transportation**

Marcellus Central Schools provide transportation to and from athletic contests. Due to potential liability, student athletes must travel to and from all contests on the bus with the following exception. A parent may drive his/her own student athlete home from a contest by signing their child out with the coach after the contest. Under extenuating circumstances a parent may take their own student athlete to a game with written approval of the Athletic Director or a District Administrator, prior to the bus leaving campus for the athletic event.. Prior consent to transport from a game will be gained at the pre-season coaches meeting as per the NYSED SAVE legislation requirement.

No student athlete will be allowed to drive himself/herself to or from a game or to ride with another individual other than their own parent or guardian.

## **Concern Resolution**

If a concern or question arises within our athletic program, it is recommended that student athletes and/or parents use the following steps to help resolve the issue:

Step 1: Contact the coach directly to discuss the situation.

Step 2: If after discussion with the Coach, the parents feel that further action is needed, the next step is to contact the Athletic Director.

Step 3: If after the discussion with the athletic director the parents feel that further action is needed, they will contact the school principal.

Step 4: If resolution of the issue has not occurred, parents will contact the Superintendent of Schools.

## **Injury Reporting**

If a student receives an injury while participating in the interscholastic athletic program, the student athlete must report the injury immediately to the coach or athletic trainer. Injury reports on all injuries will be completed by the coach or athletic trainer and submitted to the school nurse.

If the student athlete has seen a doctor and/or directed to remain out of the sport for a period of time, a signed medical release from the doctor is required before participation will be allowed. The release must be given to the school nurse who will notify the coach of the release.

### **Insurance**

If an injury requires medical treatment, the district provides secondary insurance. Primary coverage is provided through the parents'/legal guardians' insurance and claims must be submitted to their company first. For assistance accessing the district's secondary insurance policy, contact the school nurse.

### **Hazing**

The practice of "hazing" or "bullying," as defined in the district Code of Conduct, is prohibited in school buildings and on school premises as well as at any activities which are sponsored by the School District and occur off school grounds.

### **Risk of Injury**

Athletic participation comes with a certain risk of injury. Although we strive to minimize athletic injuries, it should be duly noted that participation in interscholastic athletics could cause serious physical injury or death. The District will take reasonable steps to minimize physical risks posed to students participating in the interscholastic athletic program by:

- a) Requiring timely medical examinations of participants;
- b) Employing NYS certified staff to coach all varsity, junior varsity, and modified practices and games;
- c) Providing or requiring certified or licensed officials to officiate all competitions;
- d) Ensuring that its players' equipment is safe and operates within the applicable manufacturers' guidelines;
- e) Ensuring that all home fields, courts, tracks, and other areas where athletes practice, warm-up, or compete are safe and appropriate for use; and
- f) Providing professional development and training opportunities for all coaching staff.

### 3. Coaching Section

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#### A. Definition of a Coach

A coach in the Marcellus Central School District is someone who demonstrates the leadership skills necessary to help his/her student athletes grow as both individuals and team members. A coach is a role model for excellence on the field of play, in the classroom, and throughout the community. A coach facilitates a balance between competition and enjoyment. A Coach is adept at motivating, mentoring, teaching skills, and developing character. Most importantly, a coach in the Marcellus Central School District promotes pride in the program and team, enhances the sense of community, and demonstrates a positive belief in the potential of EACH student athlete.

#### B. Coaching Expectations

A Coach of a Marcellus student athlete will demonstrate the following behaviors:

- The coach will make the student-athlete experience appropriate, positive, and educational.
- The coach promotes the connection between sports, academics, character development, and life-long learning.
- The coach offers motivation and positive communication to assist student-athletes to make good decisions.
- The coach serves as a role model at all times.
- A coach maintains the flexibility required to work successfully with a diverse group of students. Each coach supports the complex needs of maturing adolescents, assisting student-athletes to develop physically, mentally, socially and emotionally.
- A coach is sensitive to the fact that different approaches will be needed for different individuals according to their needs and backgrounds, including but not limited to their age, gender, size and culture.
- Coaches recognize the need for balance in the lives of student-athletes.

#### 4. Parent/Guardian Expectations

A parent/guardian of a Marcellus student athlete will demonstrate the following behaviors:

- Support and respect of the athletes, the coach, the officials, the athletic director, and other parents, as well as the mission of the Marcellus Interscholastic Athletic Program
- A willingness to volunteer at athletic events and/or activities
- 
- Be an adult role model for:
  - Dedication, Accountability, Responsibility, Trustworthiness, Sportsmanship

## 5. Spectator Expectations

Spectators at a Marcellus athletic event will demonstrate the following:

- Good sportsmanship and show respect for:
  - Players
  - Cheerleaders
  - Coaches
  - Referees, officials and umpires
  - Other spectators
- Supervise any children you have brought to the event and do not allow them to wander school buildings or school grounds.
- Spectators are not allowed to be in the possession of or under the influence of drugs, alcohol or tobacco products.

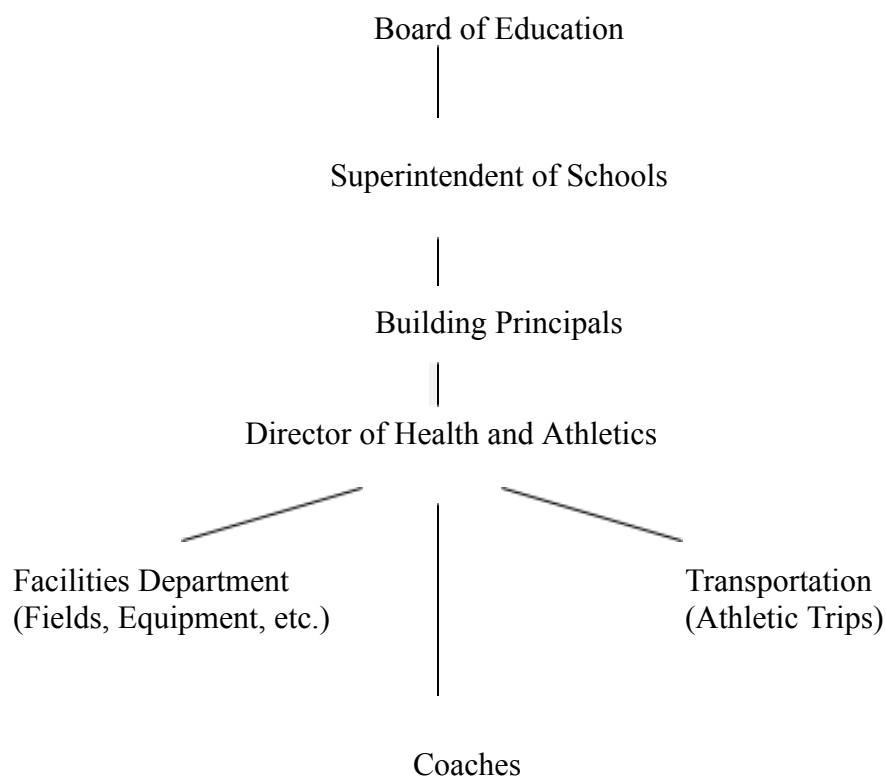
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## **6. INTERSCHOLASTIC ATHLETIC DEPARTMENT PROGRAM STRUCTURE**

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### **Organization Structure**

Outlined below is the organizational structure for the Marcellus Central School District Interscholastic Athletic program.



All decision making, both programmatic and day-to-day, moves through this organizational structure. Although the Building Administrators do not have direct supervisory responsibilities relative to our athletic program, they do have direct responsibilities relative to students and student athletes. It is expected that both the Director of Health and Athletics and coaches communicate on a regular basis with building administration.

## **Program Component**

Pre Season Meetings – the Director of Health and Athletics will conduct a program parent/student meeting prior to the start of the school year. Individual coaches will conduct a parent/student meeting prior to the initiation of each sport season.

- A. Process for adding a team, modified level – Given the nature of modified sports it may become necessary to consider the addition of a second team to accommodate both program need and student interest. If this is needed the Director of Health and Athletics will notify the Superintendent of Schools of the potential need. Criteria considered when adding a second team include, but are not limited to the following:
1. Safety of the athletes
  2. Facilities
  3. Qualified available coaches
  4. Budget
  5. Schedule
  6. Gender Equity
  7. Transportation

The Board of Education will make the final decision on team additions based on information provided by the Superintendent, the Director of Health and Athletics, and the coaches involved.

## **Program Structure**

- A. Modified Level – the program emphasis, at the Modified level, is placed on fundamental skill development, participation, sportsmanship, enjoyment of the sport, and a balanced approach to athletic competition. For student athletes, modified sports are a time to discover and develop their own individual talents and potentials while at the same time learning to be a team member. For the District's athletic program, modified sports are a time to introduce team skills/concepts that will be enhanced at JV/Varsity level and to facilitate the character traits that the District expects in its student athletes. Every effort will be made to provide the opportunity to participate for all students. However, in the event that the number of interested students cannot be accommodated by District resources, then cuts may be made at the Modified level.

Skill development is essential at the modified level and emphasis on winning and losing should be of lower significance than participation and sportsmanship.

- B. Junior Varsity Level – the program emphasis at the Junior Varsity level is on continued skill development, team preparation and competitive success. Team selection becomes more competitive and cuts may be made. Participation and competition begin to share equal value.
- C. Varsity Level – the Varsity level is the highest level of athletic participation a student athlete can obtain, representing a superior skill development. At the Varsity level emphasis is placed on teamwork, sportsmanship, and successful competition.



\* At all three levels, when cuts are deemed necessary, coaches will make every effort to make cuts of three (3) students or more. In cases where 1 or 2 students are in question every effort should be made to keep the students in question on the team.