



North Rockland Athletics **Student Athlete Contract**

Being a student-athlete at North Rockland is a privilege and not a benefit.

You will be held to a standard of ethical conduct and behavior which may well exceed those of non-athletes.

If your activities are unacceptable and discredit the institution, you will be held accountable.

Department of Interscholastic Athletic Activities

Player Regulations

The Interscholastic Sports Program is provided by the North Rockland Central School District as an extension of the Physical Education Program for boys and girls who demonstrate special athletic interests. In return for the privilege of participation, it is expected that players will accept the necessary responsibilities with regard to the following:

- **Appearance**
- **Conduct**
- **Training and Team Rules**
- **Personal Discipline**
- **Maintenance of Eligibility**
- **Attendance at School, Practices, Games, Meets, Matches and Team Affairs**
- **Care of Equipment and Facilities**

1. It is expected that players will put forth an honest effort to make the best personal contributions to the team of which they are a member.

Appearance and Conduct

2. All players and managers are expected to present a clean, neat appearance in personal grooming and dress at all times.
3. **Note:** Members of squads who travel in uniform (Track, Cross Country, etc.) **MUST TRAVEL IN SCHOOL UNIFORM ONLY!**
4. All team members, including managers, are expected to conduct themselves as ladies and gentlemen at all times. Unbecoming conduct will result in disciplinary action and possible suspension from the squad. Inappropriate, disrespectful behavior will not be tolerated and is grounds for removal from/denial to join the team. Team members have a particular obligation to conduct themselves as good citizens in and out of school.

Practices – Games – Meets – Matches – Team Affairs-Tryouts

5. Players are expected to attend **ALL** practice sessions, games, matches, meets, or other squad affairs unless excused. Failure to do so will result in disciplinary action, including possible exclusion from one or more activities. Multiple unexcused absences may result in removal from the team. Players may not be allowed to join a team if they miss pre-season practice.
 - Commitment to our school team is essential. If a player chooses to miss a game or practice to attend a travel team practice/game, showcase, or out-of season practice/game, will be penalized according to contract (rule 19) or dismissed from the team. Final decision will be made with the Director of Athletics. The penalty (if the end of season) can/will carry over to the athletes next season. Severity is at the discretion of the Director of Athletics.

Student athletes are expected to attend all **tryouts** from the first day of practice. Failure to attend can/will result in non participation on the team. Extenuating circumstances should be approved by the Director of Athletics. (transfers, injury) . Vacations, social functions and travel sports is NOT a reason for missing tryouts/practices

6. Students must dress for Physical Education to participate in daily practice. Students who are failing PE will be suspended from their athletic team until grades meets 65%
7. Any player unable to participate in Physical Education class **will not be allowed to participate in interscholastic athletics.**
8. It is the responsibility of the player to notify the coach in advance of his/her anticipated absence from any squad activity. If a player is detained for disciplinary or academic reasons, he/she must bring a note signed by the person detaining him/her stating the time he/she was released. On non-school days, it is the obligation of the player to notify the coach, directly if possible, if he/she will be absent from practice or a contest.
9. A player who is absent from school will not be eligible for participation in either practice or competition on the day that he/she is absent. The only exception to this rule will be when such absence is with **PRIOR CONSENT** of the AD and/or school principal for reasons of family **emergencies**, special appointments or similar activities which are beyond the control of the player.
10. Players who are absent for a period of five or more practices and/or games may be asked to get approval from the school doctor before resuming team activity and to recertify. This holds true even though the player is returning with a note from a private physician. Please contact the coach or the Health Office to make these arrangements.
11. Any player ejected from the last game of the season will be disciplined next year or, if a senior, will not be eligible for post-season awards or a letter. Ejected students will also not be allowed to attend the end of the year dinner. Ejection will result in removal from that game plus one more. Ejection two- that game plus 2 more and discretion of Director of Athletics. Ejection three - done for that season and carry over to next season at discretion of Director of Athletics. Each ejection player must meet with the AD, suspension could be lengthened based on severity.
12. In the case of multiple absences, including a Friday, or a Friday absence before a Saturday or Sunday contest, the student must present an excuse to the coach from his/her physician clearing him/her to play in the Saturday or Sunday contest.
13. Players who are tardy to school will/may not be allowed to participate in a contest or practice session that day unless the tardiness is an excused one. Principals of North Rockland schools will decide what is an excused tardiness. (Students should be in school by 4th period)

Travel

14. As a general rule, all squad members are to **TRAVEL TO and RETURN FROM** contests away from home on the bus or in transportation provided for that purpose. Squad members who **DO NOT TRAVEL TO GAME SITE WITH THE TEAM WILL NOT BE**

ALLOWED TO PARTICIPATE IN THE CONTEST! Approval to be driven to an event must be for an emergency only and prior consent (at least 24 hours) must be granted.

Requests by parents for *exceptions to this rule to ride home after a game with a parent(s)* must be made in writing/email and approved by the Athletic Director. Athletes may only go home with consent from their own parent/guardian only.

15. Student Athletes may NOT drive to games or practices unless the event is in our North Rockland Boundaries. A coach or faculty member must accompany his/her team on the bus at all times.

Leaving the Squad

16. Any player who joins an interscholastic squad is expected to remain a member of the squad until the season is completed and players are released by the coach.
17. If a player desires a transfer to another squad during the season, he/she should discuss the change with his/her current coach before requesting membership on the other squad and must have permission from both coaches before he/she may change.
18. A player who leaves a squad without permission after the third full week following the start of the official season for each sport is automatically suspended from further interscholastic squad participation and intramurals for that season and will be suspended for 3 weeks the next season in which he/she participates. Players quitting or missing games without permission during sectional play to go away or attend a school prom will be dropped from the team and be suspended for 21 days for the next season. (Director of Athletics)
19. *A player who leaves a squad without permission or who is dropped for disciplinary reasons during the season will be suspended for up to 21 school days (AD discretion) for the next season for which he/she participates, unless he/she is released by the coach.*
20. *Players absence from the team (leaving on extended vacations , unexcused absence from team events) will be suspended one day(contest) for each day(practice) missed and two days(contests) for each contest missed. Students on lower levels may be handled on an individual basis. Students may need to recertify upon return. Disciplinary action may vary as per the individual sport, level and situation.* College visits must be approved by the coach first, with documentation, then The Athletic Director **at least a week prior. (limit 1 per season)** . It is recommended that college visits be planned around the team schedule.
21. Students going on school-sanctioned trips will be suspended and asked to recertify unless prior arrangements are made with the coach. (Field trips daily excluded)
22. Student contests come first. Students will not be allowed to go to school functions, recitals, awards dinners, etc without prior permission. When you become part of a team you have a responsibility to the entire team and staff.
23. Students should inform coaches of extended vacations before being placed on the team roster. Going away on school breaks or extended weekends is not permitted and consequences will result in removal from the team and/or rule 19

24. No hazing for any sport will be tolerated. We will never allow any of the extreme forms of initiation known as hazing, nor allow any to start. Younger team members should show respect to the older players, while the older players should prove themselves worthy of that respect. But a player shouldn't have to have his head shaved or his body painted, nor should he have to do foul and disgusting things in order to play on a team. If a player is willing to step forward and do all the things required by the coaches, that is enough.

We are not talking about singing little songs or carrying the dummies out onto the field. We are not talking about seniors having certain privileges. We are talking about practices that seem to become more gruesome while an increasingly tender society loses its tolerance for even the most innocent of initiation rites.

Hazing is so deeply rooted in our culture. Obviously, there is the influence of the pros. Then, too, there is a basic human need to be part of a group and a consequent willingness to do whatever it takes to belong. Hazing in one form or another as the price of membership in a group is so deeply rooted in our culture.

Hazing normally takes the form of a seemingly harmless initiation ritual, and incidents resulting in extreme humiliation, injury – even death – are the rare exceptions. Hazing won't go away by itself. The most important thing in ending it is that athletes must have the courage to blow the whistle – to step forward and report hazing when it occurs. Kids must have the strength and courage to say beforehand, "I'm not going to subject myself to this."

Hazing is a serious problem and will not be tolerated. Any type of hazing at all will be dealt with severely. Suspension and/or removal from the team is definite.

25. Student athletes have a commitment to North Rockland first. They must make all practices and games unless excused by their coach. Students may play and practice on AAU, travel and outside teams but should use discretion related to conditioning and studies. These practices or games should not conflict with NR athletic teams. (See number 5)

Training Rules/Substance abuse

All players are expected to observe all rules as prescribed by the coach with regard to curfew and other pertinent considerations and to refrain from the use of tobacco (vaping), alcoholic beverages, marijuana or other illegal materials.

26. Prohibited Conduct

The use or possession of alcohol, illegal substances, drugs, or vapes at any time or place during an athletic season is strictly prohibited.

27. Consequences

First Offense: Suspension from the team for two (2) weeks.

Second Offense: Removal from the team for the remainder of the season.

Additional disciplinary action may be taken in accordance with school and athletic department policies.

28. On-Site Violations

The use or possession of alcohol, illegal substances, or vapes on school grounds or at any athletic contest may result in immediate removal from the team.

Equipment – Uniform – Facilities – Property

26. All equipment obligations must be fulfilled before a student can participate in an activity.

27. Equipment issued to a player is to be used only for the purpose for which it is intended in practice or in contests. ***No part of any uniform or equipment is to be used in Physical Education classes or in any other way unless specific permission has been granted in advance for a school-sponsored program other than a regular class.***

28. Squad/Team members are expected to refrain from willfully or carelessly damaging equipment facilities or property whether at home or on trips.

29. Missing or misused equipment will be charged to the individual responsible for it, and he/she will be required to make restitution. No awards will be granted to anyone who has not been cleared for equipment.

30. Any player found to be in possession of unauthorized school equipment (***North Rockland or any other school***) will be suspended from the squad. He/she will not be permitted to retain the article or articles and in the case of another school's property, he/she shall return it and make an appropriate apology.

31. Unauthorized possession of school property may make one subject to arrest and/or legal action.

32. Student-athletes are responsible for any and all equipment. If a student brings in his/her own racquet, bat, glove, etc. and it is lost or stolen, the school will not be responsible.

Suspensions

33. Suspension from a squad is a serious matter. It results from major infractions of rules, *either state or local*, or from offenses against other team members or property and it may last for any specified period of time. Length of suspension will be recommended by the coach to the Athletic Director.

34. A suspended player may not join another interscholastic squad during the period of his/her suspension, and he/she forfeits all privileges enjoyed. He/she may practice with the team but not enter any contests or travel with the team.

35. The suspended player who wishes to appeal the penalty must address his/her request to, and receive approval from, the person who suspended him/her. The student shall remain suspended during the appeal process until a final decision is reached.

Miscellaneous- Athletic Eligibility

36. Students must maintain levels of subject achievement commensurate with their abilities as evaluated by standard tests and teacher judgment.
37. All students must meet the requirements of academic eligibility. Students must present their eligibility forms/report card to each coach. If the forms are late, the student may be suspended from certain athletic contests. Invalid eligibility forms will result in suspension or being dropped from the team. The Athletic Study Center is available to students in need of tutoring and/or extra help. If a student is abusing this privilege in the Study Center, he/she will be dropped or suspended from the team. Coaches (NR employed) may be granted access to the student management system in order to track athletes grades and attendance. Study hall may be mandatory for some teams and missing it can result in suspension.
38. Academics takes priority, if students are failing two classes, they are placed on athletic probation in which they have two weeks to improve the grade(s). Failure of more than two classes, students are deemed immediately ineligible to participate and are suspended. Weekly progress reports should then be handed in. Students should attend extra help, homework center or tutoring sessions. Continued failure to meet the academic requirement can result in removal from the team to focus on academics. School attendance is mandatory. Excessive absences are grounds for denial to play or removal from the team.
39. Student athletes and parents must realize that on certain teams an evaluation process will occur and students may be 'cut'. The evaluation process is based on each individual year. Many factors will go into this evaluation process and we hope everyone can understand the hardship it creates for our coaching staff and student-athletes. Aside from skill, behavior and academics are considered on whether a child does not make or stay on a team.
40. Advocacy Steps taken- Athlete asks coach why or what they could improve on. Parent/guardian may then ask coach why or what they can improve on. Lastly, speak to a member of the athletic department.
41. All parents and athletes must understand the Clearinghouse regulations that are instituted by the NCAA. All players must maintain a 2.0 grade point average in 16 core subjects. Further information will be given upon request by the coach or Athletic Director. Parents are also encouraged to speak to the guidance department.
42. Rules and regulations contained in the New York State Public High School Athletic Association Handbook are strictly enforced.
43. Playing time/Strategy is non-negotiable – the coach and staff will evaluate and decide on playing time and strategies.

Athletic Acknowledgements

North Rockland athletic department loves to celebrate our athletes committed to continue their athletic career at the college level. We will host **two-three** signing day ceremonies (late Fall, Winter, Spring) throughout the school year in the NRHS library/gym. Student athletes, families and friends will gather for a brief ceremony in the library at a time to be announced.

Students Must:

- be in good standing with a North Rockland Athletics team
- provide proof of acceptance and proof of attending the college
- a national letter of intent (D1/2) or celebration letter(D3), signed and dated by the college coach / admission department/university
- Verbal commitments are **NOT** included in signing days. .

Signings will not be done without paperwork.

Citizenship

Cyber-bullying consists of the use of information/communication technologies such as land-line telephones, cell phones, text messaging, e-mail, instant messaging, message boards, personal websites, personal web pages or spaces on commercial websites (i.e. YouTube.com or MySpace.com), polling sites or blogs, to produce, encourage or support deliberate, repeated abusive, derogatory or insulting, coercive, manipulative, threatening or hostile written statements, pictures or videos (whether the statements are true or not, or whether the pictures or videos are valid or fabricated) by an individual or group with the intent to cause harm to an individual or group and which makes the recipient feel upset, threatened, humiliated or vulnerable, which undermines his or her self-confidence, productive attitude and/or his or her ability to develop socially, emotionally or intellectually, and which may cause him or her any degree of stress or other psychological suffering. Players violating the code will be suspended or dropped from the team.

All student athletes will be accountable for their actions on and off the field as stated in the preamble of this document. All student athletes are responsible for their handheld devices.

Unacceptable behavior in school or in the community, in or out of season, will take away your privilege to represent North Rockland.

A PARENT-COACH COMMUNICATION GUIDE TO INTERSCHOLASTIC ATHLETICS

Both parenting and coaching are extremely difficult vocations. By establishing communication and understanding of each position, we are better able to accept the actions of the other and provide greater benefit to our student athletes. To be successful, communication is vital and requires involvement, dedication, sacrifice, and commitment from parents, student athletes, and coaches. All coaches are BOE approved. Volunteer coaches are recommended by the Varsity coach, and must be certified as per New York State Public High School Athletic Association. NYSPHAA

COMMUNICATION YOU SHOULD EXPECT FROM YOUR CHILD'S COACH

1. ___ Coach's experience both participating and coaching.
2. ___ Program philosophy
3. ___ Individual and team expectations.

4. Location and times of all practices and games
5. Team requirements, such as: Practices, special equipment, academic standing, transportation.
6. Procedure followed should your child be injured during practice or games.
7. Any discipline that may result in the denial of your child's participation
8. Contact with college coaches
9. Alumni information
10. Review of the "Fair Play Agreement"

COMMUNICATION COACHES EXPECT FROM PARENTS

1. Concerns expressed directly to the coach first.
2. Notification of schedule conflicts well in advance.
3. Specific concerns with regard to any issue related to our school program, coach's philosophy and/or expectations.
4. Support from the program and the attributes of dedication, commitment, and responsibility that are key ingredients toward achieving success and excellence.

Encourage your child to excel. While your child is involved in interscholastic athletics, they will experience some of the most rewarding and inspiring moments of their lives. It is also important to understand that there might also be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged.

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

1. The treatment of your child, mentally, and physically.
2. Ways to help your child improve and develop.
3. Concerns about your child's behavior

It is very difficult to accept your child not playing as much as you hope. Coaches are professionals. They make judgment decisions based on what they believe is best for the team and all athletes involved. There are certain areas and issues that can and should be discussed with your child's coach. Other things, such as those below, should be left to the direction of the coach.

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES

1. Playing time
2. Team strategy
3. Play calling
4. Coaches decision to discipline of a rule stated above or team rule
5. Other student athletes.

IF YOU HAVE A CONCERN TO DISCUSS WITH A COACH

1. Contact the coach via phone or email to set up an appointment preferably 24 hours after the incident has occurred.
2. If the coach cannot be reached, call your Athletic Office. A meeting will be set up for you with the coach.

3. Do not attempt to confront a coach before, after, or during a practice or game. These can be emotional times for both the parent and the coach, and this situation does not promote resolution or objective analysis.

WHAT A PARENT CAN DO IF THE MEETING WITH THE COACH DOES NOT PROVIDE A SATISFACTORY RESOLUTION.

1. Contact the Athletic Director to set up a time to discuss the situation further.

GUIDELINES FOR PARENTS OF STUDENT/ATHLETES

- Encourage your child to do their best
- Cheer for your team.
- Be mindful of the fact that coaches have a job and objectives that they want to accomplish and one coach's objectives will differ from those of another coach. Let the coach be the coach.
- Do not coach your son or daughter during a contest. Cheering and coaching are two different things.
- Understand at different levels, there are different expectations and objectives that must be met.
- Have respect for officials, coaches, and other parents and athletes.
- Praise athletes for just participating, regardless of their athletic skills
- Look for positive in athletes; void ridicule or sarcasm

ATHLETE AND PARENT FAIR PLAY AGREEMENT

Promoting sportsmanship in North Rockland Athletic Programs is an essential part of the athletic experience. Student-athletes develop physically, socially and emotionally through athletics. It is crucial for parents to encourage their children to uphold the values of good sportsmanship. In addition, parents of student-athletes are expected to be models of good sportsmanship by demonstrating fairness, respect, self-control and ultimately leading by example.

For the athlete and parent:

I agree to be responsible for my words and actions while attending and participating in North Rockland Athletic Programs and agree to abide by the following Fair Play Agreement:

1. I will not engage in unsportsmanlike conduct with any coach, parent, player, participant, official or any other attendee.
2. I will not engage in any behavior which would endanger the health, safety or well-being of any coach, parent, player, participant, official or any other attendee.
3. I will not engage in the use of profanity.
4. I will treat any coach, parent, player, participant, official or any other attendee with respect.
5. I will not engage in verbal or physical threats or abuse aimed at any coach, parent, player, participant, official or any other attendee.
6. I will always respect the rules of the district, coach and contest.
7. I will show appreciation for good players and good plays, even if by the opponents.
8. I will demonstrate control of my temper at all times.

9. I will demonstrate great sportsmanship at all times.

I agree that if I fail to follow the Fair Play Agreement while attending or participating in a North Rockland Athletic Program home or away event, I will be subject to disciplinary action. Including but not limited to the following:

- Verbal warning issued by a school official, school designee or game official
- Immediate ejection from a contest by a school official, school designee or game official
- Suspension from multiple athletic events by school official or designee.
- Season suspension or multiple season suspension issued by a school official or designee.

What North Rockland Athletes Cannot Do!

1. Cannot participate against Any College Level Team during the season!
2. Cannot compete for money or other compensation (travel, meals, or lodging)
3. Cannot participate in athletics under an assumed name.
4. Cannot be 19 years old before July 1st going into their senior year.
5. Cannot participate in athletics unless taking four subjects and Physical Education.
6. Cannot play in an All-Star game unless the game is sanctioned and their eligibility in that sport is over.
7. Students are discouraged from bringing money, jewelry, or any other valuable items to the athletic or the Physical Education locker room area at any time! High school students should use one of their school assigned lockers.

Athletic ability to compete at any collegiate level is determined by the recruiting institution.

If you are interested in participating in collegiate level athletics go to www.ncaa.org for more information and inform your guidance counselor and coach.

A Code of Ethics

The North Rockland Central School District embraces the code of ethics of the New York State Public High School Athletic Association (N.Y.S.P.H.S.A.A.).\

It is the duty of all concerned with student athletics to:

1. Emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
2. Eliminate all possibilities which tend to destroy the best values of the game.
3. Stress the values derived from playing the game fairly.
4. Show cordial courtesy to visiting teams and officials.
5. Establish a happy relationship between visitors and hosts.
6. Respect the integrity and judgment of the sports officials.
7. Achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
8. Encourage leadership, use of initiative and good judgment by players on the team.
9. Recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well being of individual players.
10. Remember that an athletic contest is only a game – not a matter of life or death for player, coach, school, fan or community.

Athletic Participation Numbers

It is the policy of the North Rockland Central School District that, to the extent student interest permits; every interscholastic team sponsored by the North Rockland Central School District shall be a complete team. A complete team is defined as one in which all of the available slots are filled. The number of available slots on a team will be determined by North Rockland Central School District Board of Education Policy.

Student Participation in Interscholastic Athletics and Extra-curricular Activities in Instances of Academic Deficiencies and Improper Comportment

A student who has displayed either academic deficiencies or behavioral problems may either:

1. be issued a verbal or written warning
2. may be placed on probation for a period of time including a full semester or more
3. Academic Probation- 2 week periods to show improvement in Failing subjects
4. may be determined to be ineligible for participation (“denied participation”) from any interscholastic activity or extra-curricular activity

If the student is determined to have displayed either academic deficiencies or behavioral problems, including violation of any school or community rule, regulation or law. In making the foregoing determination the decision shall be made by the building principal of North Rockland High School or by an administrator designated by the building principal to make such determination.

It is recognized that a student who has acted in a deficient or inappropriate manner as described above may be subject to the above determinations in subsequent interscholastic athletic or extra-curricular sessions. As an example, a student who has acted in a manner which was academically deficient or behaviorally inappropriate in the spring semester or during summer vacation periods may be denied participation in interscholastic athletics or extra-curricular activities during the ensuing fall semester.

SOCIAL MEDIA

It is our expectation as a school community that student athletes and coaches will be positive role models at all times. It is also an expectation that they will not engage in inappropriate, questionable or illegal behavior at school, in the community or on social media sites. Playing and competing for North Rockland High School is a privilege, not a right.

Social Networks such as Facebook, twitter, Instagram, Youtube, Pinterest and all other social digital platforms have increased in popularity and are used by students school wide. Participation in such networks can have both positive appeal and potentially negative consequences. It is important that North Rockland High School student athletes be aware of these consequences and exercise appropriate caution if they choose to participate.

The purpose of this policy is to establish a clear and concise set of guidelines for athletes to follow in order to help them use the best possible judgment to safeguard their personal privacy, and to protect the integrity of North Rockland High School. All student athletes are held to our North Rockland High School code of conduct as well.

Third parties including media, students, community members, faculty, future colleges and athletic officials can easily access social media profiles and view personal information. This includes pictures, videos, comments, posts and links. It is important to understand that once something is posted online, it does not disappear. Inappropriate material found by third parties affects the perception of the athletes and North Rockland community. Such actions can also be detrimental to the future of our Athletic family and the future of the student athlete.

With this information in mind, the policy requires that student athletes:

- Protect and enhance the reputation of North Rockland High School. Avoid making derogatory comments about athletics, students, faculty or employees and protect confidential information
- Be aware the readers and followers on social media sites include law enforcement, media, current, future, and past student athletes, faculty, administration, alumni, parents, coaches, community members, colleges and current/future employers. It is essential to portray North Rockland athletics in a positive manner at all times.
- Think before you post and anticipate how third parties who see the post may react to it.

Examples of inappropriate posts and offensive behaviors may include the following:

- * Posting photos, videos, comments or posters showing the personal use of alcohol and tobacco/vaping;
- * Posting pictures, videos, comments or posters that condone drug related activity. This includes but is not limited to images that portray the personal use of marijuana and other drug paraphernalia;
- * References in slang or foul language reflecting the use of alcohol, tobacco and drugs;
- * Posting photos, videos, or comments that are sexual in nature. This includes links to websites of pornographic nature or other sexual inappropriate behavior.
- * Using inappropriate or offensive language in all comments, videos or postings. This includes threats of violence and derogatory comments against race, gender and/or sexual orientation. Derogatory language toward other teams or individuals on other teams.
- *Cyber bullying or posting negative comments about opponents prior to or after competition.

- *Posting photos wearing North Rockland apparel while engaging in inappropriate behavior
 - * Using or posting photos of yourself in North Rockland apparel or North Rockland athletics or your status as a North Rockland athlete to promote parties or social engagements;
 - *Posting content that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity (toward another school, athlete, faculty or team).
- No posts should depict or encourage unacceptable, violent or illegal activities (hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking of alcohol, tobacco use, illegal drug use) .
- *Posting negative commentary regarding the performance of North Rockland athletic teams or relating to actions of any individual (s), as well as any negative postings about team information (long bus rides, practices, team issues).

SANCTIONS

ANY inappropriate activity or language in violation of the above prohibitions, including first time offenses, is subject to investigation and sanctions by the school administration and/or Athletic department.

Violations of this policy will result in:

- Meeting with Athletic director and/or school administrator, parent/guardian , and/or Head coach
- Immediate removal of offensive material from social media site- written apology
- Enforcement of appropriate North Rockland High School code of conduct sanctions;
- Suspension from the team as outlined by the Director of Athletics and/or school administration for a prescribed period of time; and/or
- Possible dismissal from the team

For your own safety, please keep the following recommendations in mind if you participate in social media:

- Set your security settings so that your profile is limited to who can view it
- You should not post your email, home address, local address, telephone number or other personal information as it could lead to unwanted attention and behavior
- Be aware of who you add to your site- many people try to take advantage of student athletes or seek connection to them.
- Keep posts , if any, positive in nature. You are responsible for your own device.

Questions should be directed to the athletic department 845-942-3390

**NORTH ROCKLAND
STUDENT-ATHLETE CONTRACT**
Digital Signature online Registration

By signing this policy, both the student and his or her parent acknowledge their awareness and understanding of the potential for accident or injury which is involved in the interscholastic activities in which the student participates.

**North Rockland Schools
Interscholastic Athletic Activities
Player Regulations**

Sport_____

Coach_____

Student_____

Date_____

I have read the regulations and am aware of them as a condition of my son/daughter's participation in interscholastic athletics.

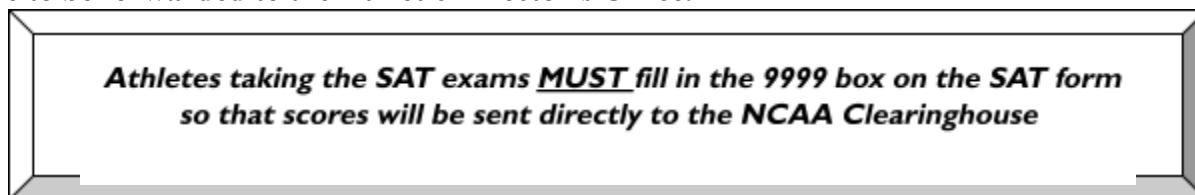
Parent's signature_____

Date_____

Student's signature_____

Date_____

This form MUST be returned by the student-athlete to the coach of the particular interscholastic sport. All signed regulations are to be held by the coach. Official rosters are to be forwarded to the Athletic Director's Office.



**NORTH ROCKLAND
CONCUSSION POLICY**

I agree to follow the North Rockland District Concussion Policy should my child sustain a concussion in and out of North Rockland's athletic seasons. I also understand each parent/guardian must notify the district if a student athlete shows any signs or symptoms of any level of head trauma.

A copy of the North Rockland Concussion Policy is available on line or in the athletic office.

I have read the North Rockland Concussion Policy.

Parent signature_____

Date_____

Student's Name _____

Date _____

North Rockland Athletic Teams

<u>Fall</u>	<u>Varsity</u>	<u>JV</u>	<u>9TH</u>	<u>Modified</u>
Boys Cross Country	X	X		X
Girls Cross Country	X	X		X
Girls Field Hockey	X	X		X
Football	X	X	X B	X
Girls Soccer	X	X		X
Boys Soccer	X	X		X
Girls Swimming	X	X		X
Girls Tennis	X	X		
Girls Volleyball	X	X		X
Cheerleading	X	X		
Boys Volleyball	X	X		
<u>Winter</u>				
Boys Basketball	X	X	X	X
Girls Basketball	X	X	X	X
Boys Swimming	X	X		X
Ice Hockey	X			X
Boys Winter Track	X	X		X
Girls Winter Track	X	X		X
Boys Wrestling	X	X		X
Boys Skiing	X	X		
Girls Skiing	X	X		
Boys Bowling	X	X		
Girls Bowling	X	X		
Cheerleading	X	X		
<u>Spring</u>				
Flag Football	X			
Boys Baseball	X	X	X	X
Boys Golf	X	X		
Girls Golf	X			
Boys Lacrosse	X	X		X
Girls Lacrosse	X	X		X
Girls Softball	X	X	X	X
Boys Tennis	X	X		
Boys Track & Field	X	X		X
Girls Track & Field	X	X		X
Crew (Boys/Girls)	X			