

NORTH ROCKLAND MODIFIED SPORTS - FIELDSTONE MS

North Rockland Modified Player & Parent Contract

Introduction

This contract outlines the expectations and responsibilities for players and parents/guardians involved in the North Rockland Modified Program. By signing this contract, both the player and parent(s)/guardian(s) agree to adhere to the guidelines set forth to ensure the success of the program.

Athletic Participation & Physical Education Policy

- Students must be dressed and participate for Physical Education to participate in daily practice/contests.
 - Players unable to participate in PE class are not permitted to participate in interscholastic athletics.
 - Coaches must be notified **in advance** of any anticipated absence from practice or games.
 - Students absent from school are ineligible to participate in practice or competition on that day, except with prior approval from the Athletic Director or principal for emergencies, special appointments, or unavoidable circumstances.
 - Multiple absences or Friday absences before a weekend contest require a physician's note clearing the student to play.
 - Students tardy to school may not participate in practice or games unless the tardiness is excused by school administration (students should be in school by 4th period).
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Team Travel Policy

- All squad members are expected to travel to and from away contests on the team bus or designated transportation.
 - Players who do not travel with the team will not be allowed to participate.
 - Exceptions are allowed **only for emergencies** and require prior approval at least 24 hours in advance.
 - Riding home with the team is encouraged to foster team bonding and camaraderie.
 - Requests for a player to ride home with a parent/guardian must be submitted in writing or email and approved by the Athletic Director.
 - Players may only leave with their own parent/guardian and with prior approval.
 - Behavior issues on the bus may result in suspension or removal from the team
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Approved Absences – Modified Sports

- Arrive at practices on time, fully dressed, and ready to begin at 3:00 PM.
- Assist with equipment setup and cleanup.
- Use practice time effectively, focusing on quality repetitions during drills and competition.
- Attendance at all practices, games, and team events is mandatory.

- Notify the coach in advance if unable to attend a practice or game.
- Students must inform coaches of extended vacations before being placed on the team roster; absences during school breaks or extended weekends are not permitted.

Approved absences include:

- Illness or injury (with parent/guardian notification; doctor's note may be required for extended absences)
- Family emergencies (e.g., serious illness or death in the family)
- Pre-scheduled medical or dental appointments that cannot be scheduled outside of practice/game times
- Religious observances
- School-related obligations (field trips, academic competitions) with prior notice
- Other extenuating circumstances approved in advance by the coach or Athletic Director

Notes:

- All absences should be communicated in advance whenever possible.
 - Unexcused absences may affect playing time or eligibility.
 - Repeated absences may require documentation or a plan to maintain eligibility.
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Player Regulations

Participation in the Interscholastic Sports Program is a privilege. Players are expected to demonstrate responsibility in the following areas:

- Appearance
 - Conduct
 - Training and team rules
 - Personal discipline
 - Maintenance of eligibility
 - Attendance at practices, games, meets, and team events
 - Care of equipment and facilities
 - Players are expected to contribute their best effort to the team at all times.
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Classroom Expectations & Academic Performance

- Serve as role models in the classroom.
 - Follow all school rules and treat teachers, staff, and classmates with respect.
 - Maintain passing grades in all classes to participate on the team.
 - Failure to meet academic or behavioral standards may result in reduced playing time or removal from the team.
 - Balance schoolwork and athletic commitments responsibly.
 - Eligibility forms may be requested by a coach.
 - Extra help is available through tutoring or homework support; attendance should be documented with a note for practice or games.
 - Academics take priority over athletics.
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Citizenship & Conduct

- Cyber-bullying or inappropriate use of technology (texting, social media, email, blogs, or other platforms) to harass or harm others will not be tolerated. Violations may result in suspension or removal from the team.

- Student-athletes are accountable for their actions on and off the field, including the use of handheld devices. Expulsion from a game will result in suspension from the team
 - Unacceptable behavior in school, game or the community, in or out of season, may result in loss of privilege to represent North Rockland. Inappropriate language, behavior, fighting, bullying will result in removal from the team.
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Playing Time

- Playing time is **not guaranteed** and will vary among athletes.
 - All athletes are evaluated equally based on effort, attitude, attendance, and performance.
 - Teams and rosters may change from game to game based on team needs and player development.
 - Some games may include only certain players, based on skill development, team needs, or game circumstances.
 - Playing time is a coaching decision and will **not be discussed** with parents or families.
 - The focus is on teamwork, growth, and sportsmanship; all athletes are expected to support teammates regardless of their role.
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Parent–Coach Communication Guide

- Effective communication between parents and coaches supports a positive experience for student-athletes.
- All coaches are approved by the Board of Education and certified in accordance with NYSPHSAA standards.

Communication parents should expect from coaches:

- Background and experience in playing and coaching
- Program philosophy and team expectations
- Practice and game schedules
- Team requirements, including equipment, academics, and transportation
- Procedures for injury or discipline
- Contact information for college coaches (if applicable)
- Alumni information
- Review of the Fair Play Agreement

Communication coaches expect from parents:

- Concerns expressed directly to the coach first
- Notification of schedule conflicts in advance
- Specific concerns related to program philosophy or expectations
- Support for the program and encouragement of dedication, commitment, and responsibility

Appropriate concerns to discuss with coaches:

- Treatment of the child, both mentally and physically
- Ways to help the child improve and develop
- Concerns about behavior

Issues not appropriate for discussion:

- Playing time
- Team strategy or play calling

- Coach disciplinary decisions (following stated program/team rules)
- Other student-athletes

Steps if concerns arise:

1. Contact the coach by phone or email to request a meeting (preferably 24 hours after the incident).
2. If the coach cannot be reached, contact the Athletic Office to schedule a meeting.
3. Avoid confronting a coach before, during, or immediately after practices/games.

If the issue is unresolved:

- Contact the Athletic Director to arrange a meeting to discuss the matter further.

Training Rules

1. **No use of tobacco.**
2. **No use of alcoholic beverages or narcotics/drugs.**
 - **No theft or vandalism.**
3. **Maintain good academic standing. Students must remain academically eligible throughout the season or they will be suspended from play.**
4. **Attendance. Students must attend all practices and games. Failure to do so may result in suspension from one or more games.**
5. **Conduct and Citizenship. Students must demonstrate good citizenship and sportsmanship both in and out of season. Inappropriate behavior—including issues related to conduct, fighting, theft, vandalism, or misuse of social media—may result in suspension or removal from the team.**
 - **Commitment to the school team takes precedence over all travel or outside teams.**
 - **Playing time and team strategy are at the coach's discretion. These matters will not be discussed with the Director of Athletics.**

Consequences for Violations of Rules 1 and 2

1. First Offense

- **Suspension from participation in any athletic contest for three (3) weeks, beginning with the first scheduled contest following the offense.**
- **The student must complete at least two (2) conferences with the coach and/or health instructor regarding the harmful effects of alcohol, drugs, or smoking.**

- **The student must attend all practice sessions during the suspension.**
- **Failure to complete these requirements will result in suspension for the remainder of the sport season.**
- **Upon successful completion of the probation period, eligibility will be restored.**

2. Second Offense

- **Suspension from participation in all athletics for the remainder of that season or six (6) weeks, whichever is longer.**

3. Third Offense

- **Suspension from participation in all athletics for the remainder of the school year.**

Consequences for Violations of Rules 3, 4, or 5

1. First Offense

- **Suspension from participation in all athletics for the remainder of that season or six (6) weeks, whichever is longer.**

2. Second Offense

- **Suspension from participation in all athletics for the remainder of the school year.**

SOCIAL MEDIA

It is our expectation as a school community that student athletes 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

[SEE complete North Rockland HS Athlete contract](#)

Electric signature online

I acknowledge that I have read and understand the Training Rules/contract above.

I know of no health problems that should prohibit my child from participating in and maintaining himself/herself in sports. He/she has permission to participate in the modified sport, subject to the approval of the school physician at the beginning of the sport season.

He/she may accompany the team as a member on out of town trips. Furthermore, I am aware of the potential for accident or injury which is involved in the interscholastic athletic activities in which my child has my permission to participate.

Parents are encouraged to attend all games. They must be positive and encouraging towards ALL players, coaches and officials. Failure to act accordingly can lead to the parent and/or student being removed from one or more games and take NYSPHSAA sportsmanship class.

Electronic Signature

NAME

SIGNATURE