



## Scotia-Glenville All-Sport Booster Club Membership

Yes! I want to Help Out and become a Team Representative \_\_\_\_\_

Yes! I want to Help Out and Volunteer at Fundrasiers \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Dollar Amount Pledged: \_\_\_\_\_

Dollar Amount Enclosed: \_\_\_\_\_

Student Name (s) \_\_\_\_\_

Team(s) \_\_\_\_\_

Please mail this form and/or check payable to:

S-G Booster Club  
SGHS  
1 Tartan Way  
Scotia, NY 12302

## Scotia-Glenville Central School District



This brochure will provide you with:

- An introduction to the Scotia-Glenville *Tartans* and school athletic program

- Information about policies and procedures for parent and athletes
- Concussion Information Policy



- Parent and Athlete Agreement Form
- Booster Club Membership Form



Scotia-Glenville Tartans

### ***Who are the Tartans?***

Scotia-Glenville is a Class "A" school in the Section II of the New York State Public High School Athletic Association. In most sports our teams compete as members of the Foothills Scholastic Council. Other teams are members of the Tri-Country Indoor Track League, Capital District Women's Lacrosse League, and Section II Ski League.

#### *Foothills Scholastic Council*

- Amsterdam
- Broadalbin-Perth
- Glens Falls
- Gloversville
- Hudson Falls
- Johnstown
- Queensbury
- Schuylerville
- Scotia-Glenville
- South Glens Falls

Scotia-Glenville has a very comprehensive interscholastic program for Tartan Athletes. They may participate in any of the sports listed below:

#### Girls

- Basketball
- Cheerleading
- Cross Country
- Field Hockey
- Golf
- Indoor Track
- Lacrosse
- Nordic Skiing
- Soccer
- Softball
- Swimming
- Tennis
- Track & Field
- Volleyball

#### Boys

- Baseball
- Basketball
- Bowling
- Cross Country
- Football
- Golf
- Ice Hockey
- Lacrosse
- Nordic Skiing
- Soccer
- Tennis
- Track & Field
- Wrestling
- Indoor Track

### **Athletic Department Statement of Purpose**

The athletic program at Scotia-Glenville fosters the belief that athletics enhances the education of every student-athlete. The program is designed to provide students with opportunities that challenge them to their individual limits.

Through athletic participation, the student athlete will develop the discipline, responsibility, sacrifice, sportsmanship and teamwork necessary to be successful.

The athletic program will provide opportunities for students to experience the emotions involved with athletic competition and a sense of pride in them selves, their team, their school and their community that will last a lifetime. Regardless of their win/loss records, students will act with "class" on and off the playing areas, always demonstrating the best sportsmanship.

## **SCOTIA-GLENVILLE ALL SPORTS BOOSTER CLUB MEMBERSHIP DRIVE**

**Now more than ever your Scotia-Glenville Athletes need your support! Your membership allows the SG All Sports Booster Club help fill the gaps left by budget cuts.**

*Do you want to play a role in the process? Attend a monthly Booster Club Meeting. Meetings are held at 7pm at the High School Library, the 2<sup>nd</sup> Wednesday of every school month.*

### **Membership Levels**

- Tartan Club - \$100 and up
- Crimson Club - \$50.00-\$99.00
- Family Membership - \$24.00-\$49.00
- Individual Membership - \$10.00

*All members will receive a thank you gift*

**\*\*\*NEW THIS YEAR\*\*\***

**PAY PER MONTH**

Pledge at the \$100 and Up Level and split your payments over 10 months (Sept-June). Simply make the first payment now and then starting in October, you'll receive an invoice and return envelope to mail in your payment.

***Teams need parent support!!! Coaches cannot do it alone! They count on parents to offer their time to be Team Representatives!***

***Please fill out the back side of this page for your Scotia-Glenville All Sports Booster club***

**Scotia-Glenville Central Schools  
Parent/Athlete Agreement Form**



TO: Parent/Guardian and Athlete  
FROM: Director of Athletics

Participation on a Scotia-Glenville athletic team is a privilege that should elicit great pride in both the athletes and their family. It is also a responsibility that demands extra commitment once a student decides to wear the school colors and represent the Scotia-Glenville school system.

For this reason, each athletic team member is required to sign this statement of personal commitment indicating that he/she and parent recognize and understand his/her responsibility and are willing to adhere to the behavioral and academic standards outlined in this packet.

The signature of both student-athlete and parent/guardian is also stating that they have read the Concussion Information and are aware of Scotia-Glenville's concussion policy.

**BASIC RULE:  
NEVER DO ANYTHING WHICH WILL BRING  
EMBARRASSMENT OR AN UNFAVORABLE VIEW TO  
YOUR TEAMMATES, COACHES, FAMILY OR  
COMMUNITY.**

*Please sign and return to the coach to indicate that both parent/guardian and athlete understand this responsibility.*

\_\_\_\_\_  
*Signature of parent or guardian* *Date*

\_\_\_\_\_  
*Signature of athlete* *Date*

*Indicate the sport you will play* \_\_\_\_\_

*Academic Standards*

Athletics, generally speaking, have a positive effect on the athlete's performance in the classroom.

It is the athlete's responsibility to manage his/her time effectively. Athletic practices/games should *not* be an excuse for failing to perform in his/her academic classes.



Athletes/parents should stay in close contact with the coaching during the season in regard to academic progress. Student-athletes needing extra help are encouraged to obtain it from their teachers. An athlete receiving help after school is excused from practice during the extra help period but not from an entire practice.

**Attendance Policy**

▪Students who are participating in athletics must be in school on the day of the activity in order to participate or spectate. When the activity falls on a Saturday, attendance is required in school on Friday. Special circumstances should be discussed with Administration prior to the event.

*Academic Policy*

▪Students in co-curricular activities who fail more than one course **at the five-week mark** are declared ineligible and placed on academic probation. This probation begins on the day the failure report lists are produced.

▪Students who are placed on academic probation *may not* participate in any contest, meeting or special event for a period of two weeks. During these two weeks, students are encouraged to work hard to pull up any and all failing averages. A student will pick up a reinstatement form for the Athletic Office.

▪Students may practice/participate in no more than 50% of scheduled meetings during this probation period. The other 50% of the time, they should be seeking help, making up work, studying, doing research, etc. as appropriate.

▪At the conclusion of the two-week probation, a student may be taken off probation if the student takes a reinstatement form to the teacher or teachers of the courses he/she failed and the teacher states that they are now passing and in good standing.

▪If after two weeks the academic standard is not achieved, probation continues until such time as the standard is reached.

▪All faculty/committee members will receive a copy of the ineligibility list.

*Behavioral Standards and Procedures*

Students participating in co-curricular activities are expected to maintain appropriate standards of decorum throughout the school day. The standards set in this policy are not any higher than those of the school policy for all students. Students in co-curricular activities, however, can be suspended from partial or complete participation in those activities.

*Student-Athlete Alcohol, Drug and Tobacco Products Policy*

Student-athletes are prohibited from possessing, using or selling alcohol, illegal drugs or tobacco products **or electronic cigarettes** at any time.

This policy will apply to each student-athlete for one calendar year from the day of his/her most recent Athletic Code signature and will be in effect for one full calendar year at all times and in all locations, including non-school activities. The penalties listed below will be enforced in conjunction with all other codes of behavior and disciplinary measures.

*Penalties: Alcohol, Drug and Tobacco Products Policy*

The guideline for actions taken by the Director of Athletics regarding a student-athlete found in violation of this policy shall be as follows:

▪ First Offense:

- Effective on the date when the penalties are imposed, the athletes will be placed on probation for one calendar year.

- The athlete will need to meet with the student-assistant counselor or equivalent outside agency for counseling. The counselor and administrator must agree as to when a student can return to participation.

During the period of probation, the athlete will be expected to practice with the team but will not be allowed to participate in the teams scheduled competitions according to the eligibility chart (see chart). Student-athletes on probation are expected to attend all practices and contests (*not in uniform*) and be of assistance to the team as the coach deems appropriate.

- Penalties that cannot be served during the sport season in which they are imposed will be carried over for completion in the next sport season in which the athlete participates. The penalty assigned will be adjusted proportionately based on the number of regular season scheduled contests in the subsequent season.

<i># of Regular Season Scheduled Contest</i>	<i>Contest Penalty First Offense</i>	<i>Contest Penalty Second Offense</i>
8 (or less)	2	4
9	2	4
10-13	3	6
14-17	4	8
18-21	5	10
22	6	12

▪ Second Offense:

If a second offense occurs during the one year probationary period, the athlete is suspended from all participation in interscholastic athletics for one calendar year from the date of the second offense. If a second offense occurs at any time after the probationary period, all provisions set forth in the first offense will apply. However, the contest penalty will be increased according to the eligibility chart. In addition, a new one calendar year probationary period will be assigned.

▪ Third Offense: A third offense at any time during the secondary interscholastic time will mean a suspension from future participation on any interscholastic team for the remainder of the secondary school years.

▪ **Concussion Management Team**

Schools may, at their discretion, form a concussion management team to implement and monitor the concussion management policy and program. The team could include, but is not limited to, the following:

- Students
- Parents/Guardians
- School Administrators
- Medical Director
- Private Medical Provider
- School Nurse
- Director of Physical Education and/or Athletic Director
- Certified Athletic Trainer
- Physical Education Teacher and/or Coaches
- Classroom Teachers

**Integrity in Athletics**

**TARTAN SPORTSMANSHIP**

▪ In accordance to the Section 2 Sportsmanship Policy, Spectators are considered an important part of games and are expected to conform to accepted standards of good sportsmanship. Spectators should at all times respect officials, coaches, visiting coaches/players, cheerleaders and opposing spectators. In addition, we will extend all courtesies to our guests in our community. Booing, whistling, negative comments, disrespectful remarks are prohibited. Throwing debris, confetti or any other objects from the stands is prohibited. During a free throw in basketball, serve in volleyball, all courtesies should be extended.

▪ Any violations of the above rules will result in the person being asked to leave the premises. Administration may add additional suspension from future events.

## State Education Department's Guidance For Concussion Management

Schools are advised to develop a written concussion management policy. A sample policy is available on the NYSPHSAA web site at [www.nysphsaa.org](http://www.nysphsaa.org). The policy should include:

- A commitment to reduce the risk of head injuries.
- A procedure and treatment plan developed by the district medical director.
- A procedure to ensure proper education for school nurses, certified athletic trainers, physical education teachers, and coaches.
- A procedure for a coordinated communication plan among appropriate staff.
- A procedure for periodic review of the concussion management program.

### ▪ Return To Learn and Return To Play Protocols

**Cognitive Rest:** Activities students should avoid include, but are not limited to, the following:

- Computers and video games
- Television viewing
- Texting
- Reading or writing
- Studying or homework
- Taking a test or completing significant projects
- Loud music
- Bright lights

Students may only be able to attend school for short periods of time. Accommodations may have to be made for missed tests and assignments.

**Physical Rest:** Activities students should avoid include, but are not limited to, the following:

- Contact and collision
- High speed, intense exercise and/or sports
- High risk for re-injury or impacts
- Any activity that results in an increased heart rate or increased head pressure

**Return to Play Protocol** once symptom free for 24 hours and cleared by the School Medical Director:

**Day 1:** Low impact, non strenuous, light aerobic activity.

**Day 2:** Higher impact, higher exertion, moderate aerobic activity. No resistance training.

**Day 3:** Sport specific non-contact activity. Low resistance weight training with a spotter.

**Day 4:** Sport specific activity, non-contact drills. Higher resistance weight training with a spotter.

**Day 5:** Full contact training drills and intense aerobic activity.

**Day 6:** Return to full activities with clearance from School Medical Director.

Any return of symptoms during the return to play protocol, they student will return to previous day's activities until symptom free.

▪ Appeals: A student-athlete may file an appeal in writing to the Director of Athletics within three calendar days from the date the penalty was assessed. The Athletic Director will call a meeting of the Appeals Committee to review the appeal. The jurisdiction of the Appeals Committee will be limited to affirming or reversing the decision of the Athletic Director. The Appeals Committee will have no authority to increase or reduce any penalty imposed. The student-athlete and/or his/her parents/legal guardians may attend the Appeals Committee meeting. The Athletic Director will notify the student-athlete of the results of the appeal within 24 hours.

### Insurance Information

We are pleased to welcome both athletes and parents to the Scotia-Glenville "Tartan" Athletic Program. We hope this information in regard to insurance coverage will be helpful.

As any athlete may be injured, we particularly wish to remind each of you that, when practice begins, all athletes are insured under the Pupils Benefit Plan, Inc. The insurance contract is the same one that covers all students in the Scotia-Glenville Schools. A parent information brochure can be obtained from the Athletic Office.

The policy will pay only in excess of benefits paid by another policy. It is, therefore, requested that claims be first made to the carrier of your family or employer policy. Parents should call the Director of Athletics at 382-1237 to report any injury that requires medical attention to assure that claims are made promptly. Responsibility for any medical expenses not covered by insurance will be assumed by the parents. In the event an injury does result in expenses that will be covered by our policy, our insurance company will reimburse you directly. You will be responsible for paying the bills to doctors and hospitals. *Our company does not pay these bills.*

### Procedures/Policies for Student-Athletes Quitting Team/Dismissal

Any athlete who quits a team after the team has been selected will face disciplinary action. Up to 40% of the next sport season a student goes out for can be suspended.



An athlete who is dismissed from a team by a coach for violating team rules will also be suspended from the next sport season he/she participates up to 40%.

Repeat offenders of either rule, can be suspended from any further participation on any athletic team.

### School Issued Uniforms and Equipment

All equipment/uniforms issued to a student-athlete is the responsibility of the individual. If the equipment/uniform is lost, it must be replaced. Equipment/uniforms that are abused will also need to be replaced.



*Concussions: The Invisible Injury*  
**Student and Parent Information Sheet**  
*Information Sheet provided by NYSPHSAA*

**Concussion Definition:** A concussion is a reaction by the brain to a jolt or force that can be transmitted to the head by an impact or blow occurring anywhere on the body. Essentially a concussion results from the brain moving back and forth or twisting rapidly inside the skull.

▪ **Facts About Concussions According To The Center For Disease Control (CDC)**

- An estimated 4 million people under age 19 sustain a head injury annually. Of these approximately 52,000 die and 275,000 are hospitalized.
- An estimated 300,000 sports and recreation related concussions occur each year.
- Students who have had at least one concussion are at increased risk for another concussion.

▪ **Requirements Of School District**

*Education:* Each school coach, physical education teacher, nurse, and athletic trainer will have to complete an approved course on concussion management on a biennial basis, starting with the 2012-2013 school year.

- School coaches and physical education teachers must complete the CDC course. ([www.cdc.gov/concussion/HeadsUp/online\\_training.html](http://www.cdc.gov/concussion/HeadsUp/online_training.html))
- School nurses and certified athletic trainers must complete the concussion course. (<http://preventingconcussions.org>)

*Information:*

- Provide concussion management information and sign off with any parental permission form.
- The concussion management and awareness information on the State Education Department's web site must be made available on the school web site, if one exists.

*Removal from athletics:*

- Require the immediate removal from athletic activities of any pupil that has or is believed to have sustained a mild traumatic brain injury.
- No pupils will be allowed to resume athletic activity until they have been symptom free for 24 hours and have been evaluated by and received written and signed authorization from a licensed physician. For interscholastic athletics, clearance must come from the school medical director.
  - Such authorization must be kept in the pupil's permanent health record.
  - Schools shall follow directives issued by the pupil's treating physician.

▪ **Symptoms**

**Symptoms of a concussion are the result of a temporary change in the brain's function.** In most cases, the symptoms of a concussion generally resolve over a short period of time; however, in some cases, symptoms will last for weeks or longer. Children and adolescents are more susceptible to concussions and take longer than adults to recover.

It is imperative that any student who is suspected of having a concussion is removed from athletic activity (e.g. recess, PE class, sports) and remains out of such activities until evaluated and cleared to return to activity by a physician.

Symptoms include, but are not limited to:

- Decreased or absent memory of events prior to or immediately after the injury, or difficulty retaining new information
- Confusion or appears dazed
- Headache or head pressure
- Loss of consciousness
- Balance difficulties, dizziness, or clumsy movements
- Double or blurry vision
- Sensitivity to light and/or sound
- Nausea, vomiting and/or loss of appetite
- Irritability, sadness or other changes in personality
- Feeling sluggish, foggy or light-headed
- Concentration or focusing problems
- Drowsiness
- Fatigue and/or sleep issues – sleeping more or less than usual

Students who develop any of the following signs, or if signs and symptoms worsen, should be seen and evaluated immediately at the nearest hospital emergency room:

- Headaches that worsen
- Seizures
- Looks drowsy and/or cannot be awakened
- Repeated vomiting
- Slurred speech
- Unable to recognize people or places
- Weakness or numbing in arms or legs, facial drooping
- Unsteady gait Change in pupil size in one eye
- Significant irritability
- Any loss of consciousness
- Suspicion for skull fracture; blood draining from ear or clear fluid from the nose

▪