SOUTHERN CAYUGA CENTRAL SCHOOL DISTRICT

EXTRACURRICULAR ACTIVITIES HANDBOOK

2026 – 2027

Adopted by the Board of Education: 7/31/07
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S*CSS Athletic Mission Statement: SCSS student-athletes are committed to strong academic growth, good sportsmanship, and team excellence. This is achieved by building strong community ties, supporting our younger student-athletes, camaraderie and mutual respect to teammates and opponents.*

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Introduction

Extracurricular Participation

The primary goal of the Southern Cayuga Central School District is to educate the whole student, first by stimulating the student academically and then by offering a number of common experiences designed to develop the social, emotional, physical and ethical development of the individual. Extracurricular programs are designed to provide such experiences and are, therefore, considered an integral part of our education program. These programs are, however, a privilege and a student must maintain a good academic and behavior standing to earn the right to participate.

It is the goal of the extracurricular program to provide opportunities for all students to participate to insure a memorable and positive experience. We would like to make each parent/guardian and student aware of the basic policies that govern extracurricular activities at Southern Cayuga.

The NYS Public High School Athletic Association, Section IV, and the Interscholastic Athletic Conference, in concert with our local school policies, govern the Southern Cayuga Central School athletic program. Southern Cayuga Central School competes as a Class "C or D" sized school in most sports.

For questions/comments on an extracurricular activity please contact the following:

Athletic Inquiry: 315.364.5924; Club/Activity Inquiry: 315.364.7111; or Fax: 315.364.8207

Philosophy and Beliefs

It is the belief of the Southern Cayuga School District that students grow through their involvement in extracurricular activities. It is intended that this growth will result in a healthy lifestyle, which will be prevalent throughout the lives of our students. Working toward a common communication goal involves the parent/guardian, student, and school working together to obtain a "successful experience."

Athletic Program Explanation:

Each school year, prior to the start of the student's activity, the student and a parent/guardian must attend a general meeting.

Note: Some of the following competitive, varsity situations are limited in size and space. As a result, cuts may occur. At all levels, each individual will be given an equal opportunity to compete for a roster spot.

Modified

The modified interscholastic athletic program is the beginning of athletic competition. Participation is the priority as these student athletes begin to practice with a purpose and develop skills in the sport and those overall skills of teamwork, sportsmanship and discipline. The emphasis is for the continued development of an athlete both physically and mentally. The "winning" aspect is de-emphasized. Each athlete will be given an opportunity to play in regular game situations throughout the season. No cuts will be made at this level unless numbers are so large they create a safety concern. The amount of playing time is determined by the coach at the modified level.

Junior Varsity

As development in the sport continues for the athlete, they will become more familiar with the system used at the varsity level. Learning how to compete, becoming a member of a team and understanding how the individual fits in a team role is emphasized. Successful application of skills becomes more focused. Each individual will be given the opportunity to play during the season as determined by the coach, based on a variety of factors (ie. attendance, ability, game, etc.).

Varsity

Varsity athletics is the culmination of continuous commitment and dedication to a particular sport. Athletes in these sports participate in a highly competitive atmosphere at the interscholastic level. The athlete will be involved in league and possibly sectional and state competition. Playing time is determined by the coach, and is based on several factors, including, but not limited to, skill, communication, sportsmanship, attitude, and academic eligibility.

Academic Eligibility

Students who fail to meet the required academic standards will become ineligible and will not be allowed to participate in extracurricular activities until they demonstrate satisfactory academic progress. The following rules for eligibility, based on academic performance, have been established.

- A student who is failing two or three courses will be placed on academic ineligibility for extra-curricular activities.
- Students will be required to seek extra help with teachers in the appropriate content area. **Students failing two or three courses will be on probation for 1 week but may continue to attend practice/meetings. Students will not be allowed to participate in games/events until their grades are appropriate and approved by an administrator. Students failing two or three courses must turn an academic ineligibility sheet into the Athletic Coordinator or Director or Dean of Students each week to determine progress and eligibility.**
- A student who is failing four or more courses will be removed from the team/activity.

Daily School Attendance

- A student must be in attendance for the **full day** on the day of the event to participate in any extracurricular activity. An exception would be a school recognized excused absence or exceptional circumstances as approved by the building principal. Students with excessive lates will have consequences up through loss of playing time/participation, which could include a meeting with the Athletic Coordinator/Director, Dean of Students, counselor, advisor, and coach.

- For weekend/holiday activities, a student must be in attendance for the last scheduled school day prior to the activity. The club advisor, coach, Principal, Dean of Students or Athletic Director will consider extenuating circumstances regarding class participation on an individual basis.
- Students must attend all classes **including full participation in physical education**. The club advisor, coach, Principal, Dean of Students or Athletic Director will consider extenuating circumstances regarding class participation on an individual basis.
- Students are expected to maintain good attendance the day following a school activity.
- Students suspended in-school or out-of-school for any disciplinary infraction for any part of the school day will not be allowed to attend, practice or participate in any contest/event until reinstated back to school.

Individual Sport Rules and Expectations

There are different requirements for certain sports depending on their nature and rules. Some are outdoors, some indoors, some are team oriented, others individual, and some are both. The number of participants range widely on the different teams. Specific requirements for a sport may also exist, such as weight classes or use of special equipment.

Therefore, coaches may have specific rules for a sport in addition to the general requirements of the NYSPHSAA, Section IV, IAC, school code of conduct and training rules. For instance, these rules may deal with such things as practice sessions, actual contests, training and transportation. These rules should be clear to all team members and their parents. In addition, any disciplinary actions for infraction should be known beforehand.

Any athlete or parent/guardian who has questions or difficulties with the sport's specific rules should communicate with the coach involved and, if necessary, the athletic director. It is hoped that in this manner athletes, parents/guardians and coaches will cooperatively work toward the success of our individual teams and our entire athletic program.

All students are expected to finish the sports season they start. Students are entitled to a 2 day tryout period where they may decide if a sport is not for them without repercussions. If a student quits a team at any point during the season, the decision is final and binding for the remainder of the season.

Student/Spectator Expectations

One of the missions of extracurricular school activities is to serve as an extension of the classroom. There are important lessons to be learned in our programs. One of those lessons is to set and maintain high standards of sportsmanship, ethics and integrity in our schools and our society. It is the responsibility of the school to provide the direction and constant vigilance under which good sportsmanship can prosper and have a positive impact on our children, the leaders of tomorrow, and ourselves.

Southern Cayuga has joined a statewide campaign sponsored by the New York State Public High School Athletic Association, Inc. to promote sportsmanship at our events. We feel the need to stress the type of exemplary behavior that should be exhibited by all players and

spectators at our events. Section IV rules allow no alcoholic beverages, noisemakers, obscene language, taunting, objectionable cheers or throwing of objects. **Anyone not abiding by the rules set forth by the Section may be subject to immediate ejection from the premises.**

The value of the lessons learned by exhibiting good sportsmanship will last a lifetime. The positive actions of an advisor, coach, student or spectator at an event can influence how our school is perceived in our community and the communities of those schools we meet on the field of play and at events.

We are asking for the support of the whole school community in this effort by emphasizing and modeling what is expected of our students as a competitor or spectator. Such events are an extension of the school day, and the same type of respectful behavior is expected in the extracurricular arena as in the classroom. All Southern Cayuga Central School community members should demonstrate self-control and self-discipline and at the same time enjoy the games/events.

When all are charged with setting a positive example, it will help set the tone so we may all enjoy the games/events in which our groups are involved.

When attending an extracurricular event, students/spectators are given the privilege to view the activity and to voice support for our teams/organizations. This support should be in a positive tone and have a positive message so the educational value of these events is completely developed and clearly communicated to our students.

Extracurricular Code of Conduct

The Board of Education, school administration, coaches and advisors believe that extracurricular activities are an integral part of the total educational program. High standards of behavior, scholarship and citizenship are important to a sound Secondary School experience. Students volunteering to participate must assume the responsibilities of this privilege and are required to meet high expectations. These expectations involve the use or possession of alcoholic beverages, tobacco or illegal drugs – these behaviors are prohibited for all students. Any student whether participating or not on teams or in clubs representing the Southern Cayuga School District must adhere to these standards without exception per the **SCCSD Code of Conduct** (as outlined in the student handbook). Each administrator, teacher and staff member is committed to promote the physical and emotional growth of each Southern Cayuga Secondary School student.

Southern Cayuga Central School believes that:

1. Physical and/or emotional growth of students is the most important goal of participation.
2. Academic achievement is a prerequisite to participate.
3. In regard to athletics, additional time and energy committed to participation requires that athletes attain and maintain peak physical and mental condition.
4. Substance abuse is a significant health problem for adolescents and will likely affect a student's emotional, physical and intellectual development.
5. Interscholastic athletics and other forms of extracurricular participation can make the educational experience richer and more rewarding and therefore all students are encouraged to participate.

6. Adherence to certain behavior and academic standards enhances a student's quality of life.

Scope of the Code of Conduct

The use or possession of alcoholic beverages, tobacco or illegal drugs is prohibited for all students. **The Code of Conduct applies to the entire student body whether involved in an activity or not, and specifically to all participants of an activity starting July 1 of that year until June 30.** The provisions outlined in this policy shall be in effect twenty-four hours a day, seven days a week, 365 days a year for the duration of the season, club membership or extracurricular involvement. This includes sports, clubs and activities that commence before the beginning of the school year or extend beyond the end of the school year. If an individual is suspended because of a violation of this policy during/or prior to the tryout period for a sport or activity during the next season, the individual may complete suggested counseling. The athletic tryout period will be at the discretion of the coach/advisor and Athletic Director. Violations are cumulative throughout the student's two years of middle school participation and disciplinary actions may carry over from one season to another. A student then has a clean slate when entering 9th grade, except when there was a suspension at the end of 8th grade. Violations are cumulative throughout the student's four years of high school participation and disciplinary actions may carry over from one season to another. **Social probation is included in the consequences that are outlined below. This means that students would not be allowed to attend dances or attend an event as a spectator during the period of their suspension.** Use of drugs authorized by a physician or alcohol consumed as part of a religious or family ceremony shall not be considered a violation of this policy.

Southern Cayuga Secondary School Coaches and Advisors will:

1. Distribute written expectations, specific to their sport/activity, prior to the first week of the season/activity; discussion with parents/guardians regarding those expectations are encouraged.
2. Discuss the current extracurricular Code of Conduct with their team/club during or prior to the first week of the season or organization's inception and will invite parents/guardians to attend. Coaches and advisors will provide prior notification to parents/guardians regarding the Code of Conduct discussion.
3. Enforce the Extracurricular Code and expectations specific to their sport/activity.
4. Consistently emphasize the importance of the high standards set for all students.

Denial of Participation and Due Process

The Athletic Director, Dean of Students and/or Principal shall enforce the provisions of the extracurricular Code of Conduct. Before the penalty is imposed, the student and parent/guardian will be given the opportunity to meet with the Athletic Director, club advisor, Dean of Students or Principal in an informal conference. The Athletic Director, club advisor, Dean of Students or Principal will explain the basis for the proposed penalty at which time the student and parent/guardian will be given an opportunity to present any evidence regarding the student's innocence or other reasons why the penalty should not be imposed. The student or parent/guardian may appeal the decision to the Superintendent of Schools by a written appeal within five days of the initial decision. An appeal will not necessarily suspend the penalty. The decision of the Superintendent shall be final.

Consequences

In an effort to coordinate with the school policy on alcohol and drugs, the following rules apply to students involved with sports and extracurricular activities. These regulations apply to students while in middle school and again while in high school. A student then has a clean slate when entering 9th grade, except when there was a suspension at the end of 8th grade.

- **If a student violates the substance abuse policy by illegally consuming, possessing or distributing tobacco, alcohol, controlled substances (actual or purported), during an event in which they are participating, the student will be suspended from competition/event for a period of thirty (30) calendar days. The abuse of non-prescription and/or prescription drugs is also prohibited.** As a part of the suspension, the student will not be permitted to practice/attend for five (5) school days. The student would then be allowed to practice/attend, but not participate in an event. The suspension of thirty (30) calendar days will be reduced to twenty-one (21) calendar days if the student begins ten (10) hours of counseling with appropriate school personnel or outside agency. Failure to continue participating in counseling will result in the reinstatement of the full penalty. This means that the student would once again begin a suspension for thirty (30) calendar days from the time that the breach in counseling occurred. If a student chooses not to attend the practices/meetings, they will have removed themselves from the team/club. This policy applies to students involved in any extracurricular activity. Social probation is also included as a part of this suspension. This means that a student would not be allowed to attend a game or dance while on suspension. Any student wishing to attend a field trip that is not part of an academic class requirement would have to complete at least 50% of the counseling services prior to the trip.

- If a suspension has not been completed prior to the end of the school year, it will carry over to the following year. A determination will be made as to how the suspension carries over depending upon whether the student is involved in a fall activity. Any student who is suspended must carry over the remainder of the suspension and will not be eligible to participate in practices/activities.

- Any inquiry into allegations, use or possession of substances as described in this policy will result in parent notification.

- A second violation of the policy may initiate a Superintendent's hearing that could result in expulsion from extracurricular activities or expulsion from school for an extended period of time.

- Proactive Procedures – Students are at times challenged to attend parties and other events where their friends are illegally drinking alcohol or consuming drugs, usually in a non-chaperoned situation. Students who are members of an athletic team or other extracurricular or co-curricular groups who attend such parties sanction and encourage this activity by their mere presence, even if they do not themselves participate in the drinking or use of drugs. Any such student who is present at any party or other occasion where students drink alcohol or use illegal drugs must immediately leave upon learning of the use, possession or presence of alcohol and drugs and must inform their coach or advisor within 24 hours or as soon as possible. Any such student who fails to leave immediately and make the call will be excluded from the extracurricular or co-curricular activity for the period of time designated by

this policy relative to the number of violations that have occurred. By informing the coach or advisor of both their innocence, attendance and immediate departure upon learning of the presence of drugs and/or alcohol, the student may thereby safeguard his/her standing on a team, club or activity.

If the violation were to occur on school grounds, or at a school function, the school policy for all students will be in place.

Sports Physicals

Every student in grades 7-12 who intends to participate in interscholastic athletics must have a sports physical. A student may choose to have a physical exam by their family doctor, but it must meet the requirements of the school physical and must be reviewed and approved by the school physician before participation may take place. No student may practice or participate before they have received a sports physical, which must be renewed each school year.

Injury/Risk

While the coaching staff and other responsible school officials will do everything within reason to protect your child against injury, including the provision for appropriate equipment, safe facilities and training designed to reduce the impact of accidents; injuries will occur and on a very rare occasion may be serious and disabling. It must be understood that the risk of injury is inherent in all sports and the injuries received may be severe, including the risk of fractures, permanent paralysis or death.

Injury Notification

An athlete must notify their coach at the time an injury is sustained in order to receive proper medical treatment and school insurance coverage. The coach will fill out an accident report and file it with the school nurse/building principal. Upon receiving medical treatment, the parents/guardians will notify the business office (364-8711).

a. The business office will file a report of the injury with the insurer within 30 days to be eligible for a claim.
b. All Southern Cayuga students who have passed the required sport physical, have properly reported any injury and have received medical attention are covered by school insurance (which is secondary coverage).
c. Students may resume an activity following an injury after compliance with state law; which reads, "If a student is absent from school five or more consecutive days or has received an injury, they must have an examination by a physician before returning to competition."

Returning to an Athletic Team After an Injury or Illness

Any athlete who is seen by a doctor must be released (signed statement) by the doctor who treated them to resume participation with their team. If you have to go to an emergency room for care, please obtain the release (written) before leaving the hospital because many times the attending physician may not be there the next time you visit. This release must be filed with our school nurse.

Return to Play Protocol Following a Concussion

The following protocol has been established in accordance with the National Federation of State High School Associations and the International Conference on Concussion in Sport, Prague 2004.

When an athlete shows ANY signs or symptoms of a concussion:

- The athlete will not be allowed to return to play in the current game or practice.
- The athlete should not be left alone, and regular monitoring for deterioration is essential over the initial few hours following injury.
- The athlete should be medically evaluated following the injury.
- Return to play must follow a medically supervised stepwise process.

The cornerstone of proper concussion management is rest until all symptoms resolve and then a graded program of exertion before returning to sport.

Return to Play Protocol once symptom free for 24 hours and cleared by the school medical director or family physician:

Day 1 – Low impact, non-strenuous, light aerobic activity. 10 minutes
Day 2 – Higher impact, higher exertion, moderate aerobic activity. No resistance training. 20 minutes
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.

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

The student-athlete should also be monitored for recurrence of symptoms due to mental exertion, such as reading, working on a computer, or taking a test.

Equipment Issuance

The school provides most uniforms and equipment for athletic teams. All such school property must be returned to the coach in **acceptable** condition within 1 week of the end of the season. The student assumes full responsibility for all equipment and must keep it secure so it is not lost or stolen. Failure to return any equipment will result in the student athlete not being able to participate in the following season until the items are returned or paid in full to replace the item. This will be monitored by the head coach and Athletic Director. .

One Sport Participation

Students may participate in only one school sport at a time. **If there is a direct conflict with school sport participation and outside of school activities, the school sport takes priority.** Arrangements will be made for any school sports seasons that overlap. At Southern Cayuga, we recognize students may be involved in multiple extra-curricular activities. Reasonable efforts will be made to ensure major extracurricular events, such as

inductions and concerts do not interfere with contests. Club Meetings should take place between 2:30pm and 3:00pm when possible in order to not conflict with afterschool practices, however, certain circumstances may prevent this from happening. In the event that meetings will run into a sports practice, the athlete should communicate with their coach and club advisor to make sure all parties are aware. The coach and advisor will come to an agreement regarding the situation.

Leaving a Team

Students are highly encouraged to finish out the sports seasons they begin. A student who is considering quitting a team should thoroughly think through the decision. If an athlete decides to quit a team or change to a different team, they must notify their coach and turn in all equipment and uniforms.

Students may change from one sport to another sport provided that they have received permission from the coaches involved and the athletic coordinator/director. If the athlete has been cut from one team after the primary sports try-out period, it is considered a legitimate withdrawal, and the athlete is permitted to try out for another team in that season. The athlete must understand that practices are sport specific and may not count from one sport to another. If a student leaves a sports team on bad terms and without consent or knowledge of the coach and athletic director, the athlete may have to serve a partial suspension during the following season, which includes missing up to 10% of scheduled contests.

Once a student quits a team or changes from one team to another, the decision is final and binding for the remainder of the season.

Transportation

During the winter season, practices are scheduled into various time slots. Students who have a late practice and cannot go home after school may stay in a supervised study hall until 4:30 p.m. We will provide a 5:00 bus home.

1. All athletes will ride school transportation to an event unless special permission has been granted by the Athletic Director or Principal prior to the trip. A student who fails to do so will not be permitted to participate in that event.

2. Athletes may ride home from away games if their parent/guardian signs them out. A coach must keep a sign-out sheet at all away events.

3. All other transportation arrangements must be accompanied by a note and must receive prior approval. The following arrangements will be accepted: brother, sister (senior licensed driver), aunt, uncle, grandparent, adult neighbor). Permission will not be granted under any circumstances to be transported by another student.

4. A student may be dropped off at a designated location (ie: the Genoa Pit Stop and the four corners in King Ferry) if it is located on the route taken to and from the game. Be sure to notify your coach before the trip is made.

5. A student who leaves an activity early without a written excuse or if the student caused undue tardiness will be disciplined.

Athletic Opportunities

Fall

Mod & V Boys' Soccer	Mod & V Girls' Soccer
Mod & V Cross Country	Mod & V Girls' Swimming

Winter

Mod, JV, V Boys' Basketball	Mod & V Boys' Swimming
Mod, JV, V Girls' Basketball	V Indoor Track
Mod Volleyball	Mod, V Wrestling merged @ Lansing (year to year)

Spring

Mod & V Baseball	Mod & V Softball	V Golf*
Mod & V Outdoor Track	V Boys' Tennis*	

*Girls may participate on the tennis and golf teams if desired. Golf is the only sport at SCCS that does not require APP testing to participate.

Extra-curricular Opportunities

Drama
FFA
International Club
History Club
Jazz Band
National Honor Society
Robotics/Gaming Club
Ski Club
Student Council
Student Leadership
Yearbook
Thespian Honor Society
Tri-M Music Society

Communication Process

STEP 1: Student discusses situation with the coach/advisor.
STEP 2: Parent/Guardian and student discusses situation with the coach/advisor.
STEP 3: Parent/Guardian and student discusses situation with the Athletic Coordinator/Director or Dean of Students and/or Principal.
STEP 4: Parent/Guardian and student discusses situation with the Superintendent.
STEP 5: Parent/Guardian and student discusses situation with the Board of Education.