

NEW PALTZ ATHLETIC FREQUENTLY ASKED QUESTIONS

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NEW PALTZ ATHLETICS GUIDING PHILOSOPHY

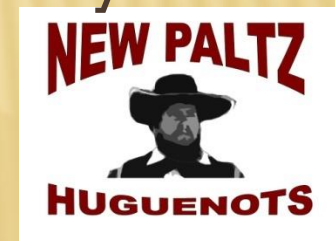
The experience of participation in athletic activities is designed to foster the quest for excellence by creating an educational and competitive experience within an atmosphere of sportsmanship. To develop individual and team potential by promoting high standards of:

Competency – skill, strategy development

Citizenship – respect for oneself & others

Character – responsibility, accountability

Civility – sportsmanship, team work



SPORTS OFFERED AT NEW PALTZ

FALL SPORTS

Varsity, JV & Modified Boys Football

Varsity , JV & Modified Boys Soccer

Varsity , JV & Modified Girls Soccer

Varsity, JV & Modified Girls Volleyball

Varsity & Modified Girls Cross Country

Varsity & Modified Boys Cross Country

Varsity Girls Tennis

Varsity Girls Swimming

Varsity Boys Golf

WINTER SPORTS

Varsity , JV & Modified Boys Basketball

Varsity , JV & Modified Girls Basketball

Varsity , JV & Modified Boys Wrestling

Varsity Boys Swimming

Varsity Girls Gymnastics

Varsity Boys Nordic Skiing

Varsity Girls Nordic Skiing

SPRING SPORTS

Varsity , JV & Modified Boys Baseball

Varsity , JV & Modified Girls Softball

Varsity Girls Golf

Varsity Boys Tennis

Varsity Girls Lacrosse

Varsity Boys Lacrosse

Varsity & Modified Girls Track

Varsity & Modified Boys Track

IMPORTANT DATES

- ✘ Important dates can be found on the web-site
- ✘ www.newpaltz.k12.ny.us
 - + Under “Our Departments, Athletics”

SPORTS SIGN UP, PERMISSION SLIPS & PHYSICALS

- ✘ An athlete **must** sign up for **each season**, each year, even if they have participated on that team in previous seasons.

- ✘ Sign ups are done through the school nurses.
 - + Fall sign up occurs in May
 - + Winter sign up occurs during October
 - + Spring sign up occurs during January

Permission slips are available in July for Fall sports and at sign ups for Winter and Spring.

A Permission slip **MUST** be signed by a parent/guardian, each season, for each sport.

Athletes **MUST** have a current physical to participate in sports. Physicals are performed free of charge by our District Physician for each season. Physicals are assigned through the sign up sheets. Athletes may have a physical by their personal physician. A copy **MUST** be on file with the school nurse to participate in sports.

ATHLETES WITH MEDICATION

- ✘ Athletes who have medication requirements must see the school nurse to obtain the necessary paperwork to carry their prescriptions with them to games and practices.
- ✘ All medications should be clearly marked with the athlete's name.
- ✘ Inhalers and epi-pens should be kept with the coach in the medical kit for easier retrieval.

PARTICIPATION REQUIREMENTS

✘ Physicals and permission slips

- + MUST have a permission slip for each season
- + MUST have a current physical (good for 1 calendar year)

✘ Attendance- Must be in school by 9:15

- + Illness.. Too sick to come to or stay in school, too sick to play/practice

✘ Academic

- + Grades are reviewed every 5 weeks
 - ✘ If not passing 2 or more at 5 weeks= eligibility contract, can continue to participate
 - ✘ If not passing same 2 or more for any 10 week stretch = ineligible to participate until next 5 week review
- + PE.. Must be passing

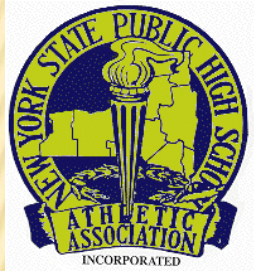
Behavior

- + Cumulative – NO referral is a good referral
 - ✘ 2 referrals = 1 week ineligibility
 - ✘ 3 referrals = 3 weeks

✘ NYSPHSAA

- + Meet the requirements for student athletes

WHO MAKES THE RULES



University of the State of New York
State Education Department

NYSED

NYSPHSAA

SECTION 9

Leagues- MHAL,
OCIAA

HS/MS-Code of
Conduct,

Coaches

SECTION IX ATHLETICS

NYSPPHSAA ELIGIBILITY

✘ Age/Grade-

- ✘ Grades 7&8 – Modified Sports, may be eligible for JV & V under NYSED Athletic Placement Process and NP BOE policy. “If a student in grade 7 or 8 has reached the chronological age of 15 years old prior to July 1, he or she is eligible to participate on high school athletics without undergoing the APP; only medical approval by the district medical director is required, as these students are already at an advanced age and would otherwise lose eligibility due to aging out.” pg 3, NYSPPHSAA Handbook.

+ Grades 9-12- **four** consecutive years beginning with entry into 9th grade, or until 19. Can finish out the season if 19th birthday is on or after July 1 of 4th year.

-5th year HS students are not eligible unless they meet the illness or accident beyond their control clause.

(failure to attend school, inability to graduate after the 4th HS year, choosing not to play a season do not meet this clause)

NYSPHSAA ELIGIBILITY

✘ TRANSFER STUDENTS

- + Are eligible to play with a corresponding change in residence of their parents (or persons with whom they have resided for at least 6 months

ALL OTHERS PLEASE CONTACT THE ATHLETIC OFFICE...

DETAILED INFORMATION

- ✘ Can be found in the Athletic Handbook/ HS Handbook given out at the beginning of the sports year...

or on the web-site under Our Departments/
Athletics

www.newpaltz.k12.ny.us

or in the High School Handbook

SCHEDULING/RESCHEDULING

- ✘ Updated Schedules- can be found on our web-site www.newpaltz.k12.ny.us- UNDER Our Departments/Athletics
- ✘ And on the Sports Hot Line 256-4045
- + Reschedules are subject to the League, Section, & availability of
 - ✘ The Opponent
 - ✘ Our team
 - ✘ Facilities
 - ✘ Transportation
 - ✘ Officials
 - ✘ Weather
 - ✘ Time to get it in before the season ends

UNIFORMS/EQUIPMENT

- ✘ All uniforms and equipment is the property of the New Paltz Central School District and must be returned at the end of the season.
 - + Students are responsible for its care
 - + Unreturned uniforms/equipment must be paid for

The District may not by law supply students with personal uniforms or equipment. Any uniform with a personalization (i.e. –Name) was purchased independently from the school (Fund raising , booster club etc.)

TRANSPORTATION

- ✘ Students must travel to and from contests and practices on school transportation.
 - + Any student who drives them self to a contest or practice will be sent home.
 - + Parents may drive athletes to or pick up athletes from contests with prior approval.
 - + Other Adults may pick up athletes with prior approval. Notes must be brought to the Athletic Office prior to 11am. for approval. (students will not be released to other HS students even if it is a sibling)
 - ✘ Please include a phone number where we can reach you.
 - ✘ Un-confirmable notes will result in denial of the request

DIRECTIONS TO OTHER SCHOOLS

✗ CAN BE FOUND ON OUR WEB SITE

NEWPALTZ.K12.NY.US

UNDER OUR DEPARTMENTS/ ATHLETICS

New Paltz
Central School District

Home Our District Our Schools Our Departments For Parents For Students For Staff Contact Us Calendars

Welcome to the Home of the
NEW PALTZ
HUGUENOTS

Please remember...
The experience of participation in athletic activities is designed to foster the quest for excellence by creating an educational and competitive experience within an atmosphere of sportsmanship and to develop individual and team potential by promoting high standards of competence, character, civility, and citizenship.

Our coaches, players and officials ask that you
BE LOUD, BE PROUD, BE POSITIVE!!

"One man practicing good sportsmanship is far better than 50 others preaching it."- Knute Rockne

SPORTS HOTLINE NUMBER - 256-4045

Mrs. Antonia Woody- Director- Physical Education, Health, Athletics & School Health Services
Ms. Doreen Strang - Athletic Secretary
Phone number: 845-256-4151
Fax number: 845-256-4154
athletics@newpaltz.k12.ny.us

Announcements
FALL 2016-17 SPORTS BEGIN
V & JV AUGUST 15, 2016
MODIFIED SEPT. 7, 2016
WEATHER CANCELLATIONS
If school is closed due to weather, **ALL GAMES & PRACTICES ARE CANCELLED**. For updates, call the sports hotline: 256-4045.
ATHLETIC ASSOCIATION
The New Paltz Athletic Association is always looking for

Important Information
[Fall Informational Letter](#)
[Permission slips & physical forms](#) are necessary for each sport season.
ALL ATHLETES ARE REQUIRED TO READ AND FOLLOW THE [2015-16 ATHLETIC HANDBOOK](#).
Sports for each season can be found on the back page of the handbook.

Links
[SPORTS SCHEDULES](#) (schedules are subject to change without notice)
[DIRECTIONS TO OTHER SCHOOLS](#)
[PREVENTING SKIN INFECTIONS](#)
[Concussion Information](#)
[Webinar- Preventing Skin Infection](#)

COACHING RESPONSIBILITIES

- ✘ Be prepared for practice
- ✘ Be up-to-date on the sport
- ✘ To maintain a safe environment for our athletes
- ✘ Be a role model for athletes on and off the court
- ✘ Keep the team informed
- ✘ To treat players with respect
- ✘ To set high expectations for performance & sportsmanship for their team
- ✘ To hold Athletes accountable for their behavior

New York State Coaching Requirements- NYS Education Department

Persons Who May Coach in New York State Secondary Schools and the Requirements for Each:

1. **PE Teachers** -may coach any sport at any school. Only courses needed are current **CPR** and **First Aid** prior to season.
2. **Classroom Certified Teachers** -Those who began coaching prior to September 1, 1974 may coach any sport in any school in which they are currently teaching. (Grandfather Clause) **Those who started coaching after September 11974 can coach in any school for which they qualify as follows:**

Requirements After September 1, 1974 New York State permanent or provisional teaching certificate

An appropriate First Aid course prior to the start of season

Adult CPR

DASA Course

Complete approved courses on Philosophy, Principles and Organization of Athletics in Education and Theory and Techniques of Athletics in Education before the start of the third season

For strenuous / contact sports, complete approved course on Health Sciences Applied to Coaching, before the start of the third season **ALL COURSES ARE TO BE COMPLETED WITHIN THREE YEARS OF THE INITIAL APPOINTMENT UNLESS AN EXTENSION HAS BEEN APPROVED BY THE STATE EDUCATION DEPARTMENT.**

3. **Non- Teacher Coach -Temporary Coaching License** Sports they may coach: Any sport in any school for which they qualify .

Requirements / Conditions~ No certified teachers available with appropriate experience and qualifications

An appropriate **First Aid** course prior to start of season

Adult **CPR**

DASA course

All coaching course requirements from previous list must be completed **Philosophy & Principles, Theory & Techniques, and Health Sciences or NFHS regiment of coaching courses**

Completion of approved courses in **Identification and Reporting of Child Abuse and Maltreatment and Training in School Violence Prevention and Intervention**

4. **Non- Teacher Coach -Professional Coaching Certificate** Sports they may coach: Any sport in any school for which they qualify.

Requirements/ Conditions :completed an appropriate First Aid Course

Adult CPR

DASA Course

Complete the three course requirements established for coaching by the State Education Department (Philosophy, Principles and Organization of Athletics in Education; Health Sciences Applied to Coaching; and the Theory and Techniques of Coaching or NFHS regiment of coaching courses.

A minimum of three years coaching experience in a specific sport in a New York State interschool athletic program.

The school district must ensure the Principal or Athletic Director responsible for supervision conducts an evaluation during each year the non-teacher coach is employed. In the renewal process an evaluation prepared by either the principal or Athletic Director to be reviewed by the BOCES for each year coached in a specific sport.

Finger Printing Requirement: New School District employees as of July 1, 2001 must undergo finger printing and clearance for employment.

ATHLETE RESPONSIBILITIES



- ✘ Behave in a manner consistent with the expectations listed in the Code of Conduct and School and Athletic Handbooks
- ✘ Be on time- To school, practice, and games
- ✘ Give the team and coach your undivided attention for the time you are involved in games and practice
- ✘ Adhere to team rules
- ✘ Make healthy choices
- ✘ Represent New Paltz to the highest level
- ✘ Care for all equipment and uniforms as though you purchased them
- ✘ Demonstrate good sportsmanship at all times
- ✘ Take responsibility for yourself including your behavior- NO Excuses
 - + If you don't know –ask
 - + Get your paperwork in on time
 - + Know where you team is, your uniform is, what time practice is, when the bus is leaving....
 - + Do not play the Blame Game

I AM AN ATHLETE

**I WILL SURROUND MYSELF WITH
POSITIVE PEOPLE, PLACES AND THINGS.**

**I REFUSE TO ASSOCIATE WITH ANY
PERSON, PLACE OR THING THAT KEEPS
ME FROM MY GOALS**



PARENTAL RESPONSIBILITIES

- ✘ Keep it positive....
 - + The focus of sports should be the life lessons learned from the athletic experience
- ✘ Support our athletes, coaches and programs
 - + Team work is a life skill, you are part of the team
- ✘ Be realistic in your expectations
 - + This is Educational Athletics not the Pros (even the Pros don't get it right all the time)
- ✘ Demonstrate good sportsmanship at all times
 - + Positive reinforcement helps push our teams through, denigrating opponents, coaches and officials just leaves us looking like, well you know
 - + This includes not speaking about another athlete(s) on our team(s) in a derogatory manner.
- ✘ Let the coaches coach, the players play, and the officials officiate
 - + Learn the rules of the game, accept mistakes for what they are and remember that this is your child's team/game not yours...

SPORTSMANSHIP

- ✘ Athletes are the single biggest representative of New Paltz Schools. We are proud of the accomplishments of our players, and the positive behaviors they exhibit. Negative behavior puts all in a bad light and is subject to corrective action.
- ✘ It is the responsibility of all involved in sport to exhibit sportsmanship at all times including athletes, coaches, parents and fans. Allow officials to deal with abusive opponents during contests and chaperones deal with unruly fans. Under no circumstances will anyone involved in playing, coaching or as a parent or fan provoke or otherwise engage in verbal or physical confrontations outside the rules of the game.
- ✘ It is the responsibility of the host school to conduct their practices, scrimmages, and contests in a manner consistent with the NYSPHSAA sportsmanship rules and regulations. Each school's rules and regulations will reflect the needs of that school district and may not be what occurs here at New Paltz.
- ✘ Those athletes, coaches, and fans who do not exhibit appropriate behavior will be asked to leave the premises.

SECTION 9 SPORTSMANSHIP RULE

× SECTION IX UNSPORTSMANLIKE CONDUCT RULE 4/9/02

- × “The N.Y.S.P.H.S.A.A. and Section IX recognizes and appreciates that the influence and responsibility of the school administration with regard to good sportsmanship extends to all levels of competition. However, it must also be seen that the N.Y.S.P.H.S.A.A. and Section IX has been vested with the responsibility to ensure that all contests under its jurisdiction are conducted satisfactorily. This standard applies to all regular and post schedule play.
- × 1. Any member of a squad ruled out of a contest for unsportsmanlike conduct or for a flagrant foul will have the following occur:
 - × First Ejection- the player(s) cannot attend or participate in the next scheduled contest.
 - × Second Ejection- the player(s) cannot attend or participate in the next two scheduled contests.
 - × Third Ejection- the player(s) cannot attend or participate in any remaining scheduled contests for the remainder of that sports season. If the season has ended the player(s) cannot attend or participate in the next three scheduled contests in his/her next season of participation.
- × 2. Any member of the squad who strikes, shoves, kicks or makes other physical contact with the intent to do so to an official shall be expelled from the game immediately and banned from further participation in all sports for one year from the date of the offense. "Member of the Squad" includes players, managers, scorekeepers, timers, and statisticians. “
- × Please note: Disqualification from one season carries over to the next season of participation:
- × Any team member who leaves the bench area during an altercation is subject to suspension for one or more athletic competitions. A student athlete who violates the Section #9 Sportsmanship Rule will be subject to BOTH the Section #9 penalty and the New Paltz Athletic Handbook penalty.
- × Unsportsmanlike CONDUCT BY SPECTATORS may result in forfeiture of the right to remain at and/or return to future the contest. PLEASE NOTE: Officials reserve the right to award a forfeit to the non-offending team if the spectator infraction is severe.

SPORTSMANSHIP

Take a
minute
to
read
this

Dear Dad,

*How badly you must want to win,
Not for yourself but me,
So help me play this game, dear Dad,
With dedication, goals and dignity.
It's embarrassing for me, Dad,
When you criticize my coach,
If you think you can be helpful,
Then try a new approach.
Call and make arrangements,
To meet him face to face,
Far better than to yell at him
In such a public place.
I think that you will also find,
Your friendship will be sealed,
In a more conducive atmosphere,
than on the football field.
Please try to go along with him,
Not judging wrong or right.
You know he's got a job to do,
That must be done tonight.
As he stands alone down there,*

*In front of all the fans,
Help him do the job he must,
By staying silent in the stands.
Snap decisions he must make,
Under pressure of the game,
And certainly where you must sit,
Tis' not really quite the same.
Even when he calls it right,
I often make a mistake,
That surely makes him look as though
His coaching is at stake.
Sometimes he will chew me out,
Then he'll pat me on the back,
And I will get it next time,
You can count on that.
He'll take the blame for losses
And walk out on a limb,
But he'll give his team credit
For each and every win.
So be there when I need you, Dad.
Shout encouragement to me.*

ALCOHOL, TOBACCO AND OTHER DRUGS

It is the position of NPCSD that illegal use of drugs is not only a health risk to students, it is unacceptable.

Athletes caught using A.T.o.D.s may be subject to removal from the team.


Parental Communication with your child is still the best Anti-Drug

Did you know that:

- ✘ 50% of students 7-12 felt that their parents disapproved of drug use
- ✘ 47% Felt that (local) laws and norms were against drug use
(local drugs of choice alcohol and marijuana)
- ✘ 47% felt parents' attitudes were unfavorable toward anti-social behavior.
- ✘ (look closely at those numbers)

If your athlete needs help with a drug problem there are resources here at school and in our community to help. Please call either the Athletic Director, your Guidance Counselor, the Principal, the Assistant Principal, the Social Worker, the School Psychologist, the School Nurse, for information on these services.

The Hangover Effect Or disturbed recovery process



The associated residual effect of the alcoholic hangover
has been shown to reduce
athletic performance by
11.4%

Before you even step on the field

HOW TEAMS ARE CHOSEN

- × Choosing a team- the most difficult task of coaching
- × Influencing factors include:
 - + Demonstration of skills
 - + Potential
 - + Demonstration of attention to tasks
 - + Willingness to take direction and apply it
 - + Responsibility, promptness
 - + Work ethic
 - + Eligibility
 - Sportsmanship
 - Civility
 - Teamwork
- × Modified - 14 teams, 7 girls, 7 boys
 - + League provides for an A/B structure so teams are larger and everyone regardless of skill level plays
- × JV - 11 teams, 5 girls, 5 boys, 1 co-ed
 - + There is a starting line up of sorts, generally all play some time during each game
- × Varsity - 24 teams, 12 girls, 12 boys
 - + Starting team *which can change* during season, “bench” will play as their skill level warrants

IF AN ATHLETE DOES NOT MAKE PRACTICE THE DAY BEFORE A GAME – DON'T EXPECT THEM TO PLAY
Don't assume you know why someone is sitting the bench either.



EACH COLOR REPRESENTS A DIFFERENT YOUTH TEAM IN THE SAME LEAGUE.

EACH CIRCLE IS CURRENTLY THE NUMBER ONE PLAYER ON HIS/HER OWN TEAM.

THUS THESE ARE THE TOP TEN PLAYERS IN A GIVEN YOUTH SPORTS PROGRAM.

AND THIS HOW THEY
STACK UP WHEN THEY
JOIN THE SAME
TEAM...



PLAYING TIME

At the Modified level, playing time is determined by the structure of the league- A team, B team with each team receiving the same amount of time.... If a 5th quarter/ 3rd game is played it is mixed A/B as determined by the coach.

JV & V team playing time is solely determined by the coach.

Factors which come into play in this decision:

Demonstration of skills

Demonstration of attention to tasks

Willingness to take direction and apply it

Responsibility, promptness

Work ethic

Eligibility

Sportsmanship

Civility

Teamwork

Practice attendance

HOW HARD DO YOU NEED TO WORK?

PROBABILITIES OF COMPETING BEYOND HIGH SCHOOL

	Men's Basketball	Women's Basketball	Football	Baseball	Men's Ice Hockey	Men's Soccer
High school student-athletes	546,335	452,929	1,071,775	470,671	36,263	358,935
High school senior student-athletes	156,096	129,408	306,221	134,477	10,361	102,553
NCAA student-athletes	16,571	15,096	61,252	28,767	3,973	19,793
NCAA freshman roster positions	4,735	4,313	17,501	8,219	1,135	5,655
NCAA senior student-athletes	3,682	3,355	13,612	6,393	883	4,398
NCAA student-athletes drafted	44	32	250	600	33	76
Percent high school to NCAA	3.0	3.3	5.7	6.1	11.0	5.5
Percent NCAA to professional	1.2	1.0	1.8	9.4	3.7	1.7
Percent high school to professional03	.02	.08	.45	.32	.07

SPEAKING WITH THE COACH

Please feel free to speak with the coach about your athlete regarding any questions you have.

- × Please remember that the coach makes the decisions about who is on the team, what position they play and how much competition time an athlete sees.
- × Please refrain from confronting the coach after a game or during practice
- × Make a appointment to see them
- × Use the 24 hour rule. Wait to speak with the coach if you are upset.
- × When in doubt call the Athletic Director

INJURY

- ✘ All athletes should report all injuries to their coach as well as their school nurse.
- ✘ Any athlete who seeks medical attention from a physician or hospital must have a written release from the treating doctor before they can return to participation.
 - + The School District Physician has the final word in returning athletes to play from injuries and concussions.
- ✘ Only releases obtained from a NYS licensed physician (MD, OD), physician's assistant or nurse practitioner are acceptable.
- ✘ Personal insurance is used first and then School Insurance.

CONCUSSION AND ATHLETICS



Parent/Athlete Concussion Information Sheet

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports **one or more** symptoms of concussion listed below after a bump, blow, or jolt to

Did You Know?

- Most concussions occur *without* loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

the head or body, s/he should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

SIGNS OBSERVED BY COACHING STAFF	SYMPTOMS REPORTED BY ATHLETES
Appears dazed or stunned	Headache or "pressure" in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness (<i>even briefly</i>)	Feeling sluggish, hazy, foggy, or groggy
Shows mood, behavior, or personality changes	Concentration or memory problems
Can't recall events <i>prior</i> to hit or fall	Confusion
Can't recall events <i>after</i> hit or fall	Just not "feeling right" or "feeling down"

CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (*even a brief loss of consciousness should be taken seriously*)

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. *They can even be fatal.*

It's better to miss one game than the whole season. For more information on concussions, visit: www.cdc.gov/Concussion.

Student-Athlete Name Printed _____

Student-Athlete Signature _____

Date _____

Parent or Legal Guardian Printed _____

Parent or Legal Guardian Signature _____

Date _____

Remember

Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

AMATEUR STANDING

- ✘ Athletes may play on any amateur sports team without damaging their HS/MS eligibility
- ✘ Athletes are no longer eligible to participate in a sport if they have-
 - + Received prize money not approved by the NYSPHSAA
 - + Participated in practice or competition with or against any individual or team representing a college.
 - + Tried out with a professional team except during the summer
 - + Played in an sporting activity against adult competition

COLLEGE ATHLETICS

- ✘ NCAA regulations can be found at their web-site NCAA.org under Eligibility
- ✘ The NCAA Clearinghouse must be registered for if your athlete wishes to compete Div. I or II (also on line)
- ✘ Scholarships come in all forms...
- ✘ So do promises...

OUTSIDE SPORTS ORGANIZATIONS

- ✘ YBA, Youth Soccer, Adult Volleyball etc. are NOT affiliated with New Paltz Athletics.
- ✘ These recreational teams/leagues are places to hone skills and strategies but do not assure anyone of a place on a school team.