

**SHAKER  
JUNIOR-SENIOR  
HIGH SCHOOL**

**INTERSCHOLASTIC  
ATHLETIC GUIDE**



**ALMA MATER**

SHAKER HIGH to thee we promise  
that we will be ever loyal and true.  
Proudly always we'll defend thee  
Thy colors wave white and blue!  
May all our deeds be glorious,  
and all our teams victorious!  
Let us cheer our ALMA MATER  
now and forever more.

**SPORTS RECHECK/PARENT PERMISSION**

Health Office/Nurse Approval: \_\_\_\_\_ Date: \_\_\_\_\_

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

**MEDICAL HISTORY**

1. Any injuries requiring medical attention, since your last sports physical?
2. A head injury, including CONCUSSION (if so, when)? Date: \_\_\_\_\_
3. Any surgeries, fractures, dislocations (if so, when)? Date: \_\_\_\_\_
4. Are you currently in Adaptive PE or excused from PE class?
5. Do you have ASTHMA?
6. Do you carry an inhaler?
7. Do you have allergies (to food, bees, etc.)?
8. Do you carry an EpiPen?
9. Do you have diabetes, seizures, bleeding disorders, or cardiac problems, including high blood pressure?
10. Are you taking any medication, or under a physician's care at this time?

**\*Answer\***

**YES**

**NO**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

If YES to any of the above, please describe (attach additional notes if needed): \_\_\_\_\_

In case of injury, preferred hospital: \_\_\_\_\_

**\*\*UPDATED PRESCRIPTIONS FOR STUDENTS TO CARRY  
MEDICATIONS (INHALERS, EPIPENS) ARE REQUIRED EVERY  
SCHOOL YEAR\*\***

**NOTE: \*YES\* TO ANY OF THESE QUESTIONS MAY REQUIRE  
A WRITTEN RELEASE FROM YOUR PHYSICIAN**

**SUBURBAN SCHOLASTIC COUNCIL**  
**Sportsmanship Code**

**BASIC PHILOSOPHY:** Participating team members, students and adult spectators are guests to be accorded all the courtesy and consideration that a friendly, well-mannered and well-intentioned host would normally give. The visitors, in turn, are to act as invited guests, using the home school's facilities with care and respecting the rules and customs of the home school.

**IT IS EXPECTED that all spectators and participants will follow this CODE:**

- Athletic opponents and officials are guests and should be treated as such.
- Spectators should watch the game from those areas designated by each school as spectator area.
- Verbal abuse of opposing athletes or officials by team members or spectators shall be considered unsportsmanlike conduct.
- It shall be the responsibility of authorized school personnel attending games, either at home or away, to make sure students from their school conduct themselves appropriately.
- Officials are the proper authorities to make decisions regarding rules and their interpretation; these decisions should be accepted.
- Cheering should be in support of either team and should not be directed toward creating unfriendly rivalries among athletes or fans.
- Any spectator who evidences poor sportsmanship will be asked to leave and may be denied admission to future contests.

**Use of Alcohol at School Athletic Events**

The consumption of alcohol by adults during athletic events, including banquets, when students are participants is prohibited. The persons or group organizing the events are responsible to ensure the alcohol-free nature of the event.

**SPORTS RECHECK/PARENT PERMISSION**      **Grade:** \_\_\_\_\_      **Gender:** \_\_\_\_\_

**Student Name:** \_\_\_\_\_      **Date of Birth:** \_\_\_\_\_      **Sport:** \_\_\_\_\_      **Level:** \_\_\_\_\_

**PHONE NUMBER: Home:** \_\_\_\_\_      **Work:** \_\_\_\_\_      **Cell:** \_\_\_\_\_

**Concussion Management Plan** \_\_\_\_\_

To my knowledge, there is no medical reason that my son/daughter cannot participate in interscholastic sports. We have read and understand all athletic training rules and regulations.

The North Colonie concussion management plan can be found on the district website at [www.northcolonie.org](http://www.northcolonie.org) explaining all aspects of the plan, including return to play protocols.

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Student

\_\_\_\_\_  
Date

**\*\*\*Please make sure to complete medical history on back of card\*\*\***

**INTERSCHOLASTIC ATHLETIC ACTIVITIES  
SPORTS AND LEVEL OF COMPETITION  
FOR BOYS AND GIRLS**

**BOYS**

<b>SPORT</b>		<b>Modified</b>	<b>Frosh</b>	<b>J.V.</b>	<b>VAR.</b>
S	Baseball	X	X	X	X
W	Basketball	X	X	X	X
W	*Bowling			X	X
F	Cross-Country	X	X	X	X
F	Football	XX	X	X	X
F	*Golf			X	X
W	Ice Hockey				X
W	Indoor Track		X	X	X
S	Lacrosse	X		X	X
F	Soccer	XX		X	X
W	Swimming & Diving*	X			X
S	Tennis			X	X
S	Track & Field	X	X	X	X
S	*Unified Basketball				X
F	Volleyball			X	X
W	Wrestling	X		X	X

\*Indicates Mixed Competition

**GIRLS**

<b>SPORT</b>		<b>Modified</b>	<b>Frosh</b>	<b>J.V.</b>	<b>VAR.</b>
W	Basketball	XX		X	X
F	Cheerleading			X	X
W	Cheerleading			X	X
F	Cross-Country	X	X	X	X
F	Field-Hockey	X		X	X
W	Gymnastics				X
W	Indoor Track		X	X	X
S	Lacrosse	X		X	X
F	Soccer	XX		X	X
S	Softball	XX		X	X
F	Swimming & Diving				X
F	Tennis			X	X
S	Track & Field	X	X	X	X
F	Volleyball	X		X	X

F = Fall W = Winter S = Spring

Dear Parents and Student Athletes,

This brochure is presented to you because your child has indicated a desire to participate in interscholastic athletics. Your family interest in this phase of our school program is gratifying. We believe that participation in sports provides a wealth of opportunities and experiences that assist students in their secondary education.

We, who are concerned with the educational development of young adults through athletics, feel that a properly controlled, well-organized sports program meets the students' needs for self-expression, mental alertness, and physical growth. It is our hope to maintain a program that is sound in purpose and will further each student's educational maturity.

When your child signs up for one of our sports programs, we feel that they and you have committed to certain responsibilities and obligations. This brochure will acquaint you with some specific policies that are necessary for a well-organized program of athletics.

The athletic program is governed by the regulations established by the Commissioner of Education's basic code for extra-class athletic activities.

Shaker High School is a member of the New York State Public High School Athletic Association, competing as a Class A/AA school in Section II. Our league affiliation is with the Suburban Scholastic Council.

If there is anything we can do to make your participation a better learning experience, please feel free to contact our office at the Senior High School: 785-5511, Ext. 3351.

Sincerely,

Matthew Stein, Director of Health,  
Physical Education and Athletics

Kimberly Murray, Girls Faculty  
Athletic Manager (FAM)

Greg Sheeler, Boys Faculty Athletic  
Manager (FAM)

## Principles of the Interscholastic Program

We believe interscholastic athletics serve as a miniature model of life in that they provide opportunities for students with regard to responsibility, fair play, cooperation, concern for others, leadership, respect for coaches and all authority figures, good citizenship, loyalty, and tolerance. Winning games has often been considered the measure of success, but of considerably greater importance is the development of the person, and affording each student the opportunity of becoming all that he or she is capable of being. Thus the athletic program, which is centered on the welfare of students, is a vital part of the total school curriculum.

To utilize fully the potential in athletics for educational experiences, the interscholastic athletic program:

- A. Is regarded as an integral part of the total educational program and conducted so that it is worthy of such regard.
- B. Supplements rather than serves as substitutes for basic physical education programs and intramural athletic programs.
- C. Is subject to the same administrative control as the total education program.
- D. Is conducted by persons with adequate training either in physical education or through coaching certification programs.
- E. Is conducted so that the physical welfare and safety of participants is protected and fostered.
- F. Is conducted in accordance with the letter and spirit of the rules and regulations of the league, state, and national athletic associations.

## Code of Ethics

It is the duty of all concerned with school athletics:

- To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
- To stress the best values derived from playing the game fairly.
- To show cordial courtesy to visiting teams and officials.
- To respect the integrity and judgment of sports officials.

## IV. Special Awards

- A. Scholastic Athlete Award: To the male and female sophomore, junior and senior athlete who has lettered in at least two Varsity sports, and has maintained the highest cumulative grade point average.
- B. Sportsmanship Award: To the senior who best demonstrates true sportsmanship through example, performance, dedication and effort, both on and off the playing field.
- C. Best All-Around Athlete: To the senior, who through participation in at least any two Varsity sports, demonstrates outstanding ability and value to his/her teams through leadership, versatility, and honors earned.
- D. Blue Bison Citizenship Award: To the senior who has been an exemplary citizen and role model for younger students, and best exhibits the personal traits of courage, poise, self-confidence, and leadership.
- E. Major White Letter Awards: For athletes lettering in three Varsity sports in one school year.
- F. Senior Plaques: Seniors lettering in two or more Varsity sports in their senior year.

**“Outside Participation Rule.”** The New York State Public High School Athletic Association permits outside (non-school sponsored) competition. Student-athletes must recognize that **commitment to the School Team is the first priority and that outside participation should not be detrimental to the student-athlete or to the School Team.** In circumstances where the outside activity conflicts with the School Team Schedule (practice or games), the School Team Schedule shall be followed. Failure to comply with this provision will result in disciplinary consequences to the student-athlete, which could include suspension from practices and/or contests. Repeated violations of this rule will result in removal from the School Team.

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### Shaker High School

Founded In:	1958
Member:	NYSPHSAA-Section 2
Classification:	A/AA
League:	Suburban Scholastic Council
Superintendent:	Mr. D. Joseph Corr
Principal:	Mr. Richard Murphy
Hall Principals:	Mr. Brian Spofford Mrs. Crystal Fox
Director of Athletics:	Mr. Matthew Stein
School Mascot:	Blue Bison
School Colors:	Royal Blue/White

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## II. Requirement By Sport

- A. Basketball, Baseball, Cheerleading, Field Hockey, Football, Ice Hockey, Soccer, Softball, Volleyball, and Lacrosse

These sports will be classified as Team Sports. For sports in this category, and at the Coach's discretion, an athlete who exhibits good character and sportsmanship during the course of the season will be eligible for a letter at the appropriate level he or she has been involved in.

- B. Bowling, Cross-Country, Golf, Indoor Track & Field, Wrestling, and Tennis, Gymnastics, Track & Field, and Swimming & Diving

Parameters for Varsity, JV, Freshman, and Modified recognition will be determined based on sport and level.

- C. Managers

The Coach shall recommend letters for Managers who qualify under the general requirements, and who perform their duties willingly and efficiently.

## III. Junior High Athletes On Senior High Teams

An athlete who participates on a Varsity or J.V. Team will be eligible for the appropriate award at the end of each athletic season. An athlete participating on a freshman or modified team will receive the participation certificate at the end of each athletic season. Athletes are only eligible to receive freshman numerals upon completion of a sport during their freshman year at Shaker High School.



- To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
- To encourage leadership, use of initiative, and good judgment by the players on the team.
- To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well being of the individual players.
- To remember that an athletic contest is only a game—to be played in a positive competitive spirit.

## Section II Sportsmanship Policy

- (1) Learn and understand the rules of your sport. Play hard, play to win, but play fairly and within the rules.
- (2) Do not allow your temper to distract you from the fundamentals of good sportsmanship. Maintain self-control.
- (3) Respect your opponent. Never taunt. Congratulate him or her at game's end. Acknowledge good play.
- (4) Respect the integrity and judgment of officials. Never question the decision of an official.
- (5) Be an example for your school, teammates, and opponents.
- (6) A player who is disqualified from a contest for unsportsmanlike behavior by an official is **prohibited from playing in the next regularly scheduled contest game.**
- (7) A player who strikes or otherwise physically assaults an official will be subject to an extended suspension from athletic competition. A physical confrontation with an official is any incident where a player strikes, bumps, or otherwise physically intimidates an official prior to, during or after a contest or game.

## Conduct and Academics of an Athlete

**CONDUCT:** Athletic participation is a voluntary decision and it is a learning experience. As such, coaches are to be respected at all times. Commitment to the team is required for the entire season—all games, practices and team meetings. The conduct of an athlete is closely observed in many areas of life: on the field, in the classroom, and in the community. Project a positive image. Winning or losing is not as important as reaction to winning or losing. Reaction is what people will remember—not the score. Be gracious in defeat, and modest in victory.

**ACADEMIC ACHIEVEMENT:** Students are expected to maintain successful academic achievement. Parents are encouraged to regularly review their child's academic progress, and contact the school should achievement decline or remain below expected levels. Research shows that students, generally, obtain higher grades during the season than out-of-season.

\*Athletes must participate in physical education, as well as other classes, the day of a practice or contest.

\* Athletes and their parents should be aware of the eligibility rules outlined in the current New York State Public High School Athletic Association's Eligibility Handbook. Copies are available in the HPEA Office at the high school.

## Athletic Training Rules Governing Interscholastic Participation

### Preface:

Participating on an athletic team is a privilege, which results in many positive outcomes for our student-athletes. The student-athlete represents the North Colonie Central School District and his or her Shaker Junior High School or Shaker High School team. As a condition of participation, the student-athlete has the responsibility to uphold District policies and team rules and codes of conduct. These regulations are **in effect the entire calendar year (including summer months) and apply to student-athlete behavior in all school and non-school locations**

Prior to each sport season, the student-athlete and his or her parent/guardian as a condition for participation on that team must sign the notice of rules and procedures. As a condition of participation on that team, prior to each sport season the student-athlete and his or her parent/guardian must sign the notice rules and procedures.

## Injuries and Insurance

Report any injury to your coach immediately. Medical expenses resulting from any injury must first be submitted to personal insurance carrier and then any remaining balance can be submitted to the School Accident insurance carrier.

Note: **If medical bills are in excess of the Insurance Carrier's scheduled payments, payment of the difference is the responsibility of the parent or guardian.**

## Risk Factor in Sports

Participation in sports involves a certain degree of risk for injury. Before going out for a team, be aware of the risk. Prepare accordingly and reduce chances of injury. Preseason conditioning, learning skills and techniques, and knowledge of rules and safety factors will help an athlete prepare for a healthy season.

## Issuing of School Clothing and Equipment

It is the responsibility of the athlete to return to the coach all clothing and equipment issued. Failure to do this will result in the athlete paying for the missing articles. Athletes who do not pay for the missing articles will forfeit their right to receive any school equipment or clothing in the next sport season, or be eligible for any certificate, pin, or letter. A list of all violators will be sent to the Athletic Director's office for billing.

**Lockers:** Lockers are the property of the school. The administration reserves the right to examine the locker and its contents at any time with reasonable cause. Lockers should be secured and locked at all times. Share your combination with no one. The School and District will not be responsible for lost or stolen items.

## Athletic Award System

### I. General Requirements for All Awards

A player must complete the season. Although the coach may make exceptions in unusual cases, any exceptions must be discussed with the F.A.M. for his/her approval. The athlete must be a good representative of the school, and must display good sportsmanship. Letter awards will be made only upon recommendation by the coach. All players on a squad may qualify for a letter as members of a League, Section, or State Champion Team. A player moved from J.V. to Varsity during the season will be awarded a J.V. letter if he or she did not earn a Varsity letter.

Only one J.V. or Varsity letter will be awarded to each participant.

## Student Eligibility

According to NYSPHSAA Regulation, a pupil shall be eligible for interscholastic competition, provided that he/she is a bona fide pupil of the high school represented and is taking at least four subjects (including Physical Education).

Each individual team has its own regulations concerning daily attendance at practices, and the minimum number of practices before being eligible for competition.

**Dropping off/Quitting a Team.** Quitting a Team is defined by

- a. The student-athlete informs the coach that he/she is quitting  
or
- b. The student-athlete misses **three consecutive days, unexcused from participation.**

An athlete who quits a team (after teams have been selected) must meet with and obtain permission from the Athletic Director to try out for another team. The Athletic Director will have the option of imposing a consequence of a game(s) suspension(s) for athletes who have previously quit without an approved or valid reason.

**Late to School:** Athletes must be in school **before the start of 3rd period** to practice or play that day. Exceptions must be cleared by the Athletic Director the day before.

**Transfer Students:** Any athletes transferring from another school district should contact the Athletic Director immediately to inquire about eligibility.

## Transportation

Students will be transported to away contests by school-authorized vehicles. Parents may get prior approval to transport students if there are extenuating circumstances. **On overnight trips:** If there are any conduct or training rule violations, parents may need to pick up their child.

## Sports Physicals

Our school doctor must approve a sport physical before a student is allowed to practice or participate in a game. The sports physical is in force for one calendar year; however, each season a sport physical re-check form needs to be approved by the school Health Office prior to the start of practice.

All injured athletes who have been seen by a doctor must be released (signed statement) by that doctor in order to resume participation with their team. **This release must be filed with the school nurse.**

## Student-Athlete:

A student becomes a student-athlete on the day he or she tries out for an interscholastic sport and is considered to be a student-athlete for a full-calendar year following any involvement in interscholastic athlete participation.

## Training Rules Violations:

The use or possession, of steroids, alcohol, illegal drugs or tobacco products in or outside of school is prohibited. If a student-athlete is found to be in possession of illegal drugs the police will be called and the student will be subject to arrest.

*(Board of Education Policy 5312.1)*

## Training Rules Violations-Penalties:

1. First Offense
  - (a) Suspension from game(s) based upon games suspension formula.
  - (b) Meet with the Shaker High School student assistance counselor.
  - (c) One (1) year probation period from date of violation.
2. Offense during Probation Period:
  - (a) Removal from all interscholastic athletic participation for one (1) year from date of violation.
  - (b) Meet with the Shaker High School student assistance counselor.
  - (c) Additional one (1) year probation period from date of violation.
3. Additional Offense during Probation Period:
  - (a) Removal from all interscholastic participation for the remainder of the student-athlete's eligibility.

## Games Suspension Formula:

The following formula has been developed to define a "game suspension formula" based upon the number of games in a sports season.

- (1) 0 - 9 games - 1 game suspension
- (2) 10 - 14 games - 2 game suspension
- (3) 15 - 20 games - 3 game suspension
- (4) 21+ games - 4 game suspension

Tournament games are included in total games. Post-season games are not included in total games count. Double dual meets count as one meet because they are on the same day.



### **Conduct Rule Violations:**

- A. Unsportsmanlike and/or inappropriate behavior which reflects unfavorably on the school, the team or the student-athlete or which results in school discipline (pursuant to the Student Code of Conduct applicable to students in general) or criminal prosecution or penalty
- B. Disrespectful behavior toward coach
- C. Fighting in or out of school
- D. Possession of unauthorized/stolen equipment
- E. External school suspension
- F. Hosting/attending a party or other social gathering that involves underage drinking of alcoholic beverages and/or the use of illegal drugs or other controlled substances

### **Conduct Rule Violations Penalties:**

Conduct rule violations will result in a minimum penalty of probation for one (1) year and a one (1) game suspension up to and including a maximum penalty of removal from the team. The Athletic Director will impose a penalty to reflect the seriousness and circumstances of the offense. A review of the student's record of athletic conduct and/or training rule violations will be considered when establishing a penalty.

Violations involving disrespectful behavior toward a coach will require a conference, which includes the player, coach and parent/guardian. Reinstatement to the team will not occur until such conference is held.

Student-athletes are prohibited from either practicing or participating in any team events during the period of an external suspension. Student-athletes who receive an external suspension will also receive an athletic penalty with the use of the games suspension formula as a minimum penalty. Depending on the seriousness and the circumstances of the behavior resulting in the external suspension, a more severe penalty, up to and including removal from all interscholastic participation, may be imposed.

### **Reporting Of Violations:**

A student-athlete, parent/guardian, school staff member or community member, must present information about a rules violation to the Athletic Director. Anonymous complaints lacking independent corroboration will generally not form the basis of an investigation.

### **Due Process:**

The Athletic Director will conduct the investigation of an alleged rules violation and may request the assistance of school administrators or other staff members. The purpose of an investigation is to determine whether an actual rules violation has occurred and to decide the penalty to be imposed. During the course of the investigation, the Athletic Director or school administrator may question the student-athlete to evaluate the validity of the information associated with the allegation.

The Athletic Director will notify the student-athlete who is the subject of the alleged rule violation and he or she will be given the opportunity to respond to the accusation prior to any final determination regarding the matter. The student-athlete and his or her parent/ guardian will be notified of the Athletic Director's final determination. The parent/guardian of the student-athlete and/or the student- athlete may request a meeting with the Athletic Director to discuss the findings of the investigation.

The student-athlete and/or parent/guardian have the right to appeal the penalty imposed by the Athletic Director. An appeal must be submitted in writing to the Building Principal within one calendar week following the parental notification of the disciplinary action and must include the specific reasons for contesting the penalty. The student-athlete and the parent/guardian may request a meeting with the Building Principal. At the discretion of the Athletic Director and/or Building Principal, the penalty may be stayed during the appeal process. The determination of the Building Principal regarding the appeal shall be in writing and provided to the student-athlete and/or the parent/guardian.

The student-athlete and/or parent/guardian may appeal the decision of the Building Principal to the Superintendent of Schools in writing within one calendar week of receipt of the Building Principal's determination.

Policy Adopted: 1997

Amended: 1997

Amended: 2005

Amended: 2007

Amended: 2009

Amended: 2010

Amended: 2018

*(Board of Education Policy 5280)*

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### **Duration of Competition:**

A pupil shall be eligible for senior high school athletic competition in a sport during **each** of four consecutive seasons of such sport commencing with **pupil's entry into the ninth grade and prior to graduation**. A pupil reaching **the age of 19, before July 1, may not** participate during that school year.