

Niagara Wheatfield



Athletics

Athletic Handbook & Code of
Conduct for Athletes, Parents
and Guardians

Athletic Department Information

Athletic Office

716-215-3616

Athletic Fax

716-215-3617

Athletic Website

www.nwcsd.org/page/athletic-office

Athletic Secretary

Melissa Husarek
mhusarek@nwcsd.org
716-215-3616

Athletic Director

Matt McKenna
mmckenna@nwcsd.org
716-215-3129

Athletic Trainer

Joe Lojewski
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716-215-3618

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Other Important Phone Numbers

High School Office

716-215-3100

High School Nurse

716-215-3115

Middle School Office

716-215-3150

Middle School Nurse

716-215-3163



NIAGARA WHEATFIELD

ATHLETIC DEPARTMENT

2292 Saunders Settlement Road, PO Box 309, Sanborn, New York 14132

Telephone: (716) 215-3616

Fax: (716) 215-3617

Matt McKenna, Director of Health, Physical Education & Athletics

Dear Parent, Student & Coach:

The purpose of this handbook is to explain the expectations of the Niagara Wheatfield interscholastic program to student athletes and parents. With the increasing complexities in carrying out an ever-growing athletic program, it is essential for the involved parties to be aware of all policies, procedures and responsibilities.

Participating in Niagara Wheatfield athletics is a privilege, not a right. When a student chooses to participate in an athletic program at Niagara Wheatfield, it is assumed that a commitment has been made to represent the school and the community in a positive manner. All student athletes are expected to follow all rules and regulations set forth by the Niagara Wheatfield Central School and the Commissioner of Education.

The main goal of the Niagara Wheatfield athletic program is to provide a Competitive atmosphere where student athletes are encouraged to develop and demonstrate competence, character, civility and citizenship. Success of a program may not necessarily be measured in wins and losses. It is our hope that your son/daughter enjoys his/her athletic experience at NWHS and positive memories be created that will last a lifetime.

If you should have any questions regarding the athletic program, please feel free to contact me at 215-3129. Go Falcons!!

Regards,

Matthew M. McKenna

Director of Health, Physical Education &; Athletics

Niagara Wheatfield Central Schools

2292 Saunders Settlement Rd.

Sanborn, New York 14132

Introduction

This handbook is to provide student - athletes and their parents, guardians, a guide to the interscholastic athletic programs in the Niagara Wheatfield Central School District (NWCSD). In addition to the information presented in this handbook, the coach will present specific policies for that sport season. All student athletes are expected to adhere to the rules and regulations established by the Commissioner of Education, the New York State Public High School Athletic Association (NYSPHSAA), the Niagara Frontier League (NFL), and the Niagara Wheatfield Central School District Board of Education.

Philosophy

The Board of Education of the Niagara Wheatfield Central School District believes that the interscholastic athletic program is an integral part of the district's educational program and is vital to the individual development of our students. We believe that athletic competition provides opportunities for students to grow physically, intellectually and emotionally. The athletic program, following the guide of the district's mission statement and belief statements, instills pride, reinforces a sound value system, and enhances the individual's self image. The promotion of good sportsmanship is vital to bringing a positive image of the NWCSD as well as our community. We provide a variety of different sports at the JV and Varsity level to give as many students as possible an opportunity to participate regardless of age or gender. Participation in interscholastic athletics is a privilege and all athletes are expected to achieve excellence both on and off the playing areas.

Philosophy by Sport Level

Modified (Mod):

This level is designed for 7th and 8th graders to introduce them to the athletic program. Teaching them about teamwork, fundamentals, and expanding the athletes knowledge of that sport.

Junior Varsity (JV):

Increased emphasis is placed on team play, physical conditioning, and refinement of basic skills at this level. Winning is considered important and participants will be taught how to cope with game situations, and how to win and lose properly. All athletes at this level will play, but may not participate equally at each game.

Varsity:

This is the culmination of the high school athletic program. Teams play to win but participants accept the fact that important lessons are learned from losing. It is recognized that not all participants may play in every contest. There continues to be emphasis on academics, sportsmanship, chemical-free lifestyle, and team play.

Medical Eligibility

In order to be eligible for NWCSD athletics, a student must be a bona fide student in the NWCSD in grades 7-12. As per NYSPHSAA rules, before a student can participate in interscholastic athletics, he/she must have a physical examination performed. Sports physicals can be provided by your primary doctor/pediatrician or can be obtained by UB Sports Medicine during the scheduled physicals prior to each season.

- (1) **All** athletes must have a current Student Health History on file with the school nurse.
- (2) If your son/daughter has a health condition such as asthma, diabetes, severe allergy, etc., that requires medication (inhaler, Insulin, epi-pen, etc.) a Health History form specific for that condition must be submitted to the school nurse along with the appropriate medication authorization. All prescribed medications must be provided by the parent for all sporting events. Students will not be cleared to play if medication is not available.

Participation Eligibility

Students are eligible for participation for four (4) consecutive years from the time they enter the 9th grade. The only exception is if a student passes the Athletic Placement Testing in which they would have five (5) consecutive years from the 8th grade, or six (6) consecutive years from the 7th grade. Students can participate at the Varsity level until their 19th birthday.

Attendance Eligibility

Student-athletes are expected to be in school for a full day on days of practice and games. Students that **have a legal excuse (funeral, doctor appointment, college visit)** must attend at least **50%** of their scheduled classes to participate in games and/or practices that day. Those with no legal excuses, or who are tardy **will not be eligible** to practice or play that day. Any extenuating circumstances may be reviewed by the Athletic Director and/or Principal.

All athletes are expected to participate in and pass Physical Education throughout the school year. Athletes who are **illegally absent** from, or do not participate in Physical Education class, **WILL NOT** be permitted to participate in games or practices on that day.

Any athlete that is serving **Out-of-School Suspension (OSS) or In-School Suspension (ISS)** **WILL NOT BE PERMITTED** to participate in team activities, practices or games, during the length of their suspension. **IF** the suspension ends on Friday, the student can resume participating in team practices and contests on that Saturday.

Academic Eligibility

To ensure that all students work towards achieving their academic potential, the NWCS and Niagara Frontier League have established the following eligibility criteria for participation. To remain eligible for participation in interscholastic sports activity, a student **must have** a minimum of **four (4) passing grades plus have a passing grade in Physical Education.**

Eligibility and Intervention

Final course grades in June will determine eligibility for the following fall sports season. However, it is understood that passing summer school grades take precedence over the final course grade from June. Eligibility for other seasons is determined by quarterly (10wk) grades.

If at any marking period a student is **not passing four classes plus Physical Education**, they will be required to participate in an academic intervention process, defined as follows:

1. No later than one week after the quarter closes, students will be informed of their eligibility. Those who are ineligible will receive an eligibility progress form. Each ineligible student is required to have this form completed by their teachers, and must meet with the Athletic director to determine their subsequent week's eligibility status.
2. Each Friday, the student must report to the athletic office with the eligibility form. The status of each student on this intervention plan will be evaluated by . If the student is passing 4 classes and PE, they may practice and compete the subsequent week. If the student is not passing 4 classes and PE, they may practice, but not compete. **If the student fails to report to the athletic office altogether, they can not practice or compete.**
3. Intervention will continue for **THREE** weeks, at which point if the student is passing 4 classes and PE they will be released from the academic invention plan. Students who, after **THREE** weeks, **are still not passing 4 classes and PE, will be deemed ineligible and eliminated from the team.**

Social Media Agreement Terms

Social media can be useful tool to communicate with teammates, fans, friends, coaches and more. Social media can also be dangerous if the student athlete is not careful. Every picture, link, quote, tweet, status or post that the student athlete or their friends put online is forever part of their digital footprint. You never know when that will come back to hurt or help their reputation during the recruiting process, a new job or other important areas of their life. Each athlete must agree to:

- Take responsibility for their online profile, including their posts and any photos, videos or other recordings posted by others in which they appear.
- They will not degrade their opponents before, during, or after the game.
- They will post only positive things about my teammates, coaches, opponents and officials
- They will use social media to purposefully promote abilities, team, community, and social values
- They will consider” Is this the image they want others to see?:” before they post anything online
- If they see a teammate post something potentially negative online, they will have a conversation with the teammate. If they do not feel comfortable doing so, they should speak to the team captain or coach.
- They will be aware that they represent their sports, school teams, family and community at all times, and will do so in a positive manner.

Communication With Coach

Coaches will welcome discussions including, but not limited to the following:

- The mental and/or physical treatment of your child
- Ways to help your child improve
- Concerns about your child’s behavior
- Conversations will only include your child– there will not be discussion about other athlete’s performance
- When issues arise it is expected that you be polite and respectful when discussing your concerns. Communication needs to be centered on your child and the conversation needs to be a private matter between the parent and coach.

Procedure to Discuss a Concern with a Coach

- The athlete should first speak with the coach to resolve the situation.
- If a resolution is not reached, a parent/guardian should contact the coach to set up an appointment with him/her.
- If there is an immediate issue that needs to be discussed with the coach, please use the 24 hour rule. This means waiting 24 hours after the incident to contact the coach.
- Do not attempt to meet with a coach before or after a practice or a contest. Meetings at those times seldom result in a resolution.
- If you need assistance in contacting the coach, call the Athletic office at 215-3616 to help arrange a meeting.
- At this point, if there are still concerns after the student-athlete and/or parents have met with the coach, contact the Athletic Director.

Code of Conduct

Student athletes are very visible within the school and community and are often emulated and respected. Therefore, it is the expectation that all students exemplify competence, civility, good citizenship, and good character at all times both in and out of school, as well as in and out of season. This includes, but is not limited to the following examples:

- Demonstrating self-control and respect for others at all times. This includes teammates, coaches, opponents and spectators.
 - Respecting officials and other game personnel.
 - Respecting others possessions and property.
 - Accepting responsibility to set a good example for the community.
- ♦ **All student athletes shall adhere to the Athletic Code of Conduct. Any violation or misconduct shall be subject to the disciplinary measures contained herein, above and beyond those rendered by the appropriate High School authority. It should be noted that the athletic code of conduct both includes and is in addition to the High School**
- ♦ **The Code of Conduct is in effect from the beginning of the student-athletes' interscholastic participation through the student-athletes' high school graduation for 365 days a year. (7-12 grade). For All Category II violations (see next page), each occurrence is accumulative throughout the student's middle/high school career (7-12)**
- Violations reported by school personnel, law enforcement officers and agencies, chaperones, or parents/guardians of students in an alleged violation, will be investigated immediately by the Director of Athletics and/or Principal of the school. If such investigation takes place, the Director of Athletics or principal of the school will give verbal warning to the parent/guardian of the student involved within two (2) school days of the investigation. In the case disciplinary action is needed, the Director of Athletics or Principal of the school will inform the parent/guardian of the student immediately of the result of the investigation and will follow in writing, the repercussions.
 - Those students that violate the school's Code of Conduct or the Athletic Department's Drug/Alcohol/Tobacco policy during their sports season may result in suspension and/or removal from their team)
 - Disciplinary review, and if needed disciplinary action, will result from any violation or infraction of the law or involvement in any police matter during the year.
- ♦ **Self-Referral – 1st Offense Only**
In recognizing the importance of the values of honesty and integrity, any first-time code violations that are self or family reported prior to District awareness will receive a reduction in penalty of 50%.

****It is the sole discretion of the Athletic Director or School Principal to suspend or remove a student from the team for conduct detrimental to the school.****

Athletic Disciplinary Actions

Athletic discipline is in addition to the High School Code of Conduct Discipline Procedures.

Types of Violations

Disciplinary Action

CATEGORY ONE VIOLATIONS

- ◆ Truancy
- ◆ Insubordination
- ◆ Ejection from a contest
- ◆ Illegal absence of school or class
- ◆ Careless Reckless Behavior
- ◆ Profane or vulgar speech/gestures.
- ◆ Dishonesty -lying, theft or cheating.

Consequences for **Category I** violations will be communicated through individual team rules at the beginning of each season. Any violation of **Category I** rules the Athletic Director will determine if there will be a loss of participation & leadership positions.

****Category 1 Violations will include discipline given from the High School Administration****

CATEGORY TWO VIOLATIONS

Substance Abuse Use-No student may use, possess, sell or distribute alcohol or other substances, nor may use or possess drug paraphernalia, including counterfeit and designer drugs, including synthetic cannabinoids, except drugs as prescribed by a physician. The term "alcohol and/or other substances" shall be constructed throughout this policy to refer to the use of all substances including, but not limited to, tobacco, electronic cigarettes, nicotine delivery services, **VAPING**, alcohol, inhalants, marijuana, cocaine, LSD, PCP, amphetamines, heroin, steroids, look-alike drugs, synthetic cannabinoids, and any of those substances commonly referred to as "designer drugs." The inappropriate use of prescription and over-the-counter drugs shall also be prohibited. Persons exhibiting behavioral, personal or physical characteristics indicative of having consumed alcohol or having used illegal substances or marijuana, will be accompanied to a safe location by an administrator or teacher, while the student's parents are contacted.

Parties/Gatherings/Other Events-If a student attends a party/gathering where it is evident that marijuana or other illegal substances/drugs are present or being used, or where alcohol is being served to, or consumed by persons under the age of 21, the students must leave the party/gathering within a reasonable period of time. A reasonable amount of time is defined as 15 minutes. Students are encouraged to contact a coach or administrator to establish their role in connection with the event. If such an event occurs during the summer or off season the students should contact the Athletic Director. The purpose of the call is to protect students who have made the right choice from future allegations regarding the specific event.

Any student/athlete that is in violation of using or possessing illegal drugs, controlled substances, alcohol, tobacco products, e-cigarettes, VAPING, drug paraphernalia or prescription drugs not intended for them, in or out of the school, will be in violation of the district's athletic policy. VIOLATIONS WILL BE HANDLED AS FOLLOWS:

1st OFFENSE- Upon determination that a violation has occurred, the student shall be removed from participation in any and all extracurricular and/or interscholastic activities for a period of four (4) weeks. The student may be reinstated after two (2) weeks of the suspension if the student provides documentation/verification of attendance at a voluntary session for substance abuse prevention education.

2nd OFFENSE-Upon determination of a second violation by any student athlete already suspended (grades 7-12), the student will be removed from participation in any and all extracurricular and/or interscholastic activities for the remainder of the current season and the ensuing season. (i.e. 2nd violation occurs during fall season, the student must sit out their next sport season. If 2nd violation occurs during spring, the student must sit out fall season or the next season they participate in) ***Students will not be allowed to earn any awards or attend the awards ceremony.**

3rd OFFENSE- Upon determination of a third violation by any student athlete already suspended (grades 7-12), the student will be removed from participation in any and all extracurricular and/or interscholastic activities for one calendar year and will not be allowed to return until proof of attendance at a voluntary session for substance abuse prevention education is produced to the Director of Athletics and/or Principal of the school. At that time reinstatement may be reviewed.

Any student-athlete found manufacturing, distributing, or is involved in the sale of any of the above, in or out of the school, will be removed from all athletic teams for a period of 1 year. The student may not return the following year until a hearing with the Athletic Director, Principal of the school, and parent/legal guardian takes place.

Athletic Disciplinary Actions (Continued)

CATEGORY THREE VIOLATIONS

- ◆ **Fighting**
- ◆ **Harassment or bullying in any form, physically & mentally**
- ◆ **Vandalism**
- ◆ **Hazing** - is defined as any activity that recklessly or intentionally endangers the mental health, physical health or safety of a student. Any hazing activity, whether by an individual or a group, shall be presumed to be a forced activity, even if a student willingly participates. The athletic program does not approve any form of initiation or harassment, known as hazing, as part of any school sponsored activity. No student, coach, volunteer or district employee shall plan, direct, encourage, assist or engage in any hazing activity.

Every Offense- Discipline will be rendered by the school which will/may include In School Suspension (ISS), Out of School Suspension (OSS), Long Term Suspension or Superintendent's Hearing. The athletic Discipline will follow the school's actions which will include suspension from team activities, practices and games until the assigned suspensions are complete.

Transportation

Niagara Wheatfield Central School District will provide transportation to all away contests. All team personnel are required to ride the bus to and from these contests. In extreme cases, a parent/guardian may request in writing to the Athletic Department, permission to drive their child to the athletic event. Such requests need to be presented to the Athletic Department **48** hours in advance. In addition, if the coach allows it, a student-athlete may be released directly to their parent/guardian after a contest for transportation home. The parent must show identification and sign them out with the coach. Permission for a student-athlete to leave with any other individual will be reviewed on a case by case basis with extenuating circumstances. A written request must be given and approved by the Athletic Director **48** hours in advance. .

Equipment

All school issued equipment and uniforms must be returned to the coach at the close of the season. The equipment and uniforms are expected to be returned in a reasonable condition considering normal wear and tear. Student athletes are financially responsible for equipment and uniforms that are lost, stolen, or damaged. The student is to make restitution for or return the items. Awards, report cards, progress reports, schedules, and senior privileges will be withheld and participation denied until restitution has been made. Lunch detention will be assigned until missing equipment is turned in or paid for. **Student athletes MUST remove all personal belongings from their athletic locker at the conclusion of the last game of the current sports season. All items left beyond the last game will be discarded immediately.**

Dominic Murray Sudden Cardiac Arrest Prevention Act

Dear Parents/Guardians,

The [Dominic Murray Sudden Cardiac Arrest Prevention Act](#) is a new law as of July 1, 2022. This law requires schools, students, and parents/guardians have information on sudden cardiac arrest risks, signs, and symptoms. Please note that sudden cardiac arrest in children and youth is rare. The incidence of sudden cardiac death (SCD) on the playing field is 0.61 in 100,000. Sudden Cardiac Arrest (SCA) is an emergency that happens when the heart suddenly stops working. SCA can cause death if not treated immediately, and even with treatment death may occur. Immediate treatment is cardiopulmonary resuscitation (CPR) and use of an automatic external defibrillator (AED). All public schools must have a staff member trained in the use of CPR and AED in school and at all school athletic events.

Preventing SCA before it happens is the best way to save a life¹. Both your family health history and your child's personal history must be told to healthcare providers to help them know if your child is at risk for sudden cardiac arrest. Ask your child if they are having any of the symptoms listed below and tell a healthcare provider. Know your family history and tell a healthcare provider of any risk factors listed below.

The signs or symptoms are:

- Fainting or seizure, especially during or right after exercise or with excitement or startled
- Racing heart, palpitations, or irregular heartbeat
- Dizziness, lightheadedness, or extreme fatigue with exercise
- Chest pain or discomfort with exercise
- Excessive shortness of breath during exercise
- Excessive, unexpected fatigue during or after exercise

Student's Personal Risk Factors are:

- Use of diet pills, performance-enhancing supplements, energy drinks, or drugs such as cocaine, inhalants, or "recreational" drugs.
- Elevated blood pressure or cholesterol
- History of health care provider ordered test(s) for heart related issues

Student's Family History Risk Factors are:

- Family history of known heart abnormalities or sudden death before 50 years of age
- Family members with *unexplained* fainting, seizures, drowning, near drowning or car accidents before 50 years of age
- Structural heart abnormality, repaired or unrepaired
- Any relative diagnosed with the following conditions:
 - ◆ Enlarged Heart/ Hypertrophic Cardiomyopathy/Dilated Cardiomyopathy
 - ◆ Arrhythmogenic Right Ventricular Cardiomyopathy
 - ◆ Heart rhythm problems, long or short QT interval
 - ◆ Brugada Syndrome
 - ◆ Catecholaminergic Ventricular Tachycardia
 - ◆ Marfan Syndrome- aortic rupture
 - ◆ Heart attack at 50 years or younger
 - ◆ Pacemaker or implanted cardiac defibrillator (ICD)

SCA in students at risk can be triggered by athletic activities. To decrease any chance of SCA in a student, the [Interval Health History for Athletics](#) must be completed and signed by a parent/guardian before each sports season unless a physical examination has been conducted within 30 days before the start of the season. This form has questions to help identify changes since the last physical examination or health history was completed. School personnel may require a student with health or history changes to see a healthcare provider before participating in athletics.

Finally, the law requires any student who has signs and symptoms of pending SCA be removed from athletic activity until seen by a **physician**. The physician must provide written clearance to the school for the student to be able to return to athletics.

Please contact the State Education Department's Office of Student Support Services for questions at studentsupportservices@nysed.gov or 518-486-6090.

Maron BJ, Doerer JJ, Haas TS, et al. Sudden deaths in young competitive athletes: analysis of 1866 deaths in the United States, 1982-2006. *Circulation* 2009;119:1085-92. 10.1161/CIRCULATIONAHA.108.804617
SCA Prevention Toolkit – Eric Paredes Save A Life Foundation (epsavealife.org)

Niagara Wheatfield Central School District Concussion Information Sheet

INFORMATION FOR STUDENTS & PARENTS/LEGAL CUSTODIANS

What is a concussion? A concussion is an injury to the brain caused by a direct or indirect blow to the head. It results in your brain not working as it should. It may or may not cause you to black out or pass out. It can happen to you from a fall, a hit to the head, or a hit to the body that causes your head and your brain to move quickly back and forth.

How do I know if I have a concussion? There are many signs and symptoms that you may have following a concussion. A concussion can affect your thinking, the way your body feels, your mood, or your sleep. Here is what to look for:

<i>Thinking/Remembering</i>	<i>Physical</i>	<i>Emotional/Mood</i>	<i>Sleep</i>
<ul style="list-style-type: none"> ◆ Difficulty thinking clearly ◆ Taking longer to figure things out ◆ Difficulty concentrating ◆ Difficulty remembering new information 	<ul style="list-style-type: none"> ◆ Headache ◆ Fuzzy or blurry vision ◆ Feeling sick to your stomach/queasy ◆ Vomiting/throwing up ◆ Dizziness ◆ Balance problems ◆ Sensitivity to noise or light 	<ul style="list-style-type: none"> ◆ Irritability-things bother you more easily ◆ Sadness ◆ Being more moody ◆ Feeling nervous or worried ◆ Crying more 	<ul style="list-style-type: none"> ◆ Sleeping more than usual ◆ Sleeping less than usual ◆ Trouble falling asleep ◆ Feeling tired

Table is adapted from the Centers for Disease Control and Prevention (<http://www.cdc.gov/concussion/>)

What should I do if I think I have a concussion? If you are having any of the signs or symptoms listed above, you should tell your parents, coach, athletic trainer or school nurse so they can get you the help you need. If a parent notices these symptoms, they should inform the school nurse or athletic trainer.

When should I be particularly concerned? If you have a headache that gets worse over time, you are unable to control your body, you throw up repeatedly or feel more and more sick to your stomach, or your words are coming out funny/slurred, you should let an adult like your parent or coach or teacher know right away, so they can get you the help you need before things get any worse.

What are some of the problems that may affect me after a concussion? You may have trouble in some of your classes at school or even with activities at home. If you continue to play or return to play too early with a concussion, you may have long term trouble remembering things or paying attention, headaches may last a long time, or personality changes can occur once you have a concussion, you are more likely to have another concussion.

How do I know when it's ok to return to physical activity and sports after a concussion? After telling your coach, your parents, and any medical personnel around that you think you have a concussion, you should be seen by a doctor trained in helping people with concussions. We will work with your parents to determine who is best to treat you and determine when you will be eligible to return to participation. Our School District has a policy in place for how to treat concussions. You should not return to play or practice on the same day as your suspected concussion.

Your physician and the district physician must sign off on your return to play. You should not have any symptoms at rest or during/after activity when you return to play, as this is a sign your brain has not recovered from the injury.

****The complete Concussion Policy can be found on our district website****

Return To Play:

NWCSD follows the 2008 Zurich guidelines/concussion policy for return to play (RTP). The RTP following a concussion incorporates a step wise process:

No activity, complete rest. Once asymptomatic for 24 hours, proceed to levels using the following:

- Light aerobic exercise such as walking or stationary cycling, no resistance training.
- Sport specific exercise (Skating in hockey, running in soccer, etc.) progressive addition of resistance training at steps 3 or 4
- Non-contact training drills.
- Full contact training and/or exertional testing after medical clearance.
- Return to FULL Game play.

This progression should be over 5 days for RTP without return of symptoms.

If a student suffers any return of symptoms during the RTP protocol, they immediately stop the RTP protocol until they are once again symptom free. Once the athlete is symptom free for 24 hours, they can continue with RTP process where they previously ended. When a student completes the RTP, they are eligible for full release to game activity. Completed RTP protocol form signed off by ATC is then sent to school physician for final approval and RTP.

Source: UNC Matthew Gellar Sport-Related TBI Research Center, Carolina Medical Society, North Carolina Athletic Trainers' Association, Brain Injury Association of North Carolina, North Carolina Neuropsychological Society, and North Carolina High School Athletic Association

Code of Ethics for Spectators

Proper spectator conduct is an important aspect of the school athletic program. It is expected that the Niagara Wheatfield Central School District spectators will:

- ⇒ Maintain and exhibit poise, self-discipline, and restraint during and after the contest.
- ⇒ Treat the visiting team and spectators as guests, being courteous and fair.
- ⇒ Be a courteous visitor at other schools.
- ⇒ Avoid actions which will offend the individual athlete.
- ⇒ Accept the judgment of the coach.
- ⇒ Respect the property of the school.
- ⇒ Display good sportsmanship by being modest in victory and gracious in defeat.
- ⇒ Pay respect to both teams as they enter for competition.
- ⇒ Appreciate the good plays by both teams.
- ⇒ Show sympathy for an injured player.
- ⇒ Regard the officials as guests and treat them as such. Accept their decisions as final.
- ⇒ Understand the rules of the sport in order to fully enjoy the contest.
- ⇒ Consider it a privilege to encourage everyone to live up to the spirit of the rules of fair play and sportsmanship.

Code of Ethics for Parents

It is understood that parents play a vital role in the development of student athletes and the success of the Niagara Wheatfield Athletic Program. To that end, parents are expected to:

- ⇒ Be a positive role model through their own actions to make sure that their child has the best possible athletic experience.
- ⇒ Be a “team” fan, not a “my kid” fan.
- ⇒ Weigh what their children say; they tend to slant the truth to their advantage.
- ⇒ Show respect for opposing players, coaches, spectators and support groups.
- ⇒ Be respectful of all officials’ decisions.
- ⇒ Parents should not instruct their children before, during or after a game. It may conflict with the coach’s plans and strategies.
- ⇒ Praise student athletes in their attempt to improve themselves as students, athletes and people.
- ⇒ Gain an understanding and appreciation for the rules of the contest.
- ⇒ Recognize and show appreciation for an outstanding play by either team.
- ⇒ Help their children learn that success is experienced in the development in their skills, and they can feel good about themselves regardless of the outcome of one particular contest.
- ⇒ Talk with coaches in an appropriate manner, at the proper time and place. Realize that immediately before and after a contest (when emotions are running high) is not the appropriate time to discuss concerns with a coach. Follow the chain of command – speak with a coach before speaking to the athletic director or any other administrator.
- ⇒ Please reinforce our alcohol, tobacco, and drug-free policy by refraining from the use of any such substance before and during athletic contests. Use of tobacco products is forbidden on school grounds.
- ⇒ Remember that attending a school athletic event is a privilege to observe the contest.
- ⇒ Understand that if you are asked by a referee/official or a member of NW security staff you must vacate the campus immediately

Athlete/Parent/Spectator Parking and Athlete Pickup/Dropoff

- △ **There are no vehicles allowed behind the schools at anytime– ONLY the following will be permitted to park/drive behind the schools: Official school vehicles, referees/game officials, game help & persons with a current legal handicap placard (must be displayed to be permitted behind the school) - this is for the safety of our students and spectators.**
- △ **All** athletes must be picked up and dropped off in front of the Bill Ross Pedestrian Athletic Entrance (in front bridge)
- △ **All** parking for events is in front of the high school/middle school
- △ **All** spectators/athletes can enter the sports complex through the Bill Ross Pedestrian Athletic entrance under the bridge located between the middle school and high school.
- △ If your athlete is playing on the side fields next to the middle school, you may park in the parking lot in front of the side fields **ONLY** until it is full. **DO NOT PARK ON THE GRASS!**
- △ **DO NOT DRIVE OR PARK IN THE BUS LANE-- LAW ENFORCEMENT WILL TICKET VEHICLES.**
- △ Please observe all traffic laws and adhere to the 10mph speed limit on campus.
- △ **Please be respectful to all staff and follow all directions they communicate to you**



Sports Offered



Fall	Winter	Spring
Boys	Boys	Boys
Varsity Cross Country	Varsity Basketball	Varsity Baseball
Modified Cross Country	JV Basketball	JV Baseball
Varsity Football	Modified Basketball	Modified Baseball
JV Football	Varsity Bowling	Varsity Lacrosse
Modified Football	Varsity Swimming	JV Lacrosse
Varsity Golf	JV Swimming	Modified Lacrosse
Varsity Soccer	Varsity Wrestling	Varsity Tennis
JV Soccer	JV Wrestling	JV Tennis
Modified Soccer	Modified Wrestling	Varsity Track & Field
Varsity Volleyball	Varsity Ice Hockey	JV Track & Field
JV Volleyball	Varsity Indoor Track & Field	
Modified Volleyball		
Girls	Girls	Girls
Varsity Cheerleading	Varsity Basketball	Varsity Lacrosse
JV Cheerleading	JV Basketball	JV Lacrosse
Varsity Cross Country	Modified Basketball	Modified Lacrosse
Modified Cross Country	Varsity Bowling	Varsity Softball
Varsity Soccer	Varsity Cheerleading	JV Softball
JV Soccer	JV Cheerleading	Modified Softball
Modified Soccer	Varsity Ice Hockey*	Varsity Track & Field
Varsity Swimming	Varsity Indoor Track & Field	JV Track & Field
JV Swimming		Varsity Flag Football
Varsity Tennis		
JV Tennis		
Varsity Volleyball		
JV Volleyball		
Modified Volleyball		
Co-Ed	Co-Ed	Co-Ed
None	Modified Swimming	Modified Track/Field
	Unified Bowling	Unified Basketball

NWCSD Athlete & Parent/Guardian Code of Conduct & Concussion Statement

(If there is anything on this sheet that you do not understand, please ask an adult to explain or read it to you.)

Athlete Name: _____ Sport _____ Coach _____

Parent/Legal Custodian Name: _____

This form must be completed every season for each athlete, even if there are multiple athletes in a household. Parents and Athletes must review and initial next to each section.

Please sign the bottom of the form and it must be returned to the coach.

Athlete Initials	After reading the Athletic Handbook, I am aware of the following information	Parent Initials
	We have read and understand the Athlete & Parent/Guardian Handbook and Code of Conduct. We will abide by all rules.	
	<p style="text-align: center;"><u>Athlete Code of Conduct</u></p> <p>As an Athlete, I have read and understand the regulations for athletes and agree to abide by them in accordance with the penalties cited for violations of said regulations. I have also discussed these regulations and conditions under which I am to participate with my parents.</p>	Athlete Only Signs
Parent/ Guardian Only Signs	<p style="text-align: center;"><u>Parent/Guardian Code of Conduct</u></p> <p>I have read the policies and regulations and understand the purpose of this athletic agreement and the consequences for inappropriate behavior. I hereby give my consent for my son/daughter to participate in the above-mentioned sport. I agree to all terms and conditions mentioned in these regulations and procedures. I also understand that I will be financially responsible for any of my son/daughter's missing equipment/uniforms or supplies, which are issued to him/her by the school. I have discussed this handbook with my son/daughter.</p>	
Parent/ Guardian Only Signs	<p style="text-align: center;"><u>Duty to Warn</u></p> <p>As the parent/legal guardian of the above-mentioned student-athlete, we hereby state that we understand that participation in sports involved rigorous physical activity and risks of physical injury, and we assume those risks. We understand the inherent risks involved in participation may lead to injury or even sudden death. I hereby give consent for emergency transportation and treatment in the event of an illness or injury. I further certify that all information provided on the participant's Health History Update is correct and has no medical conditions restricting his/her participation.</p>	
Parent/ Guardian Only Signs	<p style="text-align: center;"><u>Release Data</u></p> <p>I hereby grant permission to the coaching staff and athletic department to release sports related data relevant to our son/daughter's team or individual accomplishments. The data that may be released may include sports specific statistics, jersey numbers, height and weight, grade level, and at times photographs of our son/daughter participating. Photographs may appear in yearbooks, media guides, local newspapers, and district website.</p>	
	<p style="text-align: center;"><u>Athlete Social Media Policy</u></p> <p>I have read and understand the Social Media Agreement portion of this handbook and I agree to comply to the rules.</p>	Athlete Only Signs
Parent/ Guardian Only Signs	<p style="text-align: center;"><u>Parent/Guardian Social Media</u></p> <p>As the Parent/Legal guardian we understand and have read the social media Agreement. We understand the terms and we will instruct our student athlete to comply to and follow all rules</p>	
	<p style="text-align: center;"><u>Concussion & Return to Play Protocol</u></p> <p>We have read and understand the concussion symptoms and the Return to Play Protocol in the Concussion Information portion of the handbook.</p>	
	<p style="text-align: center;"><u>Dominic Murray Sudden Cardiac Arrest Prevention Act</u></p> <p>I have read and understand the above information about the Dominic Murray Sudden Cardiac Arrest Prevention Act</p>	

Parent Signature: _____ Date: _____

Student Signature: _____ Date: _____

2018-19, 2021-22 & 2022-23

Niagara Frontier League

Supremacy Cup Winners

