



# **BETHLEHEM CENTRAL**

## **Parent and Student Interscholastic Athletic Guide**

Dear Parents and Student Athletes,

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

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

When you and your child sign up for one of our athletic programs, we feel that your family has committed to certain responsibilities. This brochure will acquaint you with some of the specific policies that are part of our 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. In addition, District League, and school procedures have been established to protect and guide students.

Bethlehem Central is a member of the New York State Athletic Association, competing as a Class A school in Section II. Our league affiliation is with the Suburban Scholastic Council (SSC). We are currently competing in the Council's gold division.

If there is anything I can do to make your participation in interscholastic athletics a better learning experience, please feel free to contact me at my office at the Senior High School, 439-4921, ext. 315.

Sincerely,

**Charles Abba**  
Director of Athletics

## **PRINCIPLES OF THE INTERSCHOLASTIC PROGRAM**

We believe interscholastic athletics serve as a miniature model of life; they provide opportunities for students with regard to responsibility, fair play, cooperation, concern for others, leadership, respect for authority, good citizenship, loyalty and tolerance. Winning games has often been considered the measure of success. However, we feel that this is not so. This is not to say that the will to win is not important. It is very much a part of the total development of the person, and the affording of each student the opportunity to fulfill his or her potential. Thus, the athletic program which is centered around the welfare of the students is a vital part of the total Bethlehem Central School curriculum.

To utilize fully the potential of athletics for educational enrichment, the interscholastic athletic program:

- A. Is regarded as an integral part of the total educational program and conducted so that it worthy of such regard.
- B. Supplements rather than serves as a substitute for basic Physical Education programs and intramural athletic programs.
- C. Is subject to the same administrative control as the total educational 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.

## **N.C.A.A. REQUIREMENTS**

Any student enrolling in a Division I or II College or University and is interested in participating in athletics must meet specific eligibility requirements. The general requirements are as follows:

### **Division I**

- **Graduate from High School**
- Have a **2.000** - 2.5 grade point average (based on a 4.0 scale) in a successfully completed core curriculum of at least **13** academic courses.
- Have a **820** to 1010 combined score on the SAT verbal and math sections or a **68** to 86 sum score on the ACT.

### **Division II**

- **Requirements as highlighted in Division I.**

You must be registered and certified by the N.C.A.A. Initial Eligibility Clearing-house prior to participation. Please contact your guidance counselor at the end of your junior year for the proper clearing house registration materials and information or call the **N.C.A.A. Hotline 1-800-638-3731**.

## **SECTION II CODE OF CONDUCT FOR SPECTATORS**

1. Spectators are an important part of the games and are encouraged to conform to accepted standards of good sportsmanship and behavior.
2. Spectators should at all times respect officials, visiting coaches, players, and cheerleaders as guests in the community and extend all courtesies to them.
3. Enthusiastic cheering for one's own team is encouraged.
4. Booing, whistling, stamping of the feet, and disrespectful remarks shall be avoided.
5. There will be no ringing of bells, sounds of horns, or other noisemakers at indoor contests during play. Anyone who does not abide by this rule will be asked to leave the premises.
6. Pep bands or school bands, under the supervision of the school personnel, may play during time outs, between periods, or at half time. Bands must coordinate their play so as not to interfere with a cheerleading squad on the floor or field.
7. The throwing of debris, confetti, or other objects from the stands is prohibited. Offending individuals will be asked to leave the premises.
8. During a free throw in basketball, all courtesies should be extended.
9. Spectators should encourage each other to observe courteous behavior. Improper behavior should be reported to the school authorities.
10. Spectators will observe the rules of the local school concerning smoking, food and drinking consumption, littering, and parking procedures.
11. Spectators will respect and obey all school officials and supervisors at athletic contests.

## **SECTION II SPORTSMANSHIP POLICY**

Learn and understand the rules of your sport. Play hard, play to win, but play fairly within the rules.

Do not allow your temper to distract you from the fundamentals of good sportsmanship. Maintain self-control. Respect your opponent. Never taunt. Congratulate him or her at game's end. Acknowledge good play. Respect the integrity and judgment of the officials. Never question the decision of an official.

Be an example for your school, team mates and opponents. A player who is dis-

qualified from a contest for unsportsmanlike behavior by an official is prohibited from playing in the next regularly scheduled contest game.

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 in which a player either strikes, bumps, or otherwise physically intimidates an official prior to, during or after a contest or game.

## **ATHLETIC TRAINING RULES**

### **TRAINING RULES:**

During the season of participation, an athlete is prohibited from:

1. The use or possession of alcohol, tobacco (including snuff, chewing and smokeless tobacco) and illegal drugs.
2. Illegal behaviors including and comparable to the hosting of drinking/ drug parties, stealing, vandalism, assault or hazing.
3. Violations of the Bethlehem Central Student Handbook that result in an external suspension.

### **SELF REFERRAL:**

An athlete who requests assistance with a problem prior to any violation will be directed to assistance. He/ she will not be suspended from competition. A one year probationary period becomes effective and a future violation will be handled as a second offense.

### **PENALTIES:**

Upon verification by a school official the penalties outlined below will take effect after any school suspension is applied.

- **First Offense**

A minimum game suspension of **2 games** for a **12 game** scheduled or **4 for over a 12 game** schedule and a one year probationary period. Counseling will be suggested and if accepted and continued to completion, the game suspension will be reduced by half.

- **Second Offense**

An immediate suspension for the remainder of the season and a one year probation from that date. **IN ORDER TO TRY OUT FOR A SPORT DURING THIS PROBATIONARY PERIOD, A STUDENT MUST BE INVOLVED IN A COUNSELING PROGRAM.**

- **Third Offense**

**One year suspension** from all Athletics.

**NOTE:** It is School District Policy that a coach may supplement sanctions for the defined athletic training rules. These sanctions must be approved prior to the start of the season by the Athletic Director and High School Principal. A student-parent signed notification of these sanctions will need to be returned to the coach and will be filed in the athletic office prior to the first practice. A student who self-refers when a team is employing supplemental sanctions will still follow the procedures outlined in the self-referral process.

## **TEAM STANDARDS**

In addition to observing regular school policies that are in effect at all times, athletes must:

- A. Attend all practices and contests unless excused by the coach.
- B. Never provoke, cause or engage in a fight or hazing.
- C. Never engage in any activity which may cause criticism of his/ her team or school.
- D. Never be disrespectful to officials or coaches.
- E. Never run on the roads.
- F. Never wear jewelry (exceptions must be approved by School Doctor).
- G. Follow specific rules set up by the coach.

### **PENALTIES:**

Coaches will impose an appropriate penalty and notify the Athletic Director. Continued violations may result in dismissal from the team.

## **ATTENDANCE POLICY**

Participation in an activity or sport is but one part of a student's educational program. It is understood that students will be present in school in order to participate in a practice, game or activity that day for **no less than half a day (four periods)**. Any student missing more than four periods in a day for medical reasons, religious observances, court appearances or other legal reasons must have the absence substantiated by a written notice from the parent and bring the note to the attendance office upon the student's arrival at school. Any student missing a full day of school may not participate in a practice, game or activity unless it is part of a school approved field trip.

Team and activity members on suspension for any disciplinary infraction will not be allowed to practice or participate in any event for the day. In the case of assignment to detention, students will be expected to attend this assignment before reporting for an extracurricular activity.

## **STUDENT ELIGIBILITY**

According to NYSPHSAA Regulation, a pupil shall be eligible for interscholastic competition, provided that he/she is a bona fide pupil, enrolled during the first 15 days of the semester, is registered in the equivalent of three regular courses, is meeting the physical education requirements, and has been in regular attendance 80 percent of the time. Bona fide absences caused by personal illness are accepted.

The State sets regulations concerning daily attendance at practices, and the minimum number of practices before being eligible for competition for each sport. Your

coach will inform you of these rules.

**Dropping off a team:** If you quit a team (after teams have been selected), you can not go out for another team that season, unless permission is gained from both coaches and the Athletic Director.

**Mixed Competition:** The deadline for those signing up for a team of the opposite sex is two months prior to the first day of practice. A letter of interest must be submitted to the Athletic Director.

## SELECTION CLASSIFICATION

Students in grades 7 and 8 who are exceptional athletes are provided an opportunity to try out for Freshman, Junior Varsity and Varsity teams. These exceptional athletes must follow the Commissioner of Education and Bethlehem Central guidelines pertaining to selection classification.

Students must have the following documentation and meet the proper physical and athletic criteria to be able to try out:

- **A physical from the School Physician approving the athlete to participate at the requested level of competition.**
- **Meet or exceed the criteria set in the selection classification fitness performance tests.**

The fitness performance test\* is comprised of six physical components and will be administered prior to each season. The test will be given by the Director of Physical Education and/or a middle school Physical Education Teacher. Students who do meet the criteria during the test will have an opportunity to try again the following week.

**Any student who is not able to attend the two weeks of testing or who does not pass the Commissioner's criteria are ineligible to participate on teams other than modified or middle school teams.**

\*See your Physical Education teacher for fitness criteria.

## 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 the pupil's entry into the ninth grade and prior to graduation. A pupil reaching the age 19 before September 1 may not participate during that school year.

**Transfer rule:** A student transferring into the Bethlehem Central School District or from the District without a corresponding change of address could be in violation of the transfer rule. Violations may result in the forfeiture of athletic contests.

## TRANSPORTATION

Students will be transported to and from all away athletic contests by school authorized vehicles. Parents may get prior approval to transport their child home if there are extenuating circumstances.

## SPORTS PHYSICALS

Sports physicals will be given and/or approved by our school physician before a student is allowed to practice. *The sports physical is force for one calendar year, and in some instances, for the season following the one-year anniversary of that physical. Copies of all physicals done by family doctors (not at school) need to be turned into the school nurse.* Parents must fill out a medical sports update form and return it to the school nurse just prior to each season.

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

In cases of a long term or severe injury, clearance by the school physician may also be necessary prior to the return of an athlete.

## RISK FACTORS IN SPORTS

Participation in sports involves a certain degree of risk for injury. Such physical injury can occur in any type of sports activity and vary in nature. **Athletic injuries can run from minor injuries such as bruises and scrapes to the more serious injuries such as fractures, dislocations, concussions, paralysis and even death.**

## SPORTS MEDICINE

Bethlehem Central will provide athletic training care to students through our affiliation with Sports Therapy, Albany. Sharon Brodie, a certified Athletic Trainer, is available on a regular basis at the high school next to the Nurse's office. Ms. Brodie's hours will be posted across from the athletic office and on the Trainer's Room door.

## BOOSTERS

The Bethlehem Central Athletic Association is comprised of representatives from the individual sports booster clubs. The goal of the B.C.C.A. is to provide a margin of excellence for all the Interscholastic Athletic programs. Summer camp scholarships, college scholarships, awards, the sports book, and equipment are just some of the services that are provided.

Any athlete other than a graduating senior can apply for a summer camp scholarship. Applications will be accepted up until the last day of May.

## ISSUING OF SCHOOL CLOTHING AND EQUIPMENT

It is the responsibility of the athlete to return back to the coach all clothing and equipment issued. Failure to do so will result in an athlete paying for the missing articles. Athletes not paying for the missing articles will forfeit their right to receive any school equipment or clothing in the next sports season, be ineligible for any certification, pin or letter and have their report card held until payment is received. A list of all violators will be sent to the director of athletics.

**LOCKERS:** It should be understood that locker is the property of the school and the administration reserves the right to examine it, and its contents at any time with reasonable cause. Each student is encouraged to make sure that the locker is kept securely locked at all times and to share the combination with no other student. The school and District will not be responsible for lost or stolen items. The athletic team room lockers are for athletic practices and not for Physical Education class. These lockers will be cleaned out promptly at the end of each season.

AWARDS	
TEAM	AWARD
7/8	Certificate
Modified	Certificate
Frosh	Certificate
Junior Varsity (JV)	Letter and Certificate
Varsity	Letter, emblem, and certificate

## ATHLETIC AWARDS

**General Requirements For All Awards:**

A player must complete the season although the coach may make exceptions in unusual cases; (any exceptions must be cleared through the Athletic Director). The athlete must be a good representative of the school and team and abide by the Athletic Code of Conduct. Letter awards will be made only upon the recommendation of the coach.

**Letters:**

An athlete may receive one felt Varsity "B", J.V. "B", and/or white "B" during their athletic career.

**Emblem:**

A student athlete will receive an emblem with their first letter in a particular sport.

**Service Bar:**

A service bar is given to a student athlete who has already received a Varsity felt "B" and emblem. A student will earn one additional bar each year they participate.

**Freshman Numerals:**

## HOW TO GET THERE

The majority of our interscholastic Athletic programs are played within the Suburban Scholastic Council although some sports play against schools from other leagues. The directions that follow are to the high schools within the S.S.C. Remember that all games are not played at our opponent's high schools. Please check with our athletic office or call the opposing school for specific directions. **YOU MAY ALSO GET DIRECTIONS AT OUR ATHLETICS WEB PAGE ON THE DISTRICT WEB SITE: [BCSD.K12.NY.US](http://BCSD.K12.NY.US).**

**AVERILL PARK HIGH SCHOOL - 674-3826**

I-90 East to Exit 8 (Deefreetsville). Ramp becomes Rt. 43. School is approximately 8 miles on left.

**BURNT HILLS / BALLSTON LAKE HS - 399-9141**

Northway Exit 9. Left onto Rt. 146 West. Take a right onto Rt. 146A. Five miles to the village of Ballston Lake. At the flashing light, take a left onto Lakehill Rd. The school entrances approximately 1 mile on the right (there is a white church on the left across from school entrance).

**COLONIE CENTRAL HIGH SCHOOL - 459-1220**

Northway - Exit 2E (Albany). Right on Central Ave. Take your first left just past Colonie Center onto Hackett Ave. School is straight ahead.

**COLUMBIA HIGH SCHOOL - 207-2080**

787 to I-90 East. Take Exit 9. Take right (Rt. 4) to traffic light (one block). Left at the light (Luther Rd.). Go under bridge. Columbia High is on the left. Genet MS—Rts. 2 & 20.

**GUILDERLAND HIGH SCHOOL - 861-8591**

New Scotland Rd. Take right onto 85A at Stonewell Plaza. Turn right onto Rt. 156 West. At "Y", bear right onto Rt. 208. When Rt. 208 ends, bear left onto Rt. 201. Take first right past Arsenal onto Rt. 202 (School Rd.). The school is on the right.

**MOHONASEN HIGH SCHOOL - 356-5062**

NYS Thruway to exit 25 (Schenectady). Just beyond the overpass, take exit for Rt. 7 West. The school complex is approximately 1 1/2 miles on the left.

**NISKAYUNA HIGH SCHOOL - 382-2531**

Northway - Exit 6 West (Toward Schenectady) to Balltown Rd. (about 8 miles). Right on Balltown Rd. (Rt. 146). Pass WRGB studio and a traffic light. The school is on the right.

**SARATOGA HIGH SCHOOL - 583-4780**

Northway - Exit 13N. At first traffic light past Saratoga Performing Arts Center (SPAC) turn left onto W. Fenlon Street. Turn right at second traffic light onto West Ave. At first traffic light, turn right into school entrance.

**SHAKER HIGH SCHOOL - 785-5511**

Northway to exit 5 to Rt. 155. Take a left. Cross Rt. 9. Go about one mile. The school is on the left.

**SHENENDEHOWA HIGH SCHOOL - 881-0390**

Northway to Exit 9. Left onto Rt. 146 West. At third traffic light, turn left onto Moe Road. Take right into the school complex.

**Bethlehem Central Interscholastic Athletics Sports  
and  
Level of Competition**

**FALL SPORTS**

**CHEERLEADING - GIRLS - VARSITY / JV**

**CROSS COUNTRY - BOYS - VARSITY/ JV / FROSH  
CROSS COUNTRY - GIRLS - VARSITY/ JV / FROSH**

**FIELD HOCKEY - GIRLS - VARSITY/ JV/ FROSH**

**FOOTBALL - BOYS - VARSITY/ JV/ FROSH/ MODIFIED**

**GOLF - BOYS - VARSITY/ JV**

**SOCCER - BOYS - VARSITY/ JV/ FROSH/ MOD  
SOCCER - GIRLS - VARSITY/ JV/ FROSH/ MOD**

**SWIMMING/ DIVING - GIRLS - VARSITY**

**TENNIS - GIRLS - VARSITY/ JV**

**VOLLEYBALL - BOYS - VARSITY/ JV  
VOLLEYBALL - GIRLS - VARSITY/ JV/ FROSH**

**WINTER SPORTS**

**BASKETBALL - BOYS - VARSITY/ JV/ FROSH/ MOD  
BASKETBALL - GIRLS - VARSITY/ JV/ FROSH/ MOD**

**BOWLING - BOYS - VARSITY/ JV  
BOWLING - GIRLS - VARSITY/ JV**

**CHEERLEADING - GIRLS - VARSITY/ JV**

**GYMNASTICS - GIRLS - VARSITY**

**ICE HOCKEY - BOYS - VARSITY**

**INDOOR TRACK - BOYS - VARSITY/ JV  
INDOOR TRACK - GIRLS- VARSITY/ JV**

**SWIMMING - BOYS - VARSITY/ MODIFIED (BOYS AND  
GIRLS)**

**WRESTLING - BOYS - VARSITY/ JV/ MOD**

## **SPRING SPORTS**

**BASEBALL - BOYS - VARSITY/ JV/ FROSH/ MOD**

**LACROSSE - BOYS - VARSITY/ JV/ FROSH/ MOD**

**LACROSSE - GIRLS - VARSITY/ JV/ MOD**

**OUTDOOR TRACK - BOYS - VARSITY/ JV/ FROSH**

**OUTDOOR TRACK - GIRLS - VARSITY/ JV/ FROSH**

**SOFTBALL - GIRLS - VARSITY/ JV/ FROSH/ MOD**

**TENNIS - BOYS - VARSITY/ JV**



# **BCSD.K12.NY.US**

**CHECK OUR ATHLETICS WEB PAGE FOR  
INFORMATION INCLUDING:**

- **TEAM SCHEDULES**
- **TYPES OF SPORTS OFFERED**
- **DIRECTIONS**
- **CANCELLATIONS**
- **ANNOUNCEMENTS**
- **LINKS TO OTHER RELEVANT SITES**

**BETHLEHEM CENTRAL  
CODE OF CONDUCT FORM**

**ATHLETE - NAME:** \_\_\_\_\_  
(last name, first name)

**SPORT:** \_\_\_\_\_ **LEVEL:** \_\_\_\_\_

**GRADE:** \_\_\_\_\_ **HR.:** \_\_\_\_\_

**DATE OF BIRTH:** \_\_\_\_\_

**PARENT/GUARDIAN NAME:** \_\_\_\_\_

**PHONE: HOME:** \_\_\_\_\_

**WORK:** \_\_\_\_\_

**CELL:** \_\_\_\_\_

I have read and understand the guidelines, procedures, training rules and consequences. I give my son/ daughter \_\_\_\_\_ permission to participate.

I have read and reviewed the rules and regulations with my child.

**Parent Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

I acknowledge that I have read the guidelines, procedures, training rules and consequences and I agree to comply with the terms and conditions set forth in order that I may participate.

**Athlete Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

