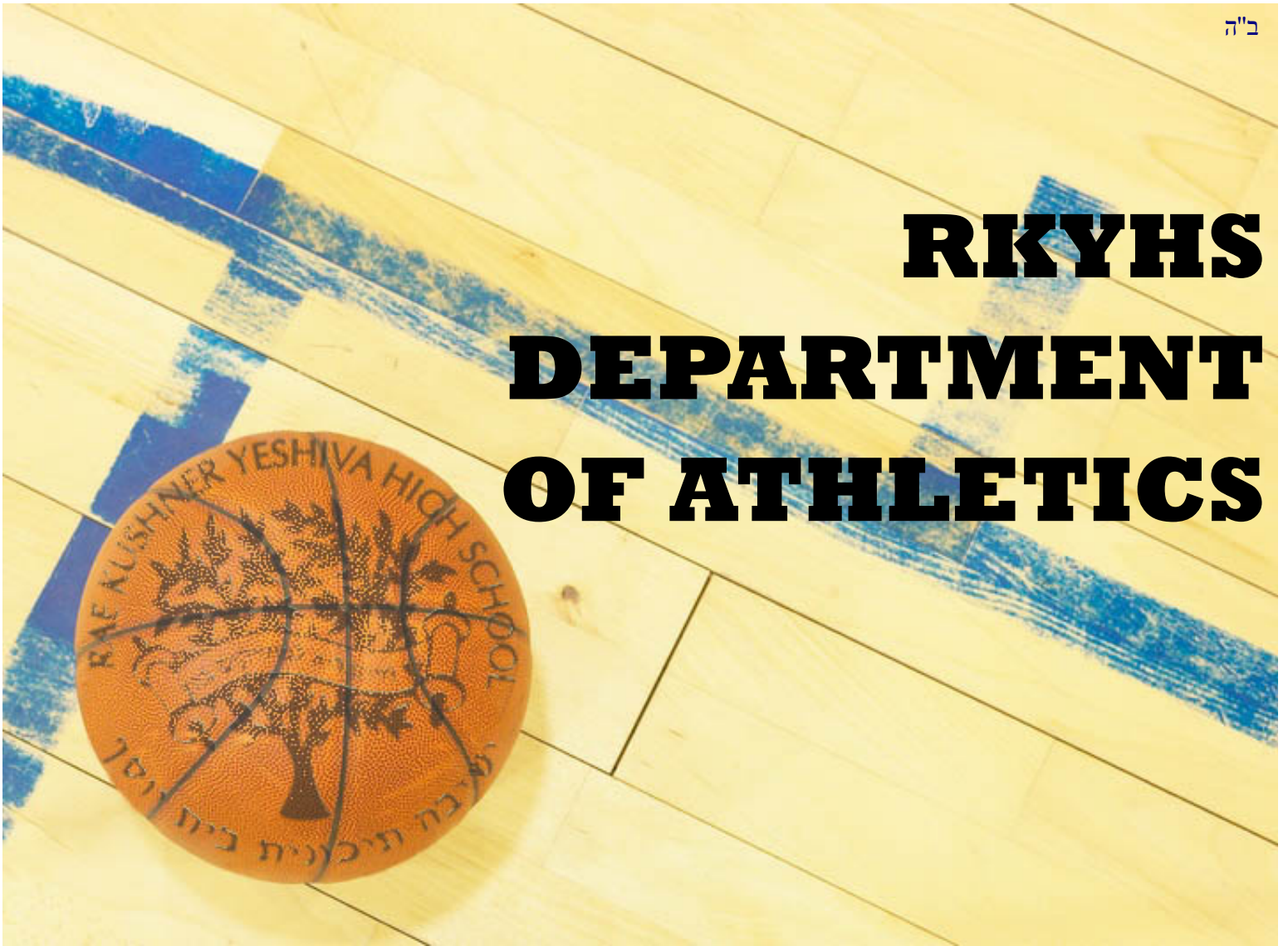


RKYHS DEPARTMENT OF ATHLETICS



STUDENT AND PARENT HANDBOOK

2009-2010

5769-5770

INTRODUCTION

To the parent:

Athletics is an important component of student life at Rae Kushner Yeshiva High School. A student who elects to participate in athletics is voluntarily committing to self-discipline and teamwork. Commitment and dedication are of the utmost importance when participating on a RKYHS sports team. Parental involvement and support are also important components that influence the success of the athletic program.

This handbook has been prepared to enhance communication between parents, student-athletes, coaches and school administrators. Parents and athletes are asked to familiarize themselves with the athletic policies and other content of this booklet. If the rules, regulations, guidelines and suggestions found in this booklet are followed, then all parties can have a positive athletic experience.

After reading this handbook, please complete and sign the Acknowledgement page at the end of the handbook and return it to your child's coach. Without the signed acknowledgement page, your child will not be permitted to play on any of our teams.

Your support and cooperation are necessary and appreciated. We are looking forward to a terrific season!



Rabbi Richard Kirsch
Director of Athletics

RKYHS ATHLETIC PHILOSOPHY

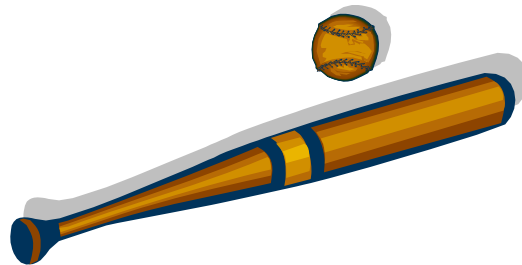
The ultimate goal of the RKYHS athletic program is to enable the athletes to mature socially, emotionally, and physically.

The purpose of the Rae Kushner Yeshiva High School athletic program is to offer a rewarding athletic experience and to develop the athletic potential of all our students.

RKYHS athletes are encouraged to develop a sense of positive sportsmanship, integrity, values, ethics and *derech erez*, and to display these qualities on and off the field. Development of leadership, personal responsibility, self-esteem, sensitivity and compassion towards others are equally important goals of the athletic program.

At the high school level, teams are competitive and varsity teams are selective. Skill level and commitment are major factors in earning a position on a varsity and junior varsity squad. Membership on a varsity team one year does not guarantee a position the next season. One must annually earn his/her position on a team. All students in grades 9-12 who meet academic and social requirements are eligible to try out for a varsity team.

The ultimate goal of the RKYHS athletic program is to enable the athletes to mature socially, emotionally, and physically. The individual's character is built on respect of self and others, physical and emotional discipline and the ability to give 100% during practice as well as competition. Most importantly, our athletes learn to accept both victory *and* defeat with poise and grace. The success of the athletic program is built on commitment, cooperation, tolerance and enthusiasm between the individual players, coaches, administration, parents and community.



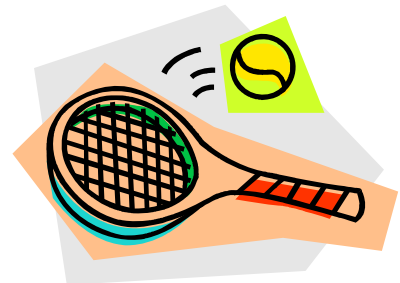
ATHLETIC GOALS

“Participation in athletics is a privilege, not a right guaranteed to any student.”

Participation in athletics is a privilege, not a right guaranteed to any student. Students must assume the responsibility which accompanies participation.

THE GOALS OF THE RKYHS ATHLETIC PROGRAM ARE:

- Student athletes will have the opportunity to compete while also cooperating with teammates and coaches.
- Student athletes develop respect for self, teammates, coaches, officials, and opponents.
- Student athletes learn to abide by the rules, regulations, and decisions that govern their particular sport.
- Student athletes develop self-discipline, character, cooperation, moral and ethical values and *derech erez* that lead to productive citizenship.
- Student athletes learn that discipline and self-sacrifice are necessary ingredients for teamwork.
- Student athletes learn that participation leads to a better understanding of ethics, sportsmanship, integrity and fair play. Athletes understand that even though winning is everyone’s goal, **striving** to win is the most important goal.
- Student athletes develop an appreciation of athletics and enjoy the participation in the athletic program. It is necessary to enjoy participation and to acknowledge the personal rewards derived from participation in athletics.
- Athletes develop a high degree of physical fitness through exercise and good health habits.
- Students develop a feeling of pride and spirit in being a part of and representing RKYHS.



RKYHS ATHLETIC CODE

**Athletes represent
themselves,
parents, school
and community.**

Athletics shall be governed by the Board of Jewish Education of Greater New York, the RKYHS Student Behavior Code (outlined in the student handbook) and the RKYHS Athletic Code. Athletes shall be directly responsible to the head coach and his/her assistants. The following are general responsibilities of the athlete.

REQUIREMENTS

Athletes shall follow all team rules set forth by the coach and this Athletic Code. Prior to participation, the student athlete must complete the proper athletic clearance procedures which include:

- Submit the Sports Medical Form to the nurse.
- Meet specified academic standards.
- Read and understand the Student & Parent Handbook.
- Read, sign, and agree to the Student Athlete Contract.

CONDUCT AND BEHAVIOR

Athletes represent themselves, parents, school and community. Proper conduct is expected at all time, both on and off the field.

As a member of a team, an athlete should be proud of his/her appearance. Athletes are expected to dress neatly and be well-groomed. Failure to comply with the dress code could result in elimination from a contest.

An athlete must be dedicated to being a scholar-athlete. Academics must not suffer due to participation on an athletic team. The athlete should be aware that anything worthwhile is accomplished through hard work and a sincere and unwavering desire to succeed. The athlete must also understand that this means making a commitment to attending all practices, contests and team meetings. The athlete must be willing to sacrifice his/her own desires for the good of the team.

**“One man
practicing
sportsmanship
is far better
than fifty
preaching it.”
—Knut Rockne**

Anyone associated with athletics shall use language that is socially acceptable. Profanity or vulgar language will not be tolerated on or off the playing field and could result in a player’s dismissal from a practice, game or tournament. If inappropriate language is continued, an athlete will face further disciplinary action.

Athletes dismissed from a contest for unsportsmanlike conduct, whether by a coach or an official, may be suspended for two games. A second suspension from a game may result in suspension from the team and/or being barred from participation on all other inter-scholastic teams for the academic year.

Athletes are to show proper respect and courtesy to all coaches, teachers, administrators, officials, spectators and opponents at all times. Athletes are also to demonstrate respect for facilities and equipment. Failure to do so will result in disciplinary action.

ACADEMIC RESPONSIBILITY

Students are expected to make up any work missed due to an early dismissal for an athletic activity. Such work must be made up immediately. Failure to do so may result in an athlete being prohibited from leaving class early in the future. Student athletes are expected to maintain a grade average of 70 or better in all classes. If an athlete fails to do so, the result will be an automatic two-week suspension from the team. A failing grade in any class may result in dismissal from the team.

ATTENDANCE

Attendance at all practices, games and team meetings is mandatory. The coach will use his/her discretion in validating a planned absence, provided 48 hours’ notice is received. A coach may choose to either play or sideline a player who was ill or excused from practice the preceding day.

On a day of a contest, students must be in school all day. Students not in school all day may not start or participate in a contest that day.

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Two or more unexcused absences could result in suspension or dismissal from a team.

It is expected that all athletes will use sound judgment in areas of general health, nutrition and sleep.

HEALTH

It is expected that all athletes will use sound judgment in areas of general health, nutrition, and sleep.

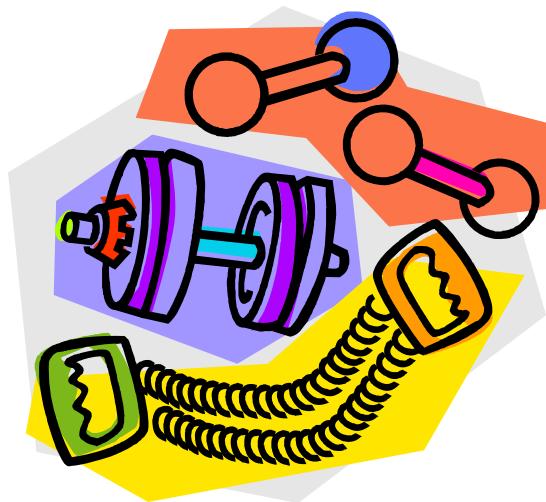
TOBACCO, ALCOHOL, AND OTHER DRUGS

The use of illegal drugs, including tobacco and alcohol, is prohibited by law. Possession, use, or abuse will result in immediate disciplinary action. (Refer to the Substance Abuse Policy in the RKYHS Student Handbook.)

TRAVEL TO AWAY GAMES

All student-athletes and managers must travel to all away games with the team on the bus.

Students who are planning to go anywhere other than to RKYHS on the bus after a game must submit a note from their parents to the Athletic Director by 9:00 AM the day of the game.



GUIDELINES FOR PARENTS

How a parent can help to ensure the best possible athletic experience for his/her child?

- Be supportive of your child. Encourage him/her to do his/her best.
 - Do not compare your child to others on the team. Each child is an individual and should be treated as such.
 - Ensure that your athlete attends all practice and games. Please do your best not to schedule other obligations on practice/game days. The rest of the team and coach depend on your student/athlete.
 - If your athlete seems upset or frustrated, encourage him/her to talk to the coach. If this is not possible, feel free to call the coach yourself.
 - Everyone on a team has a specific and different role. Some will be starters; some will be subs with significant playing time; some athletes may receive minimal playing time. Be supportive of your child and encourage him/her to continue trying to do his/her best and not to give up. One never knows when his/her opportunity will come.
 - **Please support your child and teammates and attend as many games as possible.**
 - Monitor your student's academic work. Stress the importance and necessity of planning ahead and budgeting time. Have a student copy the athletic schedule (including early dismissal) in their student planner.
 - On days of an away game, pack your athlete a healthy, non-perishable snack for the bus ride.
 - **Promptly pick up your child at the end of a game/practice.**

GAMEPLAN:
Have your child copy the athletic schedule into his or her student planner. That way, he or she can plan ahead and budget time wisely.

**FAN/
SPORTSMANSHIP
CODE OF**



CONDUCT

When other students come to games to cheer on the RKYHS athletes, they too are expected to behave in a way that reflects well on our school and our community.

1. All spectators must conduct themselves in a positive manner, reflecting sportsmanship and the educational values of interscholastic athletics.
2. Adult spectators should set an example of good sportsmanship for their children to follow.
3. All cheering must be positive in nature.
4. Spectators should know, understand, and respect rules of the contest.
5. Spectators must remain in the designated area for the safety and enjoyment of the game for all.
 - a. During soccer games, spectators must remain at least 10 feet from the sidelines.
 - b. During soccer, volleyball and basketball, spectators must remain on the opposite side of the court or field from the teams.
 - c. During softball or baseball games, spectators are to remain in the bleacher area, and at least 10 feet from the dugout and playing area. Spectators are not permitted to stand behind or next to the backstop.
6. Spectators must respect the coaches, referees, trainers, and opponents. Spectators should not criticize coaches, referees, trainers, opponents, or fans by word of mouth or gestures.
7. Spectators may not give instructions from the sidelines.
8. Spectators should refrain from abusive or profane language directed towards anyone connected with the game. Harassment in any form will not be tolerated.
 - a. First offense will result in a warning.
 - b. Second and future offenses will result in a fan being suspended from attending future games.
 - c. Continued display of unsportsmanlike-like conduct or failure to adhere to suspensions could result in your child being suspended from the team.

PARENT-COACH COMMUNICATION

**“The most important thing in life is not to triumph but to compete.”
—Pierre de Coubertin**

Parents and coaches are two of the most important role models in a child’s life, and clear communication between these individuals is essential. The guidelines listed below are intended to clarify school expectations for this relationship.

Communication parents expect from coaches:

- Philosophy of the coach
- Expectations the coach has from a child and the team
- Location and times of all practices and games
- Team requirement: i.e. practices and games
- Procedures to follow should a child be injured during participation
- Disciplinary action that may result in a child being denied the right to participate

Communication coaches expect from parents:

- Concerns regarding a coach’s decision, philosophy and/or expectations
- Timely notification of any illness or injuries or missed practice

Appropriate concerns to discuss with coaches:

- Treatment of a child, emotionally and physically
- Ways to help a child improve
- Concerns about a child’s behavior

It is very difficult for parents to accept a child not playing as much as they may hope. Coaches are professionals. They make decisions based on what they believe to be best for all students involved. As you have seen from the above list, certain things can and should be discussed with a coach.

Other things, such as those listed below, must be left to the discretion of the coach.

**“I learn teaching
from teachers.
I learn golf
from golfers.
I learn winning
from coaches.”
—Harvey Penick**

Issues not appropriate to discuss with the coach:

- Playing time
- Team strategy
- Play calling
- Other student - athletes

Some situations may require a conference between the coach and the parent and are encouraged. However, it is important that both parties involved have a clear understanding of the other’s position. To insure this, please follow the guidelines below:

If you have a concern to discuss with the coach:

- To set up an appointment with a coach, please call the respective coach or Rabbi Richard Kirsch, Director of Athletics, at 973-597-1115 X 1135.
- Please do NOT attempt to confront a coach before or after a contest or practice. These can be emotional times for both parents and coaches. Meetings of this nature do not promote resolution.

What a parent can do if the meeting with the coach did not provide a satisfactory resolution:

Call the athletic director. The athletic director will set up a meeting with the parent, student-athlete and the coach. The athletic director will attempt to mediate a resolution.



ATHLETE/PARENT ACKNOWLEDGMENT

By signing below, we acknowledge that, after reading the entire RKYHS Department of Athletics Student and Parent Handbook, we understand and agree to abide by the terms in the Handbook.



Name of Student (please print)

Grade

Sport(s)



Signature of Student

Date



Signature of Parent

Date

Please sign and return to Coach