

# POLICY

## TRAINING REGULATIONS FOR ALL INTERSCHOLASTIC TEAMS

Athletes do their best when they are in peak physical condition. Because the best effort is expected from each Oneonta athlete, it is necessary to establish certain regulations to assist them in reaching their goal. Additionally, all athletes will participate in an in-season program to assist them in making healthy and legal choices. It should be considered an honor and a privilege to represent Oneonta City School District on an interscholastic sports team and thus, by accepting this honor, the athlete MUST accept the responsibilities which go along with it. Athletes are to abide by all of the training rules set forth here as well as any additional rules, codes of conduct and behavior as set forth by the coach, administration and school board. All athletes are expected to recognize the need and importance of the following training regulations:

### TRAINING RULES:

1. Athletes are not to use, or possess, or be under the influence of alcoholic beverages, illegal drugs or tobacco since these are considered health hazards and detrimental to an athlete's physical and mental well being. Athletes are not to attend a function or enter a place where illegal consumption or illegal possession of drugs, alcohol or tobacco are taking place. *Example: bar, house party, field party.*
  - Any athlete who is reported to be in violation of any part of #1 will be subject to an investigation originating from the office of the athletic director.
  - Any athlete found to be in violation of #1. will be subject to the penalty outlined herein.
    - A. First Offense - The athlete will be suspended from participation in athletic contests for a period of 5 (five) sport weeks. During this 5 sport weeks the athlete may attend practices and attend contests but may not dress in uniform or participate in any contests. They also will forfeit any awards that they may have received for that sport season. If the offense occurs with less than 5 weeks remaining in that current sport season the suspension will carry over until the 5 week suspension has been completed. If the suspension is carried over to another sport season, the athlete may try out for a team but will be ineligible for any scrimmages or contests until the 5 week suspension is completed.

Additionally, the athlete will be required to actively participate in and complete a school provided counseling program before reinstatement to full participation on any interscholastic team will occur. Parents or guardians may substitute another school approved counselor at their own expense.

- B. Second Offense or Subsequent Offenses during career - The athlete will be suspended for a time period of 365 days and forfeit any awards that they may have received for that sports season. Additionally, the athlete will be required to actively participate in and complete a school provided counseling program before reinstatement to full participation on any interscholastic team will occur. Parents or guardians may substitute another school approved counselor at their own expense.
2. Each coach may specify a definite rest program and hours when team members must be in their homes. Any adjustments must be approved by the coach of the sport.
  3. Attendance at practice is essential to develop the greatest degree of skill and teamwork. All requests to be excused from practice sessions must be submitted to the coach, 24 hours before the practice for which the request is made.
  4. Athletes absent from school may not practice or play the day such absence occurs. Exceptions to this rule can be made only by the school Principal or his designee. Frequent or excessive tardiness may result in the same penalty.
  5. Athletes will adhere to all school rules as outlined in the student handbook.
    - Any violation of training rules 2-5, the athlete will be disciplined at the discretion of the coach and/or administration.

I have read and understand the above training regulations, as adopted by the BOARD OF EDUCATION.

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*Signature of Athlete*

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*Date Signed*

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*Signature of Parent or Guardian*

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*Date Signed*