

**LONGWOOD  
CENTRAL SCHOOL DISTRICT**

***INTERSCHOLASTIC ATHLETIC HANDBOOK***

***FOR ATHLETES & PARENTS***



**GINA CURIALE**

**DIRECTOR OF HEALTH, PHYSICAL EDUCATION  
& ATHLETICS**

***RICH IN PRIDE,***

***RICH IN SPIRIT,***

***RICH IN HEART***

***Dear Parents and Student-Athletes,***

Welcome to the Longwood School District Interscholastic Athletic Program. Parents and student-athletes are encouraged to carefully read the entire Interscholastic Athletic Handbook, sign the acknowledgment page and return to the coach. This handbook contains important information regarding athletic department procedures, as well as providing parents and athletes with the philosophy and expectations of participation on an interscholastic team. When your daughter/son participates in our athletic program they have committed themselves to certain responsibilities and obligations. Being a member of a Longwood School District Athletic Team is a privilege, not a right.

For your convenience, please log on to the Section XI Website, at [www.sectionxi.org](http://www.sectionxi.org). This website allows the community access to high school and junior high school (modified) schedules, game times and directions to contest sites. In addition, the website posts high school varsity league and division standings, tournament brackets and other pertinent athletic information. It is an excellent resource for all those involved in interscholastic athletics. The Longwood website for Health, Physical Education and Athletics is also another source of valuable information for you.

Interscholastic Athletics is governed by the rules and regulations established by the New York State Public High School Athletic Association (NYSPHSAA), which is directly responsible to the New York State Education Department (NYSED) and the Commissioner of Education. The Longwood Athletic Program is a member of Section XI (Suffolk County Public High School Athletic Association) and the NYSPHSAA.

If you have questions or concerns regarding the Longwood Athletic Program and/or this guide, please contact the Athletic Office at (631) 345-9260.

Sincerely,

*Gina Curiale*

Director of Health, Physical Education and Athletics

## **MISSION STATEMENT**

The mission of New York State interscholastic athletic programs is to foster the quest for excellence by creating an educational and competitive experience within an atmosphere of sportsmanship. Successful programs develop individual and team potential by promoting high standards of competence, character, civility, and citizenship\*. (*NYSED Educational Frameworks for Athletics*)

## **PHILOSOPHY**

The interscholastic athletic program is an integral part of the Longwood Schools educational program and is organized to meet the needs and interests of our students. Student growth and development is positively impacted when students engage in a strong academic program combined with a strong athletic program. Athletics plays a significant role in developing positive self-esteem, a sense of well-being and self-discipline. This is accomplished through the implementation of the “four C’s” of athletic excellence” – *Competence, Character, Civility and Citizenship*. Each of these qualities is defined as follows:

*Competence* - A student athlete in a quality program is competent in terms of skill development, knowledge of the game/strategies, fitness/conditioning and healthy behavior.

*Character* - A student athlete in a quality program demonstrates responsibility to self, team and school, accountability, dedication, trustworthiness/ fair play, self-control.

*Civility* - A student athlete in a quality program demonstrates civility towards others showing respect, caring and fairness.

*Citizenship*- A student athlete in a quality program demonstrates citizenship through actions showing evidence of show evidence of loyalty, commitment, teamwork and role modeling. (*NYSED Educational Frameworks for Athletics*)

The Longwood Athletic interscholastic program offers a wide variety of individual and team sports. The experience begins with a modified four-sport season program, for junior high school students, progressing to a three-sport season high school program. The success of our athletic program is a reflection of qualified coaches who are positive role models, are enthusiastic about working with student-athletes and recognize that competition is a means toward an end, not an end in itself. Winning is neither the most important goal nor the only outcome of participation.

## **VARSITY PROGRAM**

Varsity competition is the culmination of each sport's program. Normally, seniors and juniors make up the majority of the roster. Occasionally, a sophomore or a freshman may be included on the team providing that evidence of advanced levels of physical development, athletic skill and appropriate socio-emotional development is demonstrated. It is possible but rare for a Junior High level student to be included on a varsity roster. Selection classification occurs more frequently in sports commonly classified as "individual" (track, golf, swimming, etc.)

Squad size at the varsity level is limited. The number of participants on any given team is a function of those needed to conduct an effective and meaningful practice and to play the contest. It is vital that each team member have a role and be informed of its importance. The number of roster positions is relative to the student's acceptance of their individual roles in pursuit of the team's goals. While contest participation over the course of a season is desirable, a specified amount of playing time at the varsity level is never guaranteed.

A sound attitude and advanced level of skill are prerequisites for a position on a varsity team, as is the realization that a varsity sport requires a six-day-a-week commitment. This commitment is often extended into vacation periods for all sport seasons. While contests and practices are normally not held on Sundays or holidays, the dedication and commitment needed to conduct a successful varsity program should be taken seriously. There may be conflicts with other scheduled events (plays, trips, etc.) It is expected at the varsity level that the team and the commitment to the team take precedent.

The varsity coach is the leader of that sport's program and determines the system of instruction and strategy for that program. The communication among the modified, junior varsity and varsity programs is the responsibility of the varsity coach. Preparing to win, striving for victory in each contest and working to reach the group's and individual's maximum potential are worth goals of a varsity level team.

## JUNIOR VARSITY PROGRAM

The junior varsity level is intended for those who display the potential of continued development into productive varsity level performers. Although team membership varies according to the structure of each program sophomores occupy the majority of roster positions. In certain situations, juniors who are expected to make contributions at the varsity level will be considered for junior varsity participation. Also, freshmen may be included on a junior varsity roster, as well as seventh and eight grade students who have satisfied all selection classification requirements.

At this level, athletes are expected to have visibly committed themselves to the program, team and continued self-development. To this end, increased emphasis is placed on physical conditioning, refinement of fundamental skills, elements and strategies of team play in addition to socio-emotional development. Junior varsity programs work towards achieving a balance between continued team and player development and striving for victory. The outcome of the contest becomes a consideration at this time.

The realization that practice sessions are important is a premise that is vital to a successful junior varsity team and player. For all team members, meaningful contest participation will exist over the course of a season, however a specified amount of playing time is never guaranteed. Participants at this level are preparing themselves for the six-day-a-week commitment that is expected at the varsity level. While contests and practices are normally not held on Sundays or Holidays, practice sessions are sometimes scheduled during school vacation periods. With the goal of becoming a varsity athlete clearly in sight, a high level of dedication and commitment is expected at the junior varsity level.

## **MODIFIED PROGRAM**

This program is available to all students in the seventh and eighth grades. Sport activities offered are determined by the existence of leagues, student interest and the relationship to the high school program. At this level, the focus is on learning athletic skills, appropriate demands on the adolescent body and healthy competition.

At the modified level our goal is to provide all students with a positive, meaningful, and productive experience. We encourage participation for as many student-athletes as possible. However, ultimately, the number of teams and size of the squad in any sport will be determined by the availability of financial resources, qualified coaches, suitable indoor or outdoor facilities and a safe environment.

In order for the desired development of the adolescent athlete and team to occur, practice sessions are vital. The New York State Public High School Athletic Association publishes regulations by which practice sessions are governed. Occasionally, a practice or contest will be scheduled for Saturdays. Opportunities for meaningful contest participation for each team member will exist over the course of a season.

Exceptional seventh and eighth graders may be permitted to try out for a junior varsity or varsity team under the State Education Department Program called Selection Classification. Criteria that must be met in order to play at an advanced level include a coach's recommendation, parental permission, medical approval, appropriate developmental rating, passing athletic performance test scores and the coach's skill evaluation statement. Additionally, students must display an advanced degree of socio-emotional maturity before team membership is granted.

# **CODE OF CONDUCT**

## **FOR ATHLETES, STUDENTS & SPECTATORS**

The Board of Education is committed to provide a safe and orderly school environment where students may receive and district personnel may deliver quality educational services without disruption or interference. Responsible behavior by students, teachers, other district personnel, parents and other visitors is essential to achieving this goal.

To be a member of a Longwood Athletic team is a privilege and each student-athlete should strive to perform to the best of his/her athletic and academic ability while presenting appropriate behavior. It is the responsibility of the student-athlete to abide by the Longwood Central School District Code of Conduct in order to remain in the program. Each student is presented the Code of Conduct and is expected to follow the “Code”. It shall be in force at all times. Within the “Code” there are statements regarding student’s rights and responsibilities. In addition, there is information regarding prohibited student and public conduct. Also within the “Code” is a list of possible methods of dealing with prohibited student behavior. A student-athlete may be removed from the program due to exhibiting prohibited student behavior.

The use of alcohol, tobacco, and other drugs is also a violation of the “Code of Conduct”. Therefore it is also prohibited. Student-athletes are role models within the school and community and are encouraged to follow the “Code” at all times, both in and out of season.

- No student-athlete will possess or consume alcoholic beverages or utilize tobacco products at any time or place during the sport season.
- No student-athlete will possess, sell or use illegal drugs at any time during the sport season.
- No student-athlete will use prescription drugs without the consent of a physician and/or parent at any time during the sport season.
- They will adhere to the Longwood CSD Code of Conduct at all times. Failure to do so may result in the loss of athletic privileges.

## **GUIDELINES FOR SPECTATORS**

To enhance the safety and supervision for all present, all minors under the age of 15 must be under the direct supervision of an adult at all times. No minor under the age of 15 will be admitted to an event or athletic completion without being accompanied by an adult.

### **A Good Spectator at an Athletic Contest:**

1. Shows interest in the contest by enthusiastically cheering and applauding the good plays or performance of both their team and that of the opposition.
2. Shows proper respect for opening ceremonies by standing at attention and by remaining silent while the National Anthem or Pledge of Allegiance is being played.
3. Understands that it is a privilege to observe the contest, not a license to verbally attack others or be generally obnoxious.
4. Does not boo, stamp feet, or make disrespectful remarks toward the players and officials.
5. Learns the rules of the game, developing an understanding and appreciation for situations that take place in a contest.
6. Obeys officials, supervisors and security personnel who are there to keep order.
7. Stay off the playing floor, field, or contest area at all times.
8. Do not disturb others by throwing food, cups, or other substances around the building, playing field or court.
9. Show proper respect for officials, coaches, cheerleaders and contestants as guests in his/her community and extends all courtesies toward them.
10. Knows that noisemakers of any kind are not acceptable for athletic events.
11. Pays attention to the halftime program and does not disturb others who are watching.
12. Respects public property by not causing damage to equipment or facilities.
13. Knows that school officials reserve the right to refuse attendance of those whose conduct is not proper.
14. Refrains from the use of any controlled substance (alcohol, drugs) before, during and after the contest while on the contest site.
15. Informs or alerts school personnel of any violations of proper sportsmanship.

## **SPORTSMANSHIP AND FAIRPLAY**

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

An official has the responsibility of enforcing the rules and maintaining the order of the game. The decisions of the referee regarding play, as well as their interpretation are final and shall be accepted.

Spectators, student-athletes and coaches must recognize that their conduct plays an important role in establishing the reputation of their school and that their positive actions can relate directly to the success of their team.

Remember that an athletic contest is only a game – not a matter of life and death for player, coach, school, official, fan or community.

Failure to adhere to the Code of Conduct for Athletes, Students and Spectators could result in appropriate disciplinary action.

# GETTING READY TO PLAY

## ELIGIBILITY RULES

1. **BONA FIDE STUDENT:** An athlete must be a bona fide Longwood School District student and must be taking at least four subjects and physical education. A student attending an alternative education program may represent only the home school. Students who have completed graduation requirements are not eligible.
2. **REGISTRATION:** A student must have enrolled during the first fifteen school days of a semester and must have been in regular attendance 80% of the school time.
3. **AGE:** A student shall be eligible for interschool competition until his/her 19<sup>th</sup> birthday. If the age of 19 years is reached on or after July 1<sup>st</sup>, the student may continue to participate in all sports for that year if the student is not in the 5<sup>th</sup> year of High School.
4. **DURATION OF COMPETITION:** A pupil shall be eligible for senior high school athletic competition in each sport during four consecutive seasons of each sport after entry into ninth grade and prior to graduation. An appeal for an extension of athletic eligibility can be made by the Superintendent, if it can be shown that a student's failure to enter competition during one or more seasons of a sport was caused by illness, accident or other circumstances beyond the control of the student.

# ATHLETIC DEPARTMENT PROCEDURES

## ACADEMIC ELIGIBILITY

The Longwood School District Board Policy #5280 states that all athletes must be academically eligible in order to participate in the interscholastic program. The administration has designed procedures that provide the students and parents with ample notification, fair and reasonable requirements and the opportunity for reinstatement in most cases. The administering of the eligibility program is done through the building administration.

## ACADEMICS

The Athletic Department recognizes that the primary responsibility of student-athletes is their education. Therefore, the Athletic Department supports the concept that student-athletes should work to their potential in the classroom and be committed to achieving maximum academic success. The Athletic Department strictly enforces the district policy on academic eligibility and no athlete will be permitted to participate unless eligible.

## ATHLETIC PLACEMENT PROCESS (APP)

The Athletic Placement Process (APP) is a program for evaluating students in the 7<sup>th</sup> or 8<sup>th</sup> grade to determine their readiness to compete in interscholastic athletic competition at the senior high school level. It was developed with the belief that students benefit when they can participate in such activities at a pace that is consistent with their physical and emotional maturity, size, fitness level and athletic skill.

The APP is intended solely for the student-athlete who has demonstrated a level of **physical and emotional maturity, comparable physical size, fitness and sport skill** that is commensurate with a higher level of competition and therefore, it should only be initiated by the district's athletic director, sport coach and/or physical education staff. Students will not be evaluated without a recommendation from the sport coach, physical education/athletic director and parent permission.

Any student-athlete that is being considered for APP must have all paper work completed prior to the start of the sport season to be eligible to try-out.

## **ATTENDANCE/CUTTING**

A student-athlete shall be in attendance of their regular classes in order to participate in practices or a contest. Due to health and safety concerns, absences, tardiness and/or illness will exclude student-athletes from practices or games on that day. If you are healthy, be in school on time. If you are excused, be sure the excuse is for a valid and acceptable reason. Communication with your coach is extremely important.

As outlined on Page 6 of the Longwood High School Student/Parent Handbook, “Students with (7) or more unexcused absences or four (4) or more cuts in any quarter may forfeit their right to participate in athletics and/or co-curricular activities for the remainder for that quarter.” Athletes cutting classes or suspended from school will not be permitted to participate until cleared by the building administration.

## **CHANGING SPORTS**

It is important that athletes try to make the right choice when selecting a sport, especially at the JV and Varsity levels. A student-athlete may not change from one sport to another once a team has been selected, without the permission of the Athletic Director. If he/she has been cut from one team it is legitimate to try out for another.

## **CHEMICAL HEALTH**

The NYSPHSAAA and Longwood Central School District recognized the use of tobacco, alcohol and other drugs as significant health risk for adolescents. Student-athletes are prohibited from using tobacco, alcohol and other drugs during the course of their athletic season. Violators of this policy will be suspended from participation pending a review and recommendation of the Longwood Athletic Intervention Team.

## **CONCERNS/PROBLEMS**

Any student-athlete or parent who has a concern or problem with any aspect of their athletic experience is encouraged to communicate with the individual coach as soon as possible. Please do not let a problem that is of concern go on for a long period of time before addressing it. Most times a conversation with the coach will help to clear up the problem quickly. If after your conversation with the coach you wish to discuss it further please contact the Athletic Director.

## **FAMILY VACATIONS**

When parents and student-athletes choose to take their family vacations during sport seasons, it must be understood that the time missed by the student-athlete can affect team chemistry and personal conditioning. Student-athletes who miss practices or competition for any reason may have their position or playing time adjusted. Coaches shall make every effort to inform parents and student-athletes of the seasons schedule as far as in advance as possible.

## **MEDICAL CLEARANCE**

New York State law requires all students participating in athletics to receive a sports physical. All sports physical information and forms must be completed before your child is able to try-out or participate on an athletic team. The final approval for sports clearance rests with the school medical officer.

The following guidelines outline the process for obtaining this clearance:

1. As per state regulations, the Chief School District Medical Officer is the only person who is authorized to clear student-athletes for interscholastic athletic participation. Sports physicals are considered current for 12 continuous months. Student-athletes are required to obtain a new physical if the previous physical date expires before the upcoming sport season.
2. All student-athletes and their parents must complete the Health History form thirty (30) days prior to the start of any additional sport in which the student would like to participate. The school nurse will review the information to ensure safe participation.
3. Questions or information regarding medical clearance can be obtained by calling the Health Office in the student's school.

## **PARENT PERMISSION FORM**

All student-athletes must submit to their coach a signed Parent Permission/Emergency Information card prior to the first day of try-outs. In addition, for the Modified Program there is a separate Parent Permission Form that must be completed. This form may be obtained from the school or on the District website under Athletics.

## **PRACTICE SESSIONS**

Student-athletes are expected to attend all scheduled practice sessions and games unless excused by the coach in conjunction with the parent. You have made a commitment to your sport by being a member of the team and are responsible for the time commitment. Please, whenever possible, make all other plans around your sport season. Communicate with the coach, well in advance, of all known conflicts. Unexcused absences will result in a suspension from participation by the coach and/or athletic department.

## **TEAM TRY-OUTS**

Student -athletes are expected to attend all try-outs. There is undoubtedly a sacrifice to be made, not only on the part of the athlete, but on the family as well. Student athletes and parents are expected to make certain that personal plans and work schedules are adjusted so as not to conflict with tryout dates, practices and contests. Each year is viewed as independent of another with respect to try-outs and they are open to all. Student-athletes who were involved with the program the year before are not “guaranteed” a place on the team roster in the next season.

## **TEAM UNIFORMS AND SCHOOL ISSUED EQUIPMENT**

Athletic equipment becomes more costly each year. It is the responsibility of the student-athlete to secure all school issued equipment items and uniforms in a locker that is locked during the course of a season. All student-athletes and parents are responsible for the cleaning and maintaining all uniforms and equipment issued to them during the course of a season. At the end of the season all school issued equipment and uniforms must be returned to the coach immediately after the last practice, contest or scheduled meeting by the coach. Coaches keep accurate records of their inventory and if there are any items not returned at the end of the season, the athlete will be placed on a list. Student-athletes are NOT permitted to keep their uniforms at the end of a season. Athletes not returning equipment from one season will not be issued any other school uniform or protective equipment for another sport season until restitution is made. Failure to turn in all equipment will result in the student-athlete being billed for the missing items.

## **TRANSPORTATION**

Student-athletes are expected to use transportation provided by the school *to* and *from* all athletic events. Student-athletes are expected to arrive for bus departures on time and may not drive to the site.

In special cases a parent may request to provide transportation for their child only. In these cases a written request must be made in advance to the coach and Athletic Office. The Alternative Transportation Form can be found on the district website under Athletics.

Parents are expected to pick up their child in a timely fashion after home games, or when the bus returns from an away contest. Parents and student-athletes should check with the coach for the estimated time of pick up.

## **WELLNESS AND SAFETY**

### **THE COACH**

All Longwood coaches are New York State certified with current certification in First Aid, CPR/AED and Concussion Management. Each coach is responsible for guiding their student-athletes through practices, scrimmages and games appropriate to their age and level of play. These activities are conducted so that the physical welfare, health and safety of the participants are protected and fostered. The coach teaches physical skills, moral values and proper ideals of sportsmanship, ethical conduct and fair play in accordance with the Longwood Athletic Philosophy.

### **ATHLETIC TRAINER**

The athletic trainer provides service to the athletes each day during the practice hours. The trainer provides emergency service to the student-athletes and develops prevention strategies through appropriate training methods and physical conditioning programs. To ensure proper follow-up after an injury, the trainer consults with parents, the school nurse and the school physician.

Any student-athlete under treatment by a private physician must have written permission from his/her physician and be cleared by the district physician before they can return to active participation. *The school physician has the final determination in all cases.*

## **BENEFITS OF CONDITIONING**

The obvious benefit of superbly conditioned athletes is the potential for the team or individual to compete at the highest-level possible. A well-conditioned team is usually a successful team. However, the real benefits of conditioning are long term. Simply, we want our student-athletes to be exercisers for life. The health benefits derived from a regular exercise program are well documented. Developing lifelong habits to improve or maintain cardiovascular endurance, muscular strength, and flexibility is an important goal for anyone involved in our athletic program. This is one of the reasons that we stress the importance of practices.

## **NUTRITION**

In order to approach peak performance in athletics, student-athletes, parents and coaches need accurate information on how to properly fuel and nourish the body. The Athletic Department on an ongoing basis will emphasize the following dietary guidelines.

- Eat more complex carbohydrates.
- Eat moderate amounts of protein.
- Eat less high fat foods.
- Always stay well hydrated, especially in hot weather.
- Maintain a healthy body composition and avoid quick weight loss.
- Replace carbohydrates used for energy during training and competition.
- Eat an appropriate pre-practice/pre-competition meal.
- Don't be tempted by nutritional supplements or other supposed "performance enhancers".

## **TOBACCO**

All medical experts consider the use of any tobacco product as a major health risk. It is because of this and the part that tobacco plays on conditioning that forbids the use of all tobacco products by its student-athletes. The use of tobacco will not help teams and prevents student-athletes from reaching their goals of excellence. The Athletic Office will discipline student-athletes caught using tobacco products.

## **RISKS**

The athletic program is conducted, first and foremost with the safety of its participants in mind. Student-athletes and parents must be aware that certain risks of injury are inherent in athletic participation. Although not probable, accidents such as brain injuries, paralysis or even death may occur.

## **INJURIES**

It is the student-athlete's responsibility to immediately report any injury to his or her coach. The coach will notify the nurse and complete an accident report. The athletic trainer is to be notified by the athlete and coach. If the student-athlete has been injured and has required medical attention, he/she cannot return to participation without the school physician's written permission.

## **INSURANCE**

All information regarding school health insurance is available in each school's Health Office. For further questions regarding insurance please contact the Business Office at (631) 345-2783.

**PARENTS AND STUDENT-ATHLETES SHOULD REFER TO THE LONGWOOD SCHOOL DISTRICT CONCUSSION MANAGEMENT PROTOCOLS AND POLICIES LOCATED ON THE DISTRICT WEBSITE UNDER ATHLETICS.**

# **CHEMICAL HEALTH GUIDELINES**

## **PHILOSOPHY**

The NYSPHSAA and Longwood Central School District recognizes the use of mind-altering performance enhancing chemicals as a significant health problem for many adolescents, resulting in negative affects on behavior, learning and the total development of each individual. The use of mind-altering performance enhancing chemicals, for some adolescents affects co-curricular participation and development of related skills. The lives of other adolescents are affected when family members, team members and other persons use these substances.

## **POSITION STATEMENTS**

It is the position of the Longwood Athletic Department that:

- Athletes, as well as all students, should abstain from the use of alcohol and controlled substances as well as refrain from using tobacco and smokeless tobacco.
- Coaches and other adult personnel should demonstrate responsible use of alcohol and tobacco in an appropriate setting and abstain from the use of controlled substances.
- No coach may use alcohol, tobacco or other drugs during an athletic contest sponsored by the school district, Section XI or its member schools.

## **STUDENT CODE**

A student shall not use a beverage containing alcohol, use tobacco, use steroids, or use or consume, have in possession, buy, sell or give away any controlled substance defined by law as a drug. It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student's use.

## **Guidelines for Parents of Student/Athletes**

Make sure your child knows that win or lose; you love them. Let them know that you appreciate their effort and that you will not be disappointed in them if the score is not in their favor. Be the person in their life they can always look to for support.

Try to be completely honest with yourself about your child's athletic capability, competitive attitude, sportsmanship and level of skill.

Be helpful, but do not coach your child on the way to the game or at the breakfast table. Think how tough it must be on them to be continually inundated with advice, pep talks and criticism.

Teach your child to enjoy the thrill of competition, to be "out their trying" to be constantly working to improve their skills, to take the physical bumps and come back for more. Do not tell them that winning doesn't count, because it does and they know it. Instead, help them to develop a healthy competitive attitude, a "feel" for competing, for trying hard and for having a good time.

Do not compete with your coach. A coach may become a hero to them for a while, someone who can do no wrong and you may find that hard to take. Or you child may become disenchanted with the coach. Do not side with them against the coach.

Don't compare your child with other players on the team, at least not within their hearing. If they have tendency to resent the treatment they get from the coach, if they are jealous of the approval other players get, try to be honest with them. Don't lie to your child about their capabilities as a player. If you are overly protective, you will perpetuate the problems.

Get to know your child's coach. Make sure that you approve of the coach's attitudes and ethics. A coach can be very influential and you should know what his/her values are so that you can decide whether or not you want them passed on to your child.

Remember that children tend to exaggerate when they are praised and when they are criticized. Remember your reactions to the stories your child brings home from the school. Don't criticize them for exaggerating, but don't overact to the stories they tell you.

Teach your child the meaning of courage. Courage is not the absence of fear. Courage is learning to perform in spite of fear. Courage is not getting rid of fear. It is overcoming it.

Remember that officials are necessary. Don't overreact to their calls. They have rules and guidelines to follow and are representing authority during the game. Teach your child to respect authority and to play by the rules.

Finally, remember if children aren't having fun we're missing the whole point of interscholastic and youth sports.

# **ATHLETIC OFFERINGS**

## **FALL**

**Football**

**Boys/Girls Soccer**

**Girls Tennis**

**Boys/Girls Cross Country**

**Boys Golf**

**Cheerleading**

**Lionettes**

**Girls Volleyball**

## **WINTER**

**Wrestling**

**Boys/Girls Basketball**

**Boys/Girls Winter Track**

**Boys/Girls Bowling**

**Cheerleading**

**Lionettes**

**Step Squad**

## **SPRING**

**Softball**

**Baseball**

**Boys/Girls Lacrosse**

**Boys Tennis**

**Boys and Girls Spring Track**

**Girls Golf**

## **CONTACT INFORMATION**

Athletic Office	(631) 345-9260
High School Main Office	(631) 345-9200
Junior High Main Office	(631) 345-2700
Middle School Main Office	(631) 345-2735
High School Nurse	(631) 345-9250
Junior High School Nurse	(631) 345-2720
Middle School Nurse	(631) 345-2740
Athletic Trainer	(631) 345-9273
Transportation	(631) 345-9600
Security	(631) 345-6500

**School Colors:** Dark Green/White/Gold

**Logo:** Pride, Spirit & Heart

**Mascot:** Lion

**NYSPHSAA & Section XI placement**

AA / League I / Conference I

### **Teams**

26 Varsity

15 Junior Varsity

29 Junior High School



# Longwood Central School District

## Athletic Contract

I have read and understand my responsibilities for participating in the Longwood Athletic Program as outlined in the *Interscholastic Athletic Handbook for Athletes and Parents*. I also understand the consequences for violating any of the policies and procedures outlined in the Longwood School District and Section XI Code of Conduct.

As a student athlete, I pledge to:

- Communicate my sports schedule well in advance to my parents and teachers.
- Schedule my personal life so that it does not conflict with team expectations.
- Give my coach notice well in advance of any commitments I have that conflict with the team schedule.
- Discuss issues of concern with my coach, team captains and parents before they become problems.
- Maintain academic eligibility.
- Abide by all the training rules set forth by my coach and the Athletic Department.
- Make a commitment to my teammates and coaches to continually strive to contribute to the program and exercise responsible sportsmanship.

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Signature of Student-Athlete

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Date

I have read the Longwood Central School District's *Interscholastic Athletic Handbook for Athletes and Parents*. I understand and accept responsibility in supporting my son/daughters decision to commit to the team and live up to the expectations set forth in this handbook.

As a parent/guardian, I pledge to:

- Grant permission for my daughter/son to participate in the program.
- Stay informed about my daughter'/son's athletic schedule to minimize conflicts between our family schedule and the athletic schedule.
- Assure that my daughter/son attends all practices, contests, special events and follows all training rules and regulations of the program.
- Affirm that it is the responsibility of the coach to determine strategy and player selection.
- Encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice, or other sporting event.

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Signature of Parent/Guardian

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Date

**THIS FORM MUST BE SIGNED AND RETURNED TO THE COACH**

