



***HUDSON FALLS CENTRAL SCHOOL DISTRICT***

***INTERSCHOLASTIC ATHLETICS  
TRAINING AND BEHAVIOR RULES***

**2023-2024**

**To Parents/Guardians:**

This material is presented to you because your son or daughter has indicated a desire to participate in interscholastic athletics at Hudson Falls Central School District. We believe that participation in sports provides a wealth of opportunities and experiences that assist students in personal development. It should be recognized that involvement in interscholastic athletics is a privilege and not a right. All student-athletes who elect to participate are voluntarily making a choice of self-discipline and commitment. The health, safety and welfare of your son or daughter is the District's first priority and guides the conditions that the Athletic Training and Behavior Rules requires.

**To the Student-Athlete:**

As a participant in the interscholastic athletic program at Hudson Falls Central School District, you are expected to act responsibly and to follow established rules. By participating in interscholastic athletics to the best of your ability, you make a positive contribution to the reputation of the District and the community. The training and behavior rules in this handbook form the basis of building the discipline, pride and respect necessary for athletic success, and apply to all students participating in any athletic program at Hudson Falls Central School District.

**Philosophy**

Participation in interscholastics athletics teaches students some of life's most valuable lessons. We are proud to foster traits such as giving your personal best for the team and showing sportsmanship in the face of both victory and defeat. Opportunities within our interscholastic athletics allow students to exhibit character traits such as responsibility, leadership, respect, loyalty, health and wellness, and good citizenship.

Hudson Falls Central School District's athletic program offers extensive opportunities for male and female student-athletes in nearly 20 sports across all three seasons. Our programs are governed by the rules and regulations of the New York State Department of Education, New York State Public High School Athletic Association, Section 2 and the Foothills Council.

Our student-athletes are expected to respect their opponents, maintain self-control and always respect the decision of game officials. This athletic handbook stresses that participation is a privilege, not a right.

### **New York State Public High School Athletic Association**

NYSPHSAA has a set of rules to govern each sport offered in any school in New York State. The state organization will be referred to often as we go through this handbook. Hudson Falls is a member of the NYSPHSAA and is in Section 2 with other local schools. Section 2 does have tournaments for most varsity sports and the winner of this tournament moves to a state level competition. Copies of the NYSPHSAA Handbook can be found on their website at [www.nysphsaa.org](http://www.nysphsaa.org) under the Resources section.

### **Foothills Council**

The Foothills Council is composed of ten (10) member schools that cooperate together to promote and provide athletic competition in various sports. Individual and team champions are recognized by the league and league schedules are provided within the guidelines of New York State and Section 2. The Foothills Council is one of the most highly-regarded leagues in New York State and has established as one of its goals the joining together of student-athletes and fans to emphasize the proper ideals of sportsmanship, ethical conduct and fair play.

### **Foothills Council Sportsmanship Code**

In the belief that good sportsmanship on the part of spectators at high school athletic contests is as important as good sportsmanship on the part of athletes, the following guides for conduct will be implemented as a means of continuing and strengthening the ties that exist between member schools.

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

Each spectator, both student and adult, be encouraged to follow this sportsmanship code:

1. Consider my athletic opponents and the officials as my guests and treat them as such.
2. Cheer for both teams as they come on the field of play.
3. Applaud good plays made by either team.
4. Not applaud errors.
5. Not "raz" the players of either team or anyone officially connected with either team.

6. Consider the officials as the proper authorities to make decisions and accept their decisions.
7. Recognize that the good name of the school is more important than any game won by unfair means.
8. Advocate that any spectator who continually displays poor sportsmanship be requested not to attend future contests.

### **New York State Public High School Athletic Association Misconduct**

1. Any member of a squad ruled out of a contest for unsportsmanlike conduct or for a flagrant foul **shall not participate in that sport in the next previously scheduled contest** with a member school or in NYSPHSAA tournament play. Disqualification from one season will carry over to the next season of participation.
2. Any member of the squad who strikes, shoves, kicks or makes other physical contact with the intent to do so to an official shall be expelled from the game immediately and **banned from further participation in all sports for one year from the date of the offense.**
3. **Hazing and harassment or any unwanted physical or verbal acts, threats or any demeaning commentary directed at any athlete is strictly prohibited.** Hazing and these initiations are expressly prohibited by any student on any of our athletic teams at any level. Consequences will be according to the nature of the event, the severity of the event and the number of previous occurrences. Hazing in New York State is against the law. For students, hazing means any conduct or methods or initiation into any student organization, whether on public or private property, before, during or after school hours, which willfully or recklessly endangers the physical or mental health of any student or other person, or which is reasonably likely to cause harassment, intimidation, physical, emotional or psychological harm, including embarrassment or loss of human dignity, to another person. Consent of the victim of hazing shall not be available as a defense to any prosecution of hazing under this policy.

### **Eligibility Standards**

The opportunity to participate in interscholastic athletics is a privilege that is earned and can be maintained through consistent effort and academic success. Further, it is the expectation that all students who represent Hudson Falls Central School District in interscholastic athletics will live up to a set of standards that make them a credit to their school, team and community.

### **NYS Student Eligibility for Athletics**

A pupil shall be eligible for interschool competition or inclusive athletic activities in a sport during a semester, provided that he or she:

- is a bona fide student, enrolled during the first 15 school days of such semester,
- is registered in the equivalent of three regular courses,
- is meeting the physical education requirement, has
- has been in regular attendance 80 percent of the school time, bona fide absence caused by personal illness excepted

### **NYS 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 of 19 prior to July 1 may not participate in interscholastic athletics during that school year.

Seventh and eighth grade students between the ages of 12-15 may participate in the "Modified Program." A student reaching the age of 16 during a sports season may complete that season and must play varsity or junior varsity the next sport season.

A student-athlete shall be eligible for only four years in any one interscholastic sport unless advanced by the Selective Classification process.

### **NYS Selective Classification (Athletic Placement Process)**

Hudson Falls Central School District participates in the New York State Education Department approved program that can provide the opportunity for Seventh and Eighth grade students to participate on Varsity and Junior Varsity teams.

This program is not designed to be used to fill positions on teams, provide additional experience, provide an opportunity for middle school or junior high students when no modified program is offered, or to reward a student. Instead, it is aimed at the few, select students who can benefit from such placement because of their level of physical and emotional readiness.

To be considered for this program, the following steps must be met:

1. Must first be brought to the director of athletics by the intended team's coach's recommendation, not the student-athlete or parent/guardian. However, all students who are to be evaluated must first obtain written parent/guardian permission before any evaluation may begin.

2. Medical examination and approved by the school physician with the developmental or maturity level determined by the school nurse/nurse practitioner in accordance with established guidelines for the level of the team.
3. Height and weight should be in line with others on the team.
4. Physical Fitness Achievement Test: The New York State Physical Fitness Screening Test must be administered by a physical education teacher or director of athletics. The athlete must score at a high norm for the grade level that predominates the sport, i.e., at grade 11 for varsity, at grade 10 for junior varsity.
5. The individual's skills proficiency is judged on the basis of demands of the sport at the level of play in which the pupil is endeavoring to qualify.
6. Prior successful experience in a sport is to be a consideration. Student-athletes who may desire to participate in bowling and golf only have to satisfy the requirements in #1, #4 and #5 and must be one of the top eight on the team.

### **HF District Rules and Regulations**

When a student-athlete and parent/guardian verify and submit their athletic registration through Family ID, they agree to abide by all rules and guidelines stated on Family ID, in the Athletic Training and Behavior Rules, the Student Handbook, as well the Dignity for All Students Act. Serious violations will be considered by the Athletic Rules Committee. This committee will be composed of the Director of Athletics, the High School Principal and the Coach. Parents will be notified of all penalties and an informal conference will be offered to ensure due process. Students that exhibit a pattern of behavior leading to multiple disciplinary actions may be referred to the Athletic Rules Committee as needed for additional consequences.

### **Attendance Requirements the Day of Event/Game**

Unless excused by the Principal or Athletic Director due to special circumstances, a participant must be present in school on the day of an event/contest. A participant will be deemed present if he/she is in attendance by 9:30 a.m. If the student leaves school prior to the end of the day, he or she is not entitled to participate unless the Principal/Athletic Director gives prior approval. Exceptions will be granted to those who provide valid medical excuses, a family emergency arises, vocational studies program, or applicable Early Release days. Additional pre-arranged tardies/absences or situations that are beyond the control of the student will be considered on a case by case basis. Repeated tardiness to school may result in the student-athlete not participating in after-school or weekend interscholastic athletics programs.

Should school open on a 1-hour or 2-hour delay, students must be in attendance for the entirety of the academic day. Exceptions will be granted to those who provide valid

medical excuses, a family emergency arises, vocational studies program, or applicable Early Release days. Additional pre-arranged tardies/absences or situations that are beyond the control of the student will be considered on a case by case basis.

If the event/contest is on a non-school day, the student must be present on the last school day preceding the event/contest, unless legally excused, to be eligible to compete.

### **School Absences**

If a student was absent for the academic day, they are not allowed to be present for extracurricular activities. There may be exceptions to this rule on a case by case situation that will be determined by administration. Additionally, if a student leaves school ill, that student may be declared ineligible to practice and/or play in the athletic contest that day.

### **Determination of Excused and Unexcused Absences, Tardiness and Early Departures**

Based upon our District's education and community needs, values and priorities, the School District has determined that absences, tardiness and early departures will be considered excused or unexcused according to the following standards:

- **Excused:** An absence, tardiness or early departure may be excused if due to personal illness, illness or death in the family, impassable roads due to inclement weather, religious observance, quarantine, required court appearances, attendance at health clinics, approved college visits, approved cooperative work programs, military obligations or other such reasons as may be approved by the Board of Education's designee.
- **Unexcused:** An absence, tardiness or early departure is considered unexcused if the reason for the lack of attendance does not fall into the above categories (e.g., family vacation, hunting, babysitting, haircut, obtaining learner's permit, road test, oversleeping).

### **Detention**

A student-athlete may not participate in any extracurricular activity until detention has been served. A student-athlete who fails to serve a scheduled detention without permission will not be allowed to participate in any practices or games until detentions are served. When a student athlete misses a practice due to a detention, the coach may elect to impose team penalties (ex. loss of playing time).

### **In-School Suspension**

Refusal to accomplish school tasks even though able to do so; insubordination, disorderly, vicious, illegal or immoral conduct, and persistent violation of school regulations are causes for suspension from school.

Students who are assigned ISS will be ineligible for athletic participation for a number of days equal to the number of days of ISS. Whenever possible, the period of athletic ineligibility will begin on the day of the infraction, regardless of when the ISS is scheduled to be served. In situations when the behavior cannot be addressed on the day of occurrence, the period of athletic ineligibility will begin on the day that ISS is assigned, regardless of when it is scheduled to be served. Student athletes may not attend practice on days when they are ineligible due to ISS. Student athletes will continue to support their teammates by attending all competitions, but not dressed in any portion of the team uniform.

### **Out-of-School Suspension**

A student-athlete placed on out-of-school suspension may not participate in or attend any extracurricular activity, including weekends and evenings, until the suspension period has concluded and the student has been formally readmitted to school.

### **Unsportsmanlike Behavior**

Hudson Falls student athletes are expected to represent themselves, their teams, and their school in a positive and respectful manner at all times. They are expected to interact appropriately with coaches, opponents, spectators and officials. These same expectations apply when they attend competitions for other sports and/or other schools. Student athletes who do not comply with these expectations may be subject to team consequences as determined by the coach and/or athletic consequences (including suspension or removal from the athletic program) as determined by the Athletic Director and Principal.

### **Behavior Unbecoming a Student Athlete**

Participation in the Hudson Falls CSD athletic program is a privilege and student athletes are expected to behave in a manner that will reflect positively on their teams and their school. As visible representatives of the athletic program and the school district, it is the responsibility of the student athlete to make productive decisions at school and in the community. Behaviors that violate these expectations and reflect poorly on the athletic program and the school will be met with proportional consequences. Such behaviors will be identified at the discretion of the Athletic Director and Principal but may include bullying, harassment, hazing, vandalism, theft, assault,

and illegal acts resulting in police involvement. Offenses of this nature will be evaluated on an individual basis and may result in suspension or removal from the athletic program, as determined by the Athletic Director and Principal. Alcohol and drug-related offenses that result in police involvement may also be treated as “behavior unbecoming a student athlete” and may result in consequences in excess of those outlined in the alcohol/drug portion of the Training and Behavior Rules. Student athletes who are suspended for “behavior unbecoming a student athlete” will continue to support his/her teammates by attending all competitions, but not dressed in any portion of the team uniform. Competitions not attended by the student athlete will not be counted as competitions served toward a suspension, unless approved by the Principal and Athletic Director in advance.

### **Training Rules Violations**

Any student-athlete found to be using, in the possession of, or in the company of others who are using, abusing, or in possession of tobacco products, e-cigarette or vaping devices, alcohol, non-prescribed drugs, or drug paraphernalia, whether on or off school grounds, will be in violation of the Athletic Training Rules of Hudson Falls Central School District. If the Athletic Rules Committee determines the student-athlete left the area of others immediately upon discovery of the inappropriate behavior, that student-athlete will be held harmless. Failure to comply with these rules will result in the following penalties:

#### **First Offense:**

**Option 1:** Mandated participation in programs which are dedicated to the skill of decision making. This may include alcohol or substance abuse classes and decision making skills programs. The parent/guardian agrees to take responsibility for ensuring the student-athlete gets to and attends all the classes. \*Proof of completion must be received within two weeks of the violation. Failure to complete the program will result in further consequences.

**Option 2:** Suspension from participation in 30% of the number of allowed games in that sport. The student-athlete will be expected to practice with the team during this entire period. A scrimmage is counted as a practice and tournament play is counted as one game. The 30% will be carried in the student-athlete’s next sport season, if applicable.

#### **Second Offense:**

**Referral to Youth Court & Athletic Suspension:** : Mandated participation in an evaluation and treatment program by a qualified service provider approved by Administration. \*Proof of completion must be received by the end of the suspension

period. In addition, the student-athlete will be suspended from participation in 50% of the total number of allowed games in that sport. The student-athlete will be expected to practice with the team during this entire period. A scrimmage is counted as a practice and tournament play is counted as one game.

### **Third Offense:**

***One Year Athletic Suspension:*** The student-athlete will be suspended for 12 months from participating in interscholastic athletics starting from the date of the infraction. Participation beyond that date will be determined by the Athletic Rules Committee.

### **Fourth/Subsequent Offenses:**

***Removal from Participation:*** The student-athlete will be precluded from any further participation in interscholastic athletics while a student at Hudson Falls Central School District.

## **Duration of Athletic Training and Behavior Rules and Consequences**

### **Middle School**

The Athletic Training and Behavior Rules are in effect for the middle school student-athletes from the first day of legal practices in the fall of the year they enter seventh grade through the last day of eighth grade for students in June. All student discipline cases that occurred while in middle school and playing on modified teams will stay a part of the middle school record and not transfer to the high school.

Any middle school student who successfully completes the Athletic Placement Process to compete at the high school level (junior varsity or varsity) is subject to the high school standards for Athletic Training and Behavior Rules violations and the progression of consequences. More specifically, when a student who meets these conditions has a violation while in middle school, that violation will carry over to the high school. For example, a student who commits one violation in middle school while playing on a junior varsity or varsity team will begin high school with one violation. The next violation for that student while in high school would be considered a second violation.

### **High School**

The Athletic Training and Behavior Rules for all high school student-athletes will be in effect July 1 of the year they enter ninth grade and continue through graduation of their senior year. This applies to any student-athlete who has or intends to participate in a sport. Any known violations of the Athletic Training and Behavior Rules will be recorded

and documented as such. The consequences associated with a violation to these rules, whether it be the first, second or third violation, will be applied to the student-athlete:

1. During the season in which they are currently participating or
2. The next season in which the student participates.

### **Vandalism and/or Theft**

Any athlete who is proven to have intentionally committed an act of vandalism or theft, either at a Hudson Falls School or at an opponent school while representing a Hudson Falls team, will be suspended from that team for the remainder of that sport season.

**\*It should be noted that the facts of an incident may warrant immediate removal from the team if the Head Coach and/or Administration believe that the offense committed by the student warrants such action. Further, the Administration holds discretionary rights when assigning a strike(s) and penalty to a student. Administrative discretion may include but is not limited to the following (i.e. developmental level of student, participation level of student, and other extenuating circumstances).**

### **Tryouts/Quitting Teams**

The coaches will establish a fair and equitable try-out process pertaining to their respective sport and may involve a student-athlete being cut from the team based on an evaluation process. During this time, a student may voluntarily withdraw from the team by conferring with the coach, stating his or her reasons and turning in all issued equipment.

Student athletes are expected to honor the commitment he/she makes to teammates, coaches, and the school by accepting a place on the team. After the roster has been set, a player who quits a team without the approval of the coach and Athletic Director will not be allowed to participate in that sport the following year.

Student athletes who are considering quitting a team are strongly encouraged to consult with their parents and coaches before making a decision. Parents, in turn, are encouraged to communicate with the coach and the Athletic Director, to discuss the situation. The Athletic Director may waive the period of athletic ineligibility if they determine that allowing the student to leave the team is in the best interest of the student athlete or the team

### **Physical Education Participation**

Regardless of participation in any athletic program, all students are required to participate in physical education class as established in board of education policy as required by the Commissioner of Education and the Board of Regents. A student-athlete must maintain a passing average in physical education at all times.

### **Vacation Policy**

When the immediate family's vacation conflicts with a sports season, the athlete shall not compromise his or her membership on the team by joining the family. If an athlete goes on vacation without their immediate family, he/she may give up the opportunity to be on the team.

In the event of an absence due to vacation with immediate family, the student-athlete must:

1. Contact the head coach at least two weeks prior to the vacation
2. Be willing to assume the consequences related to their status on that team as a starter, second string, third string, etc.
3. Accept the specific program rules and regulations.

### **Transportation**

Only team members listed on the official team roster may ride on school transportation. All team members are expected to ride the school transportation to and from all scheduled events. Coaches shall allow parents or guardians reasonable requests to transport their own child when those requests are communicated in person and in writing. When team travel is deemed necessary, coaches shall communicate their requirements in meetings prior to the event.

### **Care of Equipment and Uniforms**

All equipment issued by the school will be the responsibility of the individual athlete. Any equipment that is carelessly or purposely lost, damaged or destroyed by a player, must be paid for or replaced by the student. A student-athlete may not try out for another sport until all equipment has been returned or paid for.

### **Academic Eligibility Procedures**

It is the expectation that all student-athletes who represent the Hudson Falls Central School District will maintain good academic standing. Solid effort put forth is an integral part of a student's ability to maintain this status. The following criteria will be used to determine eligibility relative to interscholastic athletics:

Student eligibility will be reviewed based on the marking period immediately preceding the onset of the season and every 5 weeks throughout the season once rosters are finalized.

- At the beginning of the school year, the athletic office will monitor students' grades for the fourth marking period from the previous year to determine initial Fall eligibility.
- If a student-athlete failed two or more classes based on the initial review of their grades, they will spend the first two weeks of the season **On Watch**.

#### **On Watch:**

During this period, the student will still be allowed to continue to practice, attend meetings, as well as participate in competitions or events. However, the student will need to demonstrate evidence of academic improvement.

- At the end of two weeks, the student will submit a *Student Academic Progress Report* to the Athletic Office.
- If the student, who is On Watch, does not return the Student Academic Progress Report to the Athletic Office, or if the student submits a report that shows no academic improvement, they will be placed on **Academic Probation**.

#### **Academic Probation:**

During Academic Probation, student-athletes will be allowed to practice and compete in competitions for a period of two weeks.

- During these two weeks, the student-athlete must attend Academic Support sessions from 2:30-3:30 Monday through Thursday.
- After 3:30, the student-athlete can attend practice and still compete in competitions.
- Failure to attend any Academic Support sessions without permission will result in further consequences.
- At the end of the two week period, the student must submit his/her Student Academic Progress Report to the Athletic Office.
- If the student is no longer failing two or more classes, they will be removed from Academic Probation.
- If a student, who is on Academic Probation, does not return their Student Academic Progress Report or submits a report that does not demonstrate academic improvement, they will be placed on **Academic Suspension**.

#### **Academic Suspension:**

When a student is found to be failing two or more courses after the Academic Probation period, he/she shall be placed on Academic Suspension for two weeks.

- During Academic Suspension, student-athletes will be allowed to practice, but **not** compete in competitions.
- Students on Academic Suspension will need to demonstrate evidence of getting extra help in the classes they are failing.
- During these two weeks, the student-athlete must attend Academic Support sessions from 2:30-3:30 Monday through Thursday.
- Failure to attend any Academic Support sessions without permission will result in further consequences.
- At the end of the two week period, the student must submit his/her Student Academic Progress Report to the Athletic Office.
- If a student, who is on Academic Suspension, does not return their *Student Academic Progress Report* or if the student submits a report that does not demonstrate academic improvement, they will remain on Academic Suspension.
- If the student has reduced the number of failures to one or none, they will be removed from Academic Suspension and be placed On Watch.

**\*If a student is ineligible during a try-out period for a team, they will be allowed to attend a two day tryout with the team. This try-out waiver is to avoid students being excluded from a team for an entire season that spans multiple eligibility periods.**

We believe it is important for students to have support and intervention from parents, teachers and administration when it becomes apparent that academic achievement cannot be maintained. This cooperative effort is designed to encourage and motivate students to continue to perform at their potential academically and in all areas of their interests.

Athletes suspended from participation by this policy will still be required to meet NYSPHSAA sport specific conditioning requirements before being allowed to resume participation in interscholastic contests.

### **Medical Clearance/Registration**

#### **Requirements**

1. All student-athletes who desire to participate in athletics must show proof of a valid physical exam, or be examined by the Hudson Falls Central School District medical director.
2. A student-athlete WILL NOT be able to participate or practice in athletics without the Hudson Falls Central School District medical director approval.

#### **Parental Consent and Emergency Medical Authorization Form**

1. All forms will be available via FamilyID.

2. The student and parent will complete the FamilyID Registration in its entirety prior to the first day of sanctioned participation.
3. FamilyID Registration does not open until 30 days prior to the first day of sanctioned participation.
4. FamilyID accounts MUST be registered under a parent/guardian name and email.

### **Updated Physical Examination**

1. All participants must have an updated physical exam no more than one year prior to participation in athletics.
2. Appointments can be arranged for a physical examination with the district medical director when available.

### **Injuries and Accident Reports**

It is extremely important to report any injury to your coach immediately. If a student-athlete is injured during a practice or contest, an accident report will be filled out by the coach and submitted to the health office. Student-athletes will not be eligible to return until they have been cleared by a doctor and show proof to the district health office.

### **Return to Play After Injury, Illness or Extended Absence**

Any student-athlete whose safe participation is in question as a result of injury or prolonged absence due to illness must be reevaluated by the school nurse prior to participation.

### **Concussion Information**

Though the most severe head/brain injuries can be recognized at the time of the incident, the signs and symptoms of others may be delayed. If an athlete reports one or more symptoms of a concussion after a bump, blow, or jolt to the head or body, he/she should be kept out of play the day of the injury and observed closely for at least 24 hours.

### **Recognition and Return to Play Protocol**

The following protocol has been developed in accordance with the NYSED regulations. It is important to remember the physical and mental well-being of the students at Hudson Falls Central School District is a primary concern. The information contained below is to be used as mere guidelines that are to be implemented in the time following a concussion event.

When a student shows signs or symptoms of a concussion or is suspected to have sustained a brain injury after an evaluation by coaching staff or medical personnel the following must take place:

1. The student will not be allowed to return to play/activity in the current game or practice, and parent/guardian will be informed by the head coach.
2. The student should not be left alone and regular monitoring for deterioration is essential over the next 24 hours following injury.
3. Following the initial injury, the student must follow up with their primary care physician, school district physician or with an urgent care/emergency care facility within the first 24 hours. It is recommended that a student see a healthcare professional who has had proper training in evaluation and management of sports concussions.
4. Return to play must follow a medical clearance and successful completion of the "Return-to-Play Protocol."
5. The school nurse will supervise and document the Return-to-Play steps. The school district physician has the final determination for the students return-to-play status.

The cornerstone of proper concussion management is rest until all symptoms resolve and then a graded program of exertion before returning to a sport/activity. The program is broken down into six steps in which only one step is covered per one 24-hour period. The next six steps involved with the "Return-to-Play" Protocol are:

1. No activity until asymptomatic.
2. Light aerobic exercise such as brisk walking or stationary bike, etc. No resistance training.
3. Sport/activity specific exercise such as skating, running, etc. Progressive addition of light resistance training.
4. Non-contact training/skill drills.
5. Full contact training in practice setting (if a contact/collision sport).
6. Return to competition.

If any concussion symptoms recur, the athlete should drop back to the previous level and try to progress after 24 hours of rest. In addition, the student should also be monitored for recurrence of symptoms due to mental exertion, such as reading, working on a computer, or taking a test.

The school district physician will have the final decision regarding the return to play. The Director of Athletics, District Head Nurse, interscholastic coaches and physical education teachers may also be used to evaluate each individual situation as well.

## **Awards and Banquets**

### **General Information**

1. All varsity student-athletes will receive an award certificate indicating their participation on a sports team and a pin.
2. All sub-varsity student-athletes will receive an award certificate indicating their participation.

### **Varsity Letter**

Every student-athlete that participates in a Varsity sport for the first time will receive a Varsity Letter.

### **Individual Team Awards**

Any **individual team award** a varsity coach would like to present to his/her team or team members may be requested to the director of athletics or purchased through team fundraising efforts.

### **League and Section 2 Varsity Awards**

Individual medals and certificates are not generally awarded to league champions. Section 2 does present medals, ribbons and team trophies at their championship events.

### **Sports Banquets**

1. Each individual team/program will coordinate and organize individual banquets after each season to deliver certificates and individual team awards.
2. The Senior Athlete Awards Banquet will be held at the conclusion of the school year where senior athletes will be recognized and celebrated.

### **Tiger Trackers Booster Club**

1. The Tiger Trackers Booster Club is organized by volunteer members to support and service the Interscholastic Athletic programs at the Hudson Falls Central School District. The members strive to promote understanding and support the athletic activities at Hudson Falls among the membership, students, faculty, community, and especially among the athletes, parents and coaches. They seek to assist the program by cooperating with the Director of Athletics and the coaching staff to recognize and reward outstanding individuals and team members participating in varsity-level athletics.
2. The TTBC supports individuals and teams by purchasing and presenting league, sectional, regional and state awards., sponsoring award dinners for senior athletes, and contributing to the athletic programs and events.