

# LYONS CENTRAL SCHOOL DISTRICT



## **EXTRA-CURRICULAR HANDBOOK**

(2019-2020)

FOR  
STUDENTS  
&  
PARENTS

# I. LYONS ATHLETIC OFFERINGS

<u>FALL</u>	<u>VARSITY</u>	<u>J.V.</u>	<u>MODIFIED SPORTS</u>		
			<u>7<sup>TH</sup></u>	<u>8<sup>th</sup></u>	<u>COMB</u>
Football	X				
Girls Soccer		X			X
Cheerleading	X				
Girls Volleyball	X	X			X
Girls Tennis	X				X
Girls Cross Country	X				X
Boys Cross Country	X				X

<u>WINTER</u>	<u>VARSITY</u>	<u>J.V.</u>	<u>MODIFIED SPORTS</u>		
			<u>7<sup>TH</sup></u>	<u>8<sup>TH</sup></u>	<u>COMB</u>
Boys Basketball	X	X			X
Girls Basketball	X	X			X
Cheerleading	X				
Wrestling	X				X
Girls Bowling	X				
Boys Bowling	X				
Indoor Track	X				

<u>SPRING</u>	<u>VARSITY</u>	<u>J.V.</u>	<u>MODIFIED SPORTS</u>		
			<u>7<sup>TH</sup></u>	<u>8<sup>TH</sup></u>	<u>COMB</u>
Baseball	X	X			X
Softball	X	X			X
Boys Tennis	X				X
Boys Track & Field	X				X
Girls Track & Field	X				X
Boys Golf	X				

## **II. SCHEDULING INFORMATION**

For all athletic contests, including games and departure times visit:  
[www.lyonscsd.org](http://www.lyonscsd.org) – Click on WCAA Athletics – Or you can log onto:  
[www.sectionvny.org](http://www.sectionvny.org)

For the days daily contests call the sports hotline at:  
**315-946-2200, Press 6**

To reach the athletic director call:  
**315-946-2250**

## **III. ATHLETICS PHILOSOPHY**

### **A. A MESSAGE FROM THE ATHLETES:**

It is not your game; it's ours, the players and student athletes that are competing. We hope the spectators will watch, enjoy, encourage and be proud of us, win or lose. We need your support and enthusiasm, not your yelling and criticism.

### **B. PHILOSOPHY OF INTERSCHOLASTIC ATHLETICS:**

Interscholastic athletics in the Lyons Central School District is a component of the health and physical education program and therefore is an integral part of the district's total education program. Athletics should be a broadening experience in which harmony of mind-body functions is created through striving for physical and mental excellence. This value-building experience should be offered to as many students as possible. A well-coordinated program is vitally important to the morale of the school and our community.

Everyone involved in the delivery of athletics possesses a unique opportunity to teach positive life skills and values. Therefore, this educational experience demands highly qualified coaches. Desire, dedication, and self-discipline need to be developed in order to ensure the commitment and personal sacrifice required by athletes. Making such a commitment helps nurture integrity, pride, loyalty, and overall character. The final outcome is a better citizenry carrying these values throughout their life.

It is the nature of the athletic competition to strive for victory. However, the number of victories is only one criterion when determining a season's success. Guiding the team to attain maximum potential is the ultimate goal. To this end, the coaching staff must teach student athletes to prepare their minds and bodies in order to reach maximum potential, and then to be modest in victory and steadfast in defeat.

### **C. MODIFIED PROGRAM PHILOSOPHY:**

The opportunity to participate in a modified sports program is available to all seventh, eighth, and selected 9<sup>th</sup> graders. 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 and game rules, fundamentals of team play, socio-emotional growth, physiologically appropriate demands on the adolescent body, and healthy competition.

It is not our policy to cut students at the modified level. However, if the number of students trying out for a team creates a situation that is difficult to manage, poses a safety problem, or is problematic because of facility considerations, reducing team size may be necessary. Ultimately, the number of teams and size of the squad in any sport will be determined by the availability of:

1. Financial resources
2. A safe environment
3. Suitable indoor or outdoor facilities
4. Qualified coaches

In order for the desired development of the adolescent athlete and team to occur, practice sessions are vital. The New York State Public Health Athletic Association publishes regulations by which practice sessions are governed. Occasionally, practice or contests will be scheduled for Saturdays. Opportunities for meaningful contest participation for each team member will exist over the course of the 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 Athletic Placement Process (APP). Criteria that must be met in order to play at an advanced level include a coach's recommendation, parental approval, medical approval, appropriate development rating, passing athletic performance test scores, and the coach's skill evaluation. Additionally, students must display an advanced degree of socio-emotional maturity before team membership is granted.

The middle school student interested in playing up must meet with the varsity coach of that sport he/she intends to participate in three weeks prior to the beginning of that season. The coach will then set up a meeting with the athletic director two weeks prior to the start of that season to discuss the students playing up status. The athletic director will then make his decision and continue the selective classification process to see if that person qualifies to participate at the next level if approved.

### **D. JUNIOR VARSITY PROGRAM PHILOSOPHY:**

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, ninth and tenth graders 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, seventh and eighth graders may be included on a junior varsity roster, providing they meet the state requirements through the selection classification process.

At this level, athletes are expected to make a visible commitment 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 level.

The realization that practice sessions are important is a premise that is vital to a successful junior varsity 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-days-a-week commitment that is expected at the varsity level. While contests and practices are rarely held on holidays and Sundays, 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.

#### **E. VARSITY PROGRAM PHILOSOPHY:**

Varsity competition is the culmination of each sport's program. Normally, seniors and juniors make up the majority of the roster. Occasionally, a sophomore and infrequently a freshman or an eighth grader may be included on the team providing that evidence of advanced levels of physical development, athletic skill and appropriate socio-emotional development is demonstrated.

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 has a role and knows its importance. The number of roster positions is relative to the students' 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 the varsity team, as is the realization that a varsity sport requires a six-days-a-week commitment. This commitment is often extended into vacation periods for all sport seasons. While contests and practices are rarely held on holidays and Sundays, the dedication and commitment needed to conduct a successful varsity program should be taken seriously.

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 modified, junior varsity, and varsity programs is the responsibility of the varsity coach. Preparing to win, striving in each contest and working to reach the group's and individual's maximum potential are worthy goals of a varsity level team.

#### **F. PLAYING UP:**

The philosophy of Interscholastic Athletics portion of this handbook addresses, in general terms, what grade levels are eligible for membership on Varsity, Junior Varsity and Modified teams. Generally, student athletes should expect to play on the team intended for their grade level. In certain limited situations, student athletes may be allowed to try out for a team above or below their grade level.

The key person in these situations is the Head Coach. The head coach will recommend to the athletic director whether or not a student athlete should be allowed to play 'up' or 'down'. Key factors that will be taken into account are:

1. Lyons Central School Coaches Skill rating & recommendation
2. Physical Education teacher's rating of physical, social, and emotional maturity
3. Whether or not other students will be displaced if student in question is placed on team
4. All steps of the New York Athletic Placement Process will be followed
5. Academic status will be evaluated
6. Discipline status will be evaluated

#### **IV. INFORMATION FOR ATHLETES AND PARENTS**

#### A. ATTEND PRESEASON MEETING:

One of the most important ingredients for a successful sport season is effective, open and appropriate communication between the coach, parents and student athlete. In order to ensure that this communication takes place, preseason meetings are scheduled by the athletic department/coaches. Topics of these meetings include athletic policies, individual team expectations and rules, the health and safety of the student athlete and a variety of other topics. When preseason meetings are scheduled, student athletes and parents/guardians are encouraged to attend.

#### B. TRY-OUT PROCEDURES:

A student who is not allowed to attend beginning of season try-outs due to an academic and/or extra-curricular suspension will only be given a try-out if the suspension has ended prior to the first regular season contest. Athletes will only be given an opportunity to do this once in their high school career. Should a student miss try-outs due to an academic or extracurricular suspension a second time in their high school career, they will not be allowed to try-out. In addition, the athlete will also be responsible for fulfilling their obligations per the athletic code of conduct policy.

#### C. ATTEND PRACTICE SESSIONS:

Student athletes are expected to attend all scheduled practice sessions and games unless excused by the coach in conjunction with the parent. The importance of practice is clearly stated in the philosophy portion of this handbook. It is important to note that fall practices for junior varsity and varsity teams begin the second week of August.

#### D. QUESTIONS, CONCERNS, AND COMMUNICATION:

From time to time during the course of an athletic career in our school, parents and student athletes alike may have questions or concerns that need to be addressed. Ordinarily, the team coach is the best source of information. If there is a concern, the coach is usually the best place to begin the communication process. However, if you should choose not to speak directly with the team coach, or after speaking with the coach you are not entirely satisfied, the next step is to communicate with the athletic director.

Almost all questions or concerns can be resolved through the above process. If there is still a concern after following the steps outlined above, parents and/or student athletes may speak with the building principal, superintendent of schools, and if necessary the Board of Education in that order.

#### E. CHANGING SPORTS:

It is important that the student athlete try to go out for the right sport, particularly at the junior varsity and varsity levels. A student may not change from one sport to another once a team has been selected, without permission of the athletic director. If he or she has been cut from one team, it is legitimate to try out for another team. **A student who quits a sport at the modified level will be suspended for 10% of the next sport that they participate in next. A student who quits a sport at the J.V. or Varsity level will be suspended for 10% of the next sport that they participate in for the first infraction, and a minimum of 15 % for each infraction after that. See Below under the suspension title for clarification of the number of games suspension this is equivalent to. Quitting a sport means removing themselves from the team or refusing to follow the guidelines set by the coach after the start of the first contest. For modified athletes, they will have up until 25% completion of their season. It is important that the individual goes to support their teammates even though they may not participate!**

#### F. **EQUIPMENT:**

Athletic equipment becomes more costly every year. It is the responsibility of the student athlete to return all clothing and equipment issued. No one should have any equipment home after the season without permission. Failure to do this will result in the student athlete paying for the missing articles. No student will be allowed to participate in another contest until uniform/equipment has been turned in, or partial payment has been made. In addition, coaches **WILL NOT** be responsible for a student's belongings prior to participation of a sporting contest. Athletes are responsible to be prepared for their event by removing all jewelry per New York State Public High School Participation rule.

#### G. **TRANSPORTATION:**

Student athletes will be transported to and from away contests by school authorized vehicles only. In special cases, a parent may request to provide transportation for their child only. In such cases, the request must be made in writing in advance to the athletic director, building administrator, or coach. A student may not ride home with any other person except their parent, guardian, or a sibling who has graduated unless he or she has been granted permission by athletic director or building administrator.

#### H. **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 season's schedule as far in advance as possible. A student going on vacation with someone other than his or her immediate family will not be considered a legal family vacation. It is the student athlete's responsibility to let the coach know well in advance of their vacation. The coach has the right to dismiss the athlete from the team if he or she decides to go on a vacation without his or her immediate family.

#### I. **COMPETING ON NON-SCHOOL TEAMS IN SEASON:**

Opportunities exist for Lyons student athletes, especially at the junior varsity and varsity levels; to participate on non-school sponsored teams while participating on school-sponsored teams. When these situations occur, sound communication between the student athlete, parent or guardian, coaches and athletic administrators is mandatory.

As discussed in the philosophy portion of this handbook, membership on a junior varsity or varsity team requires considerable time commitment. Also as discussed in this booklet, the school district must monitor the wellness and safety of our athletes. With this in mind, each situation involving outside of school competition must be carefully evaluated on a case-by-case basis. Lyons student athletes' first commitment must be to the school program.

#### J. **SCHOOL SANCTIONED PROGRAM/TRIP:**

Students have numerous educational opportunities within our school system. The athletic department supports school sanctioned programs and trips but also realizes the student athletes who choose to participate in a school exchange may miss substantial amounts of practice time which affects personal conditioning and team chemistry. As stated in **family vacations**, student athletes who miss practice or competitions for any reason may have their position or playing time adjusted. Coaches, parents and

student athletes have a responsibility to each other to plan and communicate far in advance of each sport season when considering participation in school-sanctioned program/trips.

#### **K. TRAINING RULES:**

The general purposes of training rules are to promote good health, safety, and full participation in interscholastic activities. Students must decide if they want to be athletes. Medical research clearly substantiates that the uses of tobacco, alcohol and any type of mood modifying substances produce harmful effects on the human organism. You cannot compromise athletics with substance abuses. The student who wishes to experiment with such substance should remove him/herself from the team before she/he jeopardizes team morale, reputation, success, and personal health. The specific goals of these training rules are to discourage students from smoking, to discourage the use of alcohol and to discourage becoming involved with the illegal use, possession or sale of drugs.

Further, since high school athletes are in the public limelight representing both their school and community, and because they are looked upon by younger children, it is important that they set a good example for others. The training rules that have been established and approved by the administration and the board of education will begin when one's interscholastic career begins, grades 7-12.

## L. A GOOD SPORT:

**Student Athletes are expected to exhibit appropriate conduct. The following provides the basic expectations for each student athlete with respect to sportsmanship:**

1. Shows interest in the contest by enthusiastically cheering and applauding 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. Obey officials and faculty supervisors who are there to keep order.
7. Stay off the playing floor, field, or contest area at all times.
8. Does not disrupt others by throwing food, cups, or other materials around building or playing field.
9. Shows proper respect for officials, coaches, cheerleaders and guests in his/her community, and extend all courtesies toward them.
10. Knows that noisemakers of any kind are not proper for athletic events.
11. Pays attention to the halftime program and does not disturb others who are watching.
12. Respect 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.

## **V. ACADEMIC ELIGIBILITY POLICY FOR ALL EXTRA-CURRICULAR PARTICIPATION**

### **A. General:**

The Primary mission of the school district is the development of academic skills: In supporting this mission, all students are required to demonstrate acceptable levels of academic progress throughout the duration of the Extra-Curricular Activity in which they participate.

The District desires to maximize the educational success and the character development of all students and to prepare them to become contributing, productive citizens. The Extra-Curricular Handbook and the academic eligibility policy in particular, support this mission. The primary goal of this academic eligibility policy is to identify academic problems as early as possible to encourage students to take advantage of extra help opportunities.

Academic Eligibility for students participating in Extra-Curricular Activities will be reviewed periodically. Academic eligibility should be reviewed approximately every two (2) weeks, as determined by the District. For purpose of this Academic Eligibility Policy, a student's grade in each particular course shall be reviewed and monitored.

## **VI. RULES FOR EXTRA-CURRICULAR PARTICIPATION**

### **A. ADHERENCE TO STUDENT CODE OF CONDUCT:**

Students must abide by the Student Code of Conduct in order to be eligible to participate in extra-curricular activities, including athletics. Any violation of the Student Code of Conduct will be deemed a violation of the Extra-Curricular Handbook as well, for which a penalty may be imposed. Violations brought to the attention of administration will be dealt with according to policy. Violations past 90 days brought to the attention of the administration will be investigated and brought to the attention of the parents/guardians but will not follow consequences of this handbook. However, violations that involve law enforcement will be investigated and will be dealt with according to policy.

### **B. EXTRA-CURRICULAR CODE OF CONDUCT:**

The Lyons Central School District recognizes the importance of student participation in Athletics and the total development of each student. The District supports activities, which provide a unique experience where students can develop:

- Good Character
- Self-Discipline
- Teamwork
- Goal Setting
- Social Skills

The District also supports the idea that student participation in Extra-Curricular activities is a privilege, not a right. The privilege is earned by being a good student and a good citizen. It is an honor which carries responsibilities. When a student accepts the privilege, he/she must live up to a code of conduct beyond that of the general student body, both on and off school property, both during the season and off-season. This includes the responsibility to adhere to both the Student Code of Conduct as well as this Extra-Curricular Handbook. Since Extra-Curricular activities are optional, those who choose to participate in them will be held to a higher standard in terms of their behavior.

We recognize that in order to be fair and equitable, there must be a certain amount of flexibility involved in the enforcement of rules. Each infraction will be dealt with individually with a minimum penalty. The actual penalties may be more severe based on the individual circumstances and the findings of the District. Except as

provided in Section 6., below, a suspension from extra-curricular activities may be imposed for up to one calendar year. A calendar year is defined as 365 days from the date of the infraction. However, if a violation has occurred and an evaluation is required the student must complete the program and be drug-free in order to return to play.

### **1. Good Citizenship**

To participate in extra-curricular activities, students are expected to uphold standards of good citizenship in the school and community whether in or out of season, including summer vacation. Serious offenses in or out of school may result in penalties up to and including permanent suspension from extra-curricular activities, including athletics, all school sponsored activities, attendance at games, dances, etc. Examples of serious offenses include, but are not limited to; unsportsmanlike behavior, possession, use or sale of drugs/alcohol or tobacco products, violent behavior, vandalism, theft, illegal use or possession of weapons, destruction of property, assault, sexual offenses, sexual harassment, vehicular crimes, etc.

Any student charged with a misdemeanor or a felony will immediately be removed from the extra-curricular activity until the investigation has been completed by school administration and will serve a 20% minimum penalty for the alleged charges. Consequences regarding the charge(s) will be determined at the completion of the investigation by administration. If charges are dropped, which does not include an ACOD, prior to a student being involved in an extra-curricular activity, there will be no consequence.

### **2. Violation by Association**

Students must refrain from being in the company of others who are illegally using alcohol, drugs, or any controlled substances. A student who is knowingly in the presence of the illegal use of alcohol, drugs, or any controlled substances will be expected to take *immediate* and *decisive* action to remove themselves from the situation. Student athletes who are in the presence of the activities mentioned above may be subject to extra-curricular disciplinary action if the student chooses not to leave. Students shall have the burden of proof that they took immediate and decisive action to remove themselves from the situation. In order for students who are found to be in violation by association to be able to return to practice or competition, the student must:

- Receive a substance abuse evaluation from a licensed provider
- Sign a release form granting permission for the licensed provider to share their findings with a drug and alcohol counselor and Lyons Central School District
- Schedule a meeting with a counselor licensed by the Office of Alcoholism and Substance Abuse Services (OASAS) and follow through with any further counseling recommendations made by that counselor
- Sign a release for OASAS counselor to discuss terms with Lyons Central School District
- Provide the Lyons Central School District with proof of completion of all counseling recommendations

### **3. Penalties**

The Administration imposing a suspension under this policy will take into consideration the individual circumstances of each offense including the student's age and maturity, the severity of the offense, whether or not it is a first or a repeat offense, and the best interest of the student.

#### 4. Due Process

As noted in the Student Code of Conduct, suspension from Extra-Curricular activities, including athletics, may be imposed upon a student *without* a full hearing pursuant to Education Law Section 3214. However, the student and the student's parent/guardian will be provided with a reasonable opportunity for an informal conference with the individual imposing the Extra-Curricular suspension to discuss the conduct and the penalty involved.

#### 5. Athletic Suspension

An athlete suspended for 10% may be only suspended for 1 contest if the sport they participate in has 12 or fewer contests, whereas if the sport has more than 12 scheduled contests it will be no less than a 2 game suspension.

An athlete who is suspended for 15% may be suspended for 2 contests if the sport they participate in has 10 -12 regular scheduled contests, whereas if the sport has more than 12 contest the it will be no less than 3 contests. In a sport where there are less than 10 regular schedule contests, the administration reserves the right to suspend the athlete for a half a game as well.

Students that are suspended for 25% will be suspended for the following # of contests: 7-9 scheduled contests = 2 contests, 10-13 = 3 contests, 14-17 = 4 contests, 18-20 = 5 contests.

If a violation occurs and the season ends prior to a student completing a suspension, it will roll over to the next athletic season in which the student participates.

#### 6. Participant Termination

Administration may terminate a student's participation in an extra-curricular activity at any time for serious offenses of any nature. Administration will conduct an investigation prior to taking such action, which will include consultation with the coach/advisor.

#### 7. Self- Reporting

If the student accepts responsibility for their own actions and admits guilt, the penalty may be reduced to 15% for an illegal substances violation and 5% for a tobacco products violation, depending on the severity of the infraction. A student may only use the self-reporting provision one time during his/her academic career. Self-reporting means that a student verbally and in writing admits to violating the rules of this Handbook prior to the commencement of an investigation by administration. Students must report the incident to administration. The student must agree to follow the Extra-Curricular Code of Conduct and receive a substance abuse evaluation.

#### 8. Attendance:

In order for students to compete in extra-curricular activities, it is required that they attend classes for the entire day of school on the day of the activity, unless otherwise excused by administration. Students who are not in school on time may not be given the privilege to participate in activities, practices or games.

Athletics Administrator/Building Administrator will meet with the student to discuss concerns if a student is not on time each and every day. 1<sup>st</sup> offense – Administrative warning, 2<sup>nd</sup> offense – Administrative warning and Parent contact, 3<sup>rd</sup> offense – **Administrator has authority to remove student from** activities, practices or games. We encourage all students to bring a note on provider's letterhead for it to be determined

an excused absence. We will only allow up to 3 parent notes (unexcused absence) for non-documented appointments or for personal reasons.

Due to the length of the winter season for teams that begin in November, the athlete may receive up to 3 warnings before being removed from practice/game. In addition, a student arriving after 10:00am will not be allowed to participate unless they are absent from school for a legal purpose. In this case a note for being sick is not a legal purpose for not being in school.

## **9. Student Assigned In-School Suspension**

Any student athlete who is assigned a half-day or more of In-School Suspension will be able to attend practice and game on the day of the suspension, but will be unable to practice or compete unless the suspension has been completed.

## **10. Hazing**

Hazing is strictly prohibited. Hazing is a form of harassment among students defined as any humiliating or dangerous activity expected of a student to join a group or be accepted by a formal or informal group, regardless of their willingness to participate. Hazing produces public humiliation, physical or emotional discomfort, bodily injury or public ridicule or creates a situation where public humiliation, physical or emotional discomfort, bodily injury or public ridicule is likely to occur.

### **Hazing behaviors include, but are not limited to, the following general categories:**

- a. Humiliation: socially offensive, isolating or uncooperative behaviors.
- b. Substance abuse: abuse of tobacco, alcohol or illegal/legal drugs.
- c. Dangerous hazing: hurtful, aggressive, destructive, and disruptive behaviors.

Penalties for violations related to hazing will be dealt with on a case by case basis.

## **11. Harassment & Bullying**

Harassment and Bullying are strictly prohibited. "Harassment" and "Bullying" shall mean the creation of a hostile environment by conduct or by threats, intimidation or abuse, including cyberbullying, that either (1) has or would have the effect of unreasonably and substantially interfering with a student's educational performance, opportunities or benefits, or mental, emotional and/or physical well-being, including conduct, threats, intimidation or abuse that reasonably causes or would reasonably be expected to cause emotional harm; or (2) reasonably causes or would reasonably be expected to cause physical injury to a student or to cause a student to fear for his or her physical safety. Such definition includes acts of harassment or bullying that occur:

- a. on school property; and/or
- b. at a school function; or
- c. off-school property where such acts create or would foreseeably create a risk of substantial disruption within the school environment, where it is foreseeable that the conduct, threats, intimidation or abuse might reach school property.

Such conduct shall include, but not be limited to, those acts based on a person's actual or perceived race, color, weight, national origin, ethnic group, religion, religious practice, disability, sexual orientation, gender, sex or any other legally protected status.

For the purposes of this definition the term "threats, intimidation or abuse" shall include verbal and non-verbal actions. "Emotional harm" that takes place in the context of "harassment or bullying" means harm to a student's emotional well-being through creation of a hostile school environment that is so severe or pervasive as to unreasonably and substantially interfere with a student's education.

There are at least three kinds of bullying: verbal, physical and social/relational.

- Verbal bullying includes, but is not limited to, name-calling, insulting remarks, verbal teasing, frightening phone calls, violent threats, extortion, taunting, gossip, spreading rumors, racist slurs, threatening electronic communications ("cyberbullying"), anonymous notes, etc.
- Physical bullying includes, but is not limited to, poking, slapping, hitting, tripping or causing a fall, choking, kicking, punching, biting, pinching, scratching, spitting, twisting arms or legs, damaging clothes and personal property, or threatening gestures.
- Social or relational bullying includes, but is not limited to, excluding someone from a group, isolating, shunning, spreading rumors or gossiping, arranging public humiliation, undermining relationships, teasing about clothing, looks, giving dirty looks, aggressive stares, etc.

Bullying may also involve the following characteristics:

- a. **Power imbalance** - occurs when a bully uses his/her physical or social power over a target.
- b. **Intent to harm** - the bully seeks to inflict physical or emotional harm and/or takes pleasure in this activity.
- c. **Threat of further aggression** - the bully and the target believe the bullying will continue.
- d. **Terror** - when any bullying increases, it becomes a systematic violence or harassment used to intimidate and maintain dominance.

Bullying may also be based on any characteristic including but not limited to a person's actual or perceived race, color, weight, national origin, ethnic origin, ethnic group, religion, religious practices, disability, sex, sexual orientation, gender (including gender identity and expression), or any other legally protected category. Penalties for violations related to harassment and bullying will be dealt with on a case by case basis.

## **12. Cyberbullying**

Cyberbullying is strictly prohibited. "Cyberbullying" means "harassment" or "bullying" where such harassment or bullying occurs through any form of electronic communication. Cyberbullying includes, but is not limited to, the following misuses of technology: harassing, teasing, intimidating, threatening, or terrorizing another student or staff member by way of any technological tool, such as sending or posting inappropriate or derogatory email messages, instant messages, text messages, digital pictures or images, or website postings (including blogs). Cyberbullying can involve, but is not limited to: sending mean, vulgar, or threatening messages or images; posting sensitive, private information about another person; pretending to be someone else in order to make that person look bad. Cyberbullying involving district students may occur both on campus and off school grounds and may involve student use of the district internet system or student use of personal digital devices including but not limited to: cell phones, digital cameras, personal computers, electronic tools. Cyberbullying or harassment has or could have the effect of:

- Causing physical, social/relational, emotional or mental harm to a student;
- Placing a student in reasonable fear of physical, emotional or mental harm;
- Placing a student in reasonable fear of damage to or loss of personal property; or

- Interfering with a student's educational performance and/or denying or limiting a student's ability to participate in or to receive benefits, services or opportunities in the school's programs.

Penalties for violations related to cyberbullying will be dealt with on a case by case basis.

### **13. Illegal Substances:**

The use, possession, sale, distribution, and consumption of illegal substances is strictly prohibited. "Illegal substances" include, but are not limited to, alcohol, inhalants, marijuana, cocaine, LSD, PCP, amphetamines, barbiturates, ecstasy, heroin, steroids, any substances commonly referred to as designer drugs, and look alikes (including synthetic cannabinoids) and prescription or over-the-counter drugs when possession is unauthorized or such are inappropriately used or shared with others.

Penalties for violations related to illegal substances will be dealt with on a case by case basis, using the following as a guide.

All infractions will be considered cumulative regardless of whether they occurred in season or out of season. (i.e. First infraction is out of season- student receives consequence for first infraction out of season. Student then is involved in an incident during season - student receives the consequence for second infraction in season).

### **In Season/During the Student's Participation in an Extra-Curricular Activity:**

**First Offense** - A minimum of **25%** suspension of the season. In order to return to practice/competition the student must:

- Receive a substance abuse evaluation from a licensed provider
- Sign a release form granting permission for the licensed provider to share their findings with a drug and alcohol counselor and Lyons Central School District
- Schedule a meeting with a counselor licensed by the Office of Alcoholism and Substance Abuse Services (OASAS) and follow through with any further counseling recommendations made by that counselor
- Sign a release for OASAS counselor to discuss terms with Lyons Central School District
- Provide the Lyons Central School District with proof of completion of all counseling recommendations

Examples of such providers are Wayne County Substance Abuse Services in Lyons, 946-5722, and FLACRA in Newark, 331-3862. If the season/activity they are currently participating in is more than 75% completed, administration will determine penalty for not only the remainder of the current season/activity, but also the next season/activity the student chooses to participate in.

**Second Offense - Automatic suspension for the remainder of that particular season.** In order to return to the activity, practice/competition the student must:

- Receive a substance abuse evaluation from a licensed provider
- Sign a release form granting permission for the licensed provider to share their findings with a drug and alcohol counselor and Lyons Central School District
- Schedule a meeting with a counselor licensed by the Office of Alcoholism and Substance Abuse Services (OASAS) and follow through with any further counseling recommendations made by that counselor

- Sign a release for OASAS counselor to discuss terms with Lyons Central School District
- Provide the Lyons Central School District with proof of completion of all counseling recommendations

If the season/activity they are currently participating in is more than 50% completed, administration will determine penalty for not only the remainder of the current season/activity, but also the next season/activity the student chooses to participate in.

If a student/parent refuses to have a substance abuse evaluation from a licensed provider they will be suspended for the remainder of the season and will not be able to practice for a minimum of 1 week. If season is more than 25% completed they will serve the remainder of the 75% of the suspension in the next sport they participate in. However, administration has the authority to mandate a substance abuse evaluation from a licensed provider in order to return to participation.

Third Offense – The student athlete will not be permitted to participate in any extra-curricular activities for a calendar year from the date of the last offense. Following that year, In order to return to the activity, practice/competition the student must:

- Receive a substance abuse evaluation from a licensed provider
- Sign a release form granting permission for the licensed provider to share their findings with a drug and alcohol counselor and Lyons Central School District
- Schedule a meeting with a counselor licensed by the Office of Alcoholism and Substance Abuse Services (OASAS) and follow through with any further counseling recommendations made by that counselor
- Sign a release for OASAS counselor to discuss terms with Lyons Central School District
- Provide the Lyons Central School District with proof of completion of all counseling recommendations

**Out of Season/Not During the Student’s Participation in an Extra-Curricular Activity:**

**First Offense** – In order to return to the activity, practice/competition the student must:

- Receive a substance abuse evaluation from a licensed provider
- Sign a release form granting permission for the licensed provider to share their findings with a drug and alcohol counselor and Lyons Central School District
- Schedule a meeting with a counselor licensed by the Office of Alcoholism and Substance Abuse Services (OASAS) and follow through with any further counseling recommendations made by that counselor
- Sign a release for OASAS counselor to discuss terms with Lyons Central School District
- Provide the Lyons Central School District with proof of completion of all counseling recommendations

If a student/parent refuses to have a substance abuse evaluation from a licensed provider they will be suspended for 25% of the next season they participate in. However, administration has the authority to mandate a substance abuse evaluation from a licensed provider in order for that student to participate.

**Second Offense** – A minimum of 50% suspension of the next season. In order to return to the activity, practice/competition the student must:

- Receive a substance abuse evaluation from a licensed provider
- Sign a release form granting permission for the licensed provider to share their findings with a drug and alcohol counselor and Lyons Central School District
- Schedule a meeting with a counselor licensed by the Office of Alcoholism and Substance Abuse Services (OASAS) and follow through with any further counseling recommendations made by that counselor
- Sign a release for OASAS counselor to discuss terms with Lyons Central School District

- Provide the Lyons Central School District with proof of completion of all counseling recommendations

If a student/parent refuses to have a substance abuse evaluation from a licensed provider they will be suspended for 50% of the next season they participate in. However, administration has the authority to mandate a substance abuse evaluation from a licensed provider in order for the student to participate.

Third Offense – The student athlete will not be permitted to participate in any extra-curricular activities for a calendar year from the date of the last offense. Following that year, In order to return to the activity, practice/competition the student must:

- Receive a substance abuse evaluation from a licensed provider
- Sign a release form granting permission for the licensed provider to share their findings with a drug and alcohol counselor and Lyons Central School District
- Schedule a meeting with a counselor licensed by the Office of Alcoholism and Substance Abuse Services (OASAS) and follow through with any further counseling recommendations made by that counselor
- Sign a release for OASAS counselor to discuss terms with Lyons Central School District
- Provide the Lyons Central School District with proof of completion of all counseling recommendations

#### **14 Tobacco Products:**

The use, possession, sale, distribution, and consumption of tobacco products is strictly prohibited. “Tobacco Products” means cigarettes, cigars, pipes, chewing tobacco, snuff, herbal tobacco products, simulated tobacco products that imitate or mine tobacco products, e-cigarettes, vapes, cloves, bidis and kreteks as well as matches and lighters.

Penalties for violations related to tobacco products will be dealt with on a case by case basis, using the following as a guide.

#### **In Season/During the Student’s Participation in an Extra-Curricular Activity:**

**First Offense** – Suspension for 10% of the season/activity.

**Second Offense** – Automatic suspension for the remainder of that particular season/activity.

#### **Out of Season/Not During the Student’s Participation in an Extra-Curricular Activity:**

**First Offense** – Warned by staff; staff must also report to building principal or athletic director.

Student will receive a referral from administration.

**Second Offense** – Suspension for 10% of the next season/activity the student participates in.

**Third Offense or More** – A minimum suspension of 50% of the next season/activity they participate in.

#### **15. Other Reasonable Rules Set by Coach/Advisor:**

Students must also abide by other reasonable rules set by their coach/advisor. These include, but are not limited to curfews set by coach and the wearing of appropriate attire during practices and to and from games. Penalties for violations of reasonable rules set by the coach/advisor will be dealt with on a case by case basis.

# APPENDICES

## Extra-Curricular Activity Rules and Academic Eligibility Contract

I have read and fully understand my/our student athlete's responsibility regarding the Extra-Curricular Code of Conduct and academic eligibility. I understand that he/she has a responsibility to abide by these rules and if he/she does not, disciplinary action will result. I agree to support the school in this effort.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_  
Parent or Guardian Signature

I have read the Lyons Central School District Extra-Curricular Code of Conduct and my coach/activity advisor has reviewed them with me and my parents/guardians. I promise to live by the Extra-Curricular Code of Conduct and understand that if I violate this contract, the result will be disciplinary actions as outlined.

Signed: \_\_\_\_\_  
Student's Signature

\_\_\_\_\_   
Print Name

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

Signed: \_\_\_\_\_ Date: \_\_\_\_\_  
Coach's/Activity Advisor's Signature

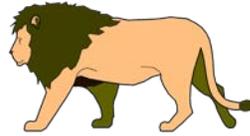
**Note:** A copy of this contract will be filed with the District. The Extra-Curricular Code of Conduct is in effect during the entire school year, which is from July 1 through June 30. Students who do not have a contract on file will not be eligible to participate until this document is signed and filed with the District.

# Lyons Central School District

## Athletic Department

Lyons Middle High School  
10 Clyde Road  
Lyons, N.Y. 14489  
(315) 946-2250

Mr. Stephen Veeder  
Athletic Director



Dear Athlete and Parent:

An honest attempt has been made to inform the student athlete as to “where he/she stands.” A committee comprised of students, coaches, administrators, and a Board of Education member have developed minimum standards, which must be maintained for participating in athletics at Lyons. Individual coaches may wish to vary these rules, but the participants and parents will be notified of these variances (Coaches cannot vary below minimum).

**Your knowledge of these standards will certainly enhance the athletic program at the school. Likewise, your adherence to these rules will make better participants of all. Parental awareness and assistance is necessary to provide the athlete and the school with an excellent member of a team, a family, and society.**

Coaches have the primary responsibility for the enforcement of the standards. Athletes have a like responsibility in the adherence to the same. A committee has been formed to handle special cases as required. This committee consists of the high school principal, the Athletic Director and the appropriate coaches. **The rules for athletic participation can be viewed on the school’s website under athletics. However, by request you may have a hard copy.**

“Your cooperation is needed so that our athletic program is conducted in a sound educational manner.”

Welcome to the team and best wishes for a fine and rewarding season.

Sincerely yours,

Donald Putnam, Superintendent

Stephen J. Veeder  
Athletic Director

### PARENT AND ATHLETE:

**PLEASE BE AWARE THAT THERE IS A POSSIBILITY THAT YOUR CHILD MAY SUFFER A SEVERE INJURY THAT COULD INCLUDE PERMANENT PARALYSIS OR DEATH, AS A RESULT OF PARTICIPATING IN ATHLETIC ACTIVITIES.**

Please return this form to your perspective coach!

**LYONS CENTRAL SCHOOL  
LYONS, NEW YORK 14489**

**Dear Parent/Guardian of Interscholastic Sports Participant:**

In the event your child were to be injured while participating in an interscholastic sports program, the cost of services provided by a physician, a hospital, an emergency room, etc., must first be reported to your health care provider, for example Blue Cross/Blue Shield.

The Lyons Board of Education does maintain a Student Accident Policy with Pupil Benefits Plan, but its coverage is limited.

The District's Student Accident Insurance can only be used if:

- a. You, as a parent or guardian, have NO hospital or medical protection insurance.
- b. The Student Insurance Policy provides some limited coverage that may not be provided by your insurance carrier.
- c. Claims not covered by your health care provider or the Pupil Benefits Plan is the sole responsibility of the parent/guardian.

If you would like a brochure that fully describes the coverage that is provided under the school district's student accident policy, please contact Mrs. Jill Harper, School Nurse, at the middle/high school. Accidents must be reported to Mrs. Harper within 30 days of the accident.

To signify that you are aware of the above matter concerning student insurance protection, please sign where indicated below and return to your child's coach.

Thank you for your cooperation.

Sincerely,

Donald Putnam  
Superintendent

\_\_\_\_\_  
Athlete's Signature \_\_\_\_\_

\_\_\_\_\_  
Parent's Signature \_\_\_\_\_

\_\_\_\_\_  
Date \_\_\_\_\_

\_\_\_\_\_  
Sport \_\_\_\_\_

**PARENT AND ATHLETE:**

**PLEASE BE AWARE THAT THERE IS A POSSIBILITY THAT YOUR CHILD MAY SUFFER A SEVERE INJURY THAT COULD INCLUDE PERMANENT PARALYSIS OR DEATH, AS A RESULT OF PARTICIPATING IN ATHLETIC ACTIVITIES.**

Please return this form to your perspective coach!

**EMERGENCY INFORMATION CARD**  
**Lyons Central School**

**Please Print**

Player's Name \_\_\_\_\_

(Last)

(First)

Birth Date: \_\_\_\_\_

Grade: \_\_\_\_\_ Sport Participating in: \_\_\_\_\_ Level: \_\_\_\_\_

Address \_\_\_\_\_ Home Phone \_\_\_\_\_

Where can parents be reached if not at home? \_\_\_\_\_

Mother's Address: \_\_\_\_\_ Phone \_\_\_\_\_

Father's Address: \_\_\_\_\_ Phone \_\_\_\_\_

**List two neighbors or nearby relatives who will assume temporary care of your child if you can not be reached.**

1. Name: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

2. Name: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

**Signature of Parent or Guardian:** \_\_\_\_\_

Remarks: \_\_\_\_\_

Allergies: \_\_\_\_\_

Other Conditions: \_\_\_\_\_

Local Physician's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Office Telephone: \_\_\_\_\_ Home Telephone: \_\_\_\_\_

Insurance Company's name: \_\_\_\_\_

Please return this form to your perspective coach!

## CONCUSSION MANAGEMENT:

Dear Parents/Guardians:

The long term risks and consequences of repeated head injuries have caused the district to re-address our return-to-play protocols following a concussion. Where previously we would accept the private physician's medical clearance for an immediate return to practice and competition, now your physician's clearance is one part of several measures we use for a student's readiness to return. These protocols were developed by our district physician, [WorkFit Medical](#), in cooperation with our district Athletic Trainer, and are based upon the newest international recommendations for management of head injuries. These protocols have been approved by the district administration and adopted as best practice by the New York State Public High School Athletic Association and our local athletic Section.

Accordingly, when a student has a head injury diagnosed as a concussion, he/she must be medically cleared by your private physician and remain completely symptom-free for at least 24 hours before a return-to-play is allowed. Even then, there is a **mandatory six-day graduated return-to-play** schedule that must be followed. If symptoms return at any point during this re-training period, the process is suspended, and the student must be symptom-free again for 24 hours at which time the graduated re-entry plan will begin where the student athlete began to have symptoms.

No day may be skipped to speed up the process of full return-to-play. No exceptions will be made to this re-entry process for any reason, because the risks are too great. Medical literature has demonstrated a repeat of even a minor blow to the head of a previously injured child who is not fully recovered can lead to permanent brain damage and even death. Because there is no way to know whether headache, nausea, confusion, memory issues, and similar symptoms that persist are related to either post-concussion symptoms or to an inter-current illness, such as sinusitis, the "flu", or other condition, we have made the deliberate decision to err on the side of caution, because the health of the child is the ultimate goal.

Please understand we have developed our protocols in order to ensure the health and safety of your child. Your assistance and cooperation in educating your child of the importance of following a graduate re-entry to play following head injury are deeply appreciated.

# **GUIDELINES FOR PARENTS OF STUDENT/ATHLETES**

1. Make sure your children know 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.
2. Try to be completely honest with yourself about your children's athletic capability, their competitive attitude, their sportsmanship and their level of skill.
3. Be helpful, but do not coach your children on the way to the game of at the breakfast table. Think how tough it must be on them to be continually inundated with advice, pep talks and criticism.
4. Teach your children to enjoy the thrill of competition to be "out there 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 does not 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.
5. Do not compete with your children's 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 your children may become disenchanted with the coach. Do not side with them against the coach.
6. Do not compare your children with other players on the team, at least not within their hearing. If they have a 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.
7. Get to know your children'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.
8. Remember that children tend to exaggerate when they are praised and when they are criticized. Remember your reactions to the stories your children bring home from the school. Don't criticize them for exaggerating, but don't overact to the stories they tell you.
9. 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.
10. 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 children to respect authority and to play by the rules.
11. Finally, remember if the children are not having fun, we are missing the whole point of interscholastic sports!

## AWARDS

**Certificate** – Each athlete that begins and ends his/her program in good standing will receive a participation certificate.

**Letter** – A J.V. or Varsity athlete will receive a letter for the sport they participate in providing they end the season in good standing. Each athlete will only receive 1 J.V. letter and 1 Varsity letter.

**Pin** – Each athlete will receive a pin in place of a varsity letter for each varsity sport they participate on after the initial varsity letter.

**Sportsmanship Award** – For each varsity sport there will be an athlete selected to receive a sportsmanship award that is determined upon by the head coach.

**3 Sport Athlete** – Each athlete that participates in 3 sports will receive a certificate of participation.

**3 Sport Senior Athletes** – A senior is awarded a plaque in which they participate in 3 sports in both their junior and senior years

**12+ Sport Award** – An athlete who is awarded 12 or more J.V. or varsity letters will receive a plaque.

**Distinguished Athlete Award** – Each year a male and female athlete will receive this award based upon someone who displays courage, leadership, and poise. This award may or may not be the best player on a team. The athlete exemplifies the quality of a team player, hard worker and accepts his/her role on a team.

**Scholar Athlete Award** – Each year a male and a female athlete will receive this award based upon the student's academic and athletic performance and their on and off the court behavior.

**Scholar Athlete Award** (NYSPHSAA) – Each member of a varsity level team will receive a pin if their team compiles a 90 + average. This is determined by New York State Public High School Athletic Association guidelines.

**Male/Female Athlete of The Year** – Each year the Lyons Coaching Staff selects a male and a female as the athlete of the year. The athlete must be in good standing to be eligible for this award.

**Awards** – Coaches are allowed to give away more awards of their choice at their expense.

**Dean Schott Coach of The Year** – Each year a Varsity and J.V. Coach gets awards for getting the most out of their team. This award is voted on by the Lyons Coaching Staff

**Ron Wheat Memorial Award** - Presented to a senior who displays significant improvement throughout their entire high school career, has a strong work ethic, and one who perseveres.

# IMPORTANT ATHLETIC DATES

- **August 13th**      **Fall Coaches meeting:**
  - **5:00 – Transportation Conference Room**
  - **6:00 - Meet with Coaches Individually if necessary.**
    - **Paperwork for APP is Due on this date - No Exceptions!**
- **August 15th**      **Athlete Placement Process (APP) Testing – 9:00am at the MS/HS**
  - **Paperwork due to me by August 13<sup>th</sup>.**
- **August 19<sup>th</sup>**      **Fall sports Season begins – J.V. & Varsity Teams**
  - **Mod. “A” Football begins August 26th**
- **August 29<sup>th</sup>**      **Photo Day for fall J.V. and Varsity Sports – Time = 7:45am – 11:30sh**
- **Sept. 4th**      **All Modified sports can begin – Photo Day is: September 13<sup>th</sup> @ 2:40**
- **October**      **Homecoming Week: September 23rd - 28th**
- **October 22nd**      **Winter Coaches meeting.**
- **October 24th**      **Athletic Placement Process (APP) Testing: 3:15 (All paperwork needs to be completed)**
  - **Paperwork due to me by October 22nd.**
- **October 21st**      **Modified Winter I begins (Modified Boys’ Basketball)**
- **November 4th**      **J.V. & Varsity winter sports begin**
- **November - TBD**      **Photo Day: Modified, J.V. & Varsity – Time = TBD**
- **January 6th**      **Modified Wrestling begins:**
- **January 6th**      **Modified Girls’ Basketball begins:**
- **January - TBD**      **Photo Day: Modified Girls Basketball & Wrestling – Time TBD**
- **March 3rd**      **Spring Coaches meeting.**
- **March 5th**      **APP Athletic Placement Process Testing: 3:15 (All paperwork needs to be in.)**
  - **Paperwork due to me by March 3rd**
- **March 9th**      **J.V. & Varsity spring sports begin**
- **March - TBD**      **J.V. & Varsity Photo Day – Time = TBD**
- **March 6, 7, 8**      **Musical Performance**
- **March 16th**      **Modified spring sports can begin (Lyons may start on 3/23)**
- **March – TBD**      **Photo Day: Modified Sports – Time TBD**
- **March 19 - 22**      **Sr. Trip**
- **June 16th**      **Moving-up Assembly**

# LYONS ATHLETICS

“TEAM” Approach

**T = TOGETHER**

**E = EVERYONE**

**A = CHIEVES**

**M = MORE**

# The Six Pillars of Character®

## Trustworthiness

Be honest • Don't deceive, cheat, or steal • Be reliable — do what you say you'll do • Have the courage to do the right thing • Build a good reputation • Be loyal — stand by your family, friends, and country

## Respect

Treat others with respect; follow the Golden Rule • Be tolerant and accepting of differences • Use good manners, not bad language • Be considerate of the feelings of others • Don't threaten, hit or hurt anyone • Deal peacefully with anger, insults, and disagreements

## Responsibility

Do what you are supposed to do • Plan ahead • Persevere: keep on trying! • Always do your best • Use self-control • Be self-disciplined • Think before you act — consider the consequences • Be accountable for your words, actions, and attitudes • Set a good example for others

## Fairness

Play by the rules • Take turns and share • Be open-minded; listen to others • Don't take advantage of others • Don't blame others carelessly • Treat all people fairly

## Caring

Be kind • Be compassionate and show you care • Express gratitude • Forgive others • Help people in need

## Citizenship

Do your share to make your school and community better • Cooperate • Get involved in community affairs • Stay informed; vote • Be a good neighbor • Obey laws and rules • Respect authority • Protect the environment • Volunteer

## 2018 – 2019 ACCOMPLISHMENTS

### J.V. / Varsity Scholar Athlete Teams: Have a Team average of 90+

#### Fall:

Varsity Volleyball	91.78
Girls – Varsity Soccer	90.23
Girls – Varsity Tennis	90.99

#### Spring:

Girls – Varsity Indoor Track	95.47
Boys – Varsity Indoor Track	92.56
Varsity Cheerleading (Winter)	92.25

#### Winter:

Girls – Outdoor T & F	90.31
Varsity Softball	94.49

### League Champions:

Varsity Volleyball  
Varsity Basketball  
Michael Armstrong – Indoor Track, Pole Vault  
Cierra Moody – Discus

### Sectional V Champions/Finalist:

Varsity Boys Basketball Team, Class C2 Champions  
Indoor Track – Mike Armstrong, Pole Vault Champion  
Outdoor Track: Michael Armstrong – Pole Vault champion  
Outdoor Rack: 4x800 Team of: Anthony Keith, Liam Dietschler, Trent  
Donnelly, and Derrick Tandle (Runner-ups)

### State Participants:

Ryan Bantel, 55M & 300 M (Indoor Track)  
Michael Armstrong, Pole-Vault (Indoor Track & Field)  
Michael Armstrong, Pole-Vault (Outdoor Track & Field)

### Dean Schott Coaches of The Year Recipients:

Varsity Coach – Dean Schott (Varsity Boys' Basketball)  
J.V. Coach – Paul DiSanto (J.V. Boys' Basketball)

### Lyons Central School Athletic Participation Rate:

Middle School Students = 61%  
High School Students = 61%  
Overall Student Participation Rate = 61%  
1 Sport Athletes = 95  
2 Sport Athletes = 71  
3 Sport Athletes = 59

Female Athlete of The Year  
Kenzie Alexanian

Male Athlete of The Year  
Anthony Keith