

*Dear Parent and Student/Athlete,*

*Congratulations on making the decision to participate in the Dover School District Interscholastic Athletic Program. Your involvement in our sports program will give you the opportunity to meet and work with our diverse, talented student body and our outstanding, dedicated coaching staff.*

*Being a parent is often challenging. This effort and responsibility is frequently complicated by being a parent of an athlete. This handbook, with its guidelines and suggestions, will give you some insights into this responsibility as it pertains to Dover Jr/Sr High School and its athletic programs.*

*In your role as a parent, you obviously love and are concerned about your child's welfare. I understand how difficult this is, "Your child's success or lack of success in sports does not indicate what kind of parent you are. But having an athlete that is coachable, respectful, a great teammate, mentally tough, resilient and tries their best is a direct reflection of your parenting." (unknown) Allowing the coach to instruct and guide the team is crucial in many respects. So coaches will not discuss playing time, starting lineups, or playing ability of other players on the team with parents.*

*Skills and ability do not just develop during the season. Your child must work on the skills needed for the sport they play and the development of their athleticism in the off season. Athletes who were considered one of the better members of a modified team are often shocked to find out their peers and opponents have surpassed them as a varsity players due to the fact that our athletes have not worked hard in the offseason.*

*Being a member of the school's athletic team is a privilege that carries certain expectations and responsibilities. During athletic events, including but not limited to practices and contests, the student represents his/her school and community. The student athlete is therefore obligated to uphold the rules and responsibilities of participation in high school athletics. Some of the expectations that the school staff require of the student are outlined below.*

*Our coaching staff cares about our athletes. They encourage academic achievement and character development. They believe that a truly educated individual is intellectually knowledgeable as well as physically educated. Our fine coaches serve as excellent, positive role models for our students.*

*The main goal of the Dover Interscholastic Athletic Program is to provide experiences that are educational and promote individual growth within a safe and healthy environment. We hope that all students will participate in some phase of our program. These will be memorable high school experiences that will last a lifetime. This handbook is intended to provide DUFSD athletes and their parents with information that is essential to successful and fulfilling participation in the DUFSD interscholastic athletic program. As a condition of participation, all student athletes and their parents will be required to sign an acknowledgment that they have completely read, and that they understand the contents of this handbook. It is the DUFSD expectation that student athletes and their parents will be held responsible for adherence to the requirements and expectations set forth in this handbook. If you have any questions about any of the following information, please contact the Athletic Director at your school, who will be happy to discuss the matter with you.*

*Dover High School is a member of the New York State Athletic Association, competing as a Class B/C school.*

*Paul Kenny, Athletic Director*

*845-877-5700 Ext 1202*

*Emily Krieger, Asst. Athletic Director*

## PHILOSOPHY OF THE DOVER INTERSCHOLASTIC ATHLETIC DEPARTMENT

We believe athletics to be a beneficial and valuable experience for the young people of DUFSD. Athletics is an area in which young men and women can develop the skills they will need to meet the demands and challenges of adult life. Athletics should provide safe and healthy opportunities for students to experience. Such valuable personal traits as sacrifice, determination, dedication and the will to succeed will always be part of athletics. Athletics is only one of many activities provided; all students should remember that classroom performance must come first. The DUFSD athletic departments will strive to be a source of pride for our athletes, students, school, and community. The DUFSD athletic programs will continually seek to make significant contributions to the total education of the students.

Within this context, it is the purpose of Dover's athletic program to foster and promote:

- A. Appropriate physical, social and psychological development.
- B. The ideals of competition, teamwork and sportsmanship while achieving the twin goals of success and participation.
- C. The development of self-confidence, self-discipline, organization, decision making skills and goal orientation. Desire and dedication need to be developed in order to ensure the commitment and personal sacrifice required by athletes. Making such a commitment helps to nurture integrity, pride, loyalty and overall character. The final outcome is a better citizenry carrying these values throughout their life.
- D. The concept of an integral relationship between a sound mind and a sound body leading to a lifetime appreciation for physical fitness and good health habits.
- E. A positive feeling of school loyalty and pride which can be shared by all participants, other students, parents, coaches and the community as a whole.
- F. The development of self-esteem and a healthy self-concept. Regardless of the role students play on a team, they should complete their experience in athletics feeling good about themselves.

Finally, the interscholastic athletic program shall be conducted in accordance with existing Board of Education policies, rules, and regulations. While the Board of Education takes great pride in winning, it does not condone "winning at any cost" and discourages any and all pressures that might tend to neglect good sportsmanship and good mental health. At all times, the athletic program will be conducted in a manner reflective of a positive, growth-oriented activity.

## **PROGRAM DESIGN**

Our school district believes that a comprehensive program of student activities is vital to the educational development of the student. We believe the primary objective of a well-designed program is to be challenging and enjoyable.

Our program is designed to allow for the individuals to participate at their level of readiness. The program shall emphasize the building of skills at all levels.

The following guidelines have been developed to help students, parents and coaches understand the objectives and guidelines of participation in athletic activities at each grade level.

## **MODIFIED PROGRAM PHILOSOPHY**

This program is available to students in the seventh, eighth grade and possible ninth grade. 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.

This program is designed to encourage maximum participation and opportunities for our young athletes to experience sport and de-emphasize winning as a main goal. However, it does recognize that “winning” is important and positive if kept in its proper perspective. When “winning” becomes our most important goal, it often results in poor judgement and unsportsmanlike conduct.

At the modified level, the procedure of cutting student/athletes is not desirable. 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 consideration, reducing team size may be necessary. Ultimately, number of teams and the size of the squad in any sport will be determined by the availability of financial resources, qualified coaches, suitable indoor or outdoor facilities, and a safe environment.

Selection Classification - Exceptional seventh and eighth graders may be permitted to try out for a junior varsity or varsity team under the [State Education Department Program called Selection Classification](#). *Permission for this program begins with the coach's recommendation.* The athletic director will be responsible for completing a skill evaluation of the athlete. The athlete's skill level must be such that they can compete on the junior varsity or varsity level and contribute at a high level. A mutual decision should be made by the varsity and modified coaches. Additionally, students must display an advanced degree of socio-emotional maturity before a try out is granted. Upon receiving this recommendation the student-athlete will need to complete the following procedures in this order:

- 1) Parental approval is required. Parent must sign the paperwork and student will bring the form back to the athletic director.
- 2) Medical approval is required. The school nurse will be responsible for the medical approval and appropriate developmental rating.
- 3) Athletes must pass the athletic performance test. The test will be administered one within the week of tryouts and upon returning the necessary paperwork to the nurse. Please note that the test cannot be given until the school nurse states that the athlete has medical approval. The test is administered by the

athletic director. Also keep in mind that the test is comprised of several parts and no athlete can participate at an advanced level unless this test is passed.

4) If the athlete passes the performance test they are to return to the school nurse to receive their clearance card. All necessary paperwork will be forwarded to BOCES.

It is very important to begin this process early to ensure that the athlete will be ready to begin the sport season.

## **JUNIOR VARSITY PROGRAM PHILOSOPHY**

The junior varsity level is intended for those who display the potential for developing into productive varsity level performers. Although team membership varies according to the structure of each program.

At this level, athletes are expected to have visibly committed themselves to the program, team, and continued self-development. To this end, increased emphasis is placed on physical conditioning, refinement of fundamental skills, elements and strategies of team play, in addition to socio-emotional development. Junior varsity programs work toward achieving a balance between continued team and player development while striving for victories. Winning has a greater emphasis than at the modified level.

The realization that practice sessions are important is a premise that is vital to a successful junior varsity team and player. For all team members, meaningful contest participation will exist over the course of a season; however, a specified amount of playing time is never guaranteed. Participants at this level are expected to make a six day a week commitment. While contests and practices are rarely held on holidays, practice sessions are sometimes scheduled during school vacation periods. With the goal of becoming a varsity athlete clearly in sight, students participating at this level are expected to demonstrate a high degree of dedication and commitment.

## **VARSITY PROGRAM PHILOSOPHY**

Varsity competition is the culmination of each sports program. At the varsity coach's discretion, sophomores and freshman may be included on the team, provided that evidence of advanced levels of physical development, athletic skill, and appropriate socio-emotional development are 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 is informed of 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 a varsity team, as is the realization that a varsity sport requires a six day a week commitment. This commitment is often extended into vacation periods for all sports seasons. While contests and practices are rarely held on holidays, they sometimes may be scheduled during school vacation periods. The dedication and commitment needed to conduct a successful varsity sport should be taken seriously.

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

Students who do not attend practice should not expect to play or should not be surprised see a decrease in playing time. Practice time is very important to learn skills, team concepts and to work on physical conditioning. If you are not at practice you can not be fully prepared to play.

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

- To encourage your child to do his/her best.
- To realize that when participating in a sport, the choice should be the student's not the parent's.
- To be mindful of the fact that coaches have a job and objectives that he/she tries to accomplish and that one coach's objectives will differ from those of another coach.
- To understand at different levels, there are different expectations and objectives that must be met.
- To have respect for officials, coaches, other parents and athletes.
- Praise athletes for just participating, regardless of their athletic skills.
- Look for positives in athletes; avoid ridicule or sarcasm.
- Don't be obsessed with your involvement in sports. There is a life after sports.
- Remain calm when mistakes are made, and help athletes learn from mistakes.
- Let the coaches, COACH, Let the the players, PLAY, and let the the official, OFFICIATE.

## **RESPONSIBILITIES OF A DOVER ATHLETE**

Being a member of a Dover athletic team is a privilege and an honor. A responsibility you assume as a team member is to your school. Your behavior, clothing, choices represent not only you, but also Dover Athletics. The experiences of athletic competition are the result of hard work, dedication and discipline and are rewarded with the accumulation of fond memories and personal achievements. The most important of these responsibilities is to broaden yourself and to develop strength of character. You owe it to yourself to get the most from your high school experiences. Your studies, your participation in other school activities, as well as in athletics, prepare you for your life as an adult.

In today's society you will be asked to make sacrifices that will benefit yourself, your team and your school. Never before has the pressure of peer groups been so strong. You must learn to say "**NO**" to risky lifestyle choices. In the long run you and your family will be proud of the sacrifices and dedication that you will have put forth to be a member of our athletic teams.

You have a responsibility to yourself and your teammates to always do the best you can. When participating in athletics, we sometimes feel that we have failed if we have not won. By trying the best that you can and following all the rules set up by your coaches and team, you can feel justifiably proud of yourself no matter what the win-loss record dictates. You are a role model to the younger athletes within the school and the community. It is your responsibility to set a good example for them. Be mindful to provide positive guidance and encouragement.

## **STUDENT ELIGIBILITY FOR SPORTS - ACADEMICS**

In support of the Philosophy and Goals of the Dover Interscholastic Athletic Department and the basic educational philosophy of the Dover Public School District the following academic requirements for participation in interscholastic sports and/or extracurricular activities are:

A student-athlete is a STUDENT first.

### **Academic Probation**

Failing 2 classes at the end of the marking period

Procedure: Student-athletes must attend sports study hall and must submit an academic probation screening sheet to the Athletic Director weekly.

The screening sheet must include Sports Study Hall.

### **Academic Suspension**

Failing 3 or more classes at the end of the marking period

Procedure: Athletic Director will meet with student-athlete to inform the athlete they are no longer eligible until the next marking period.

### **Academic Screening Sheets**

JV and Varsity athletes are required to hand in a screening sheet to their coach every two weeks.

Modified athletes are required to hand in a weekly screening sheet.

It is the responsibility of the coach to insure all students are handing them in.

The coaches can use these sheets to prevent a student from becoming ineligible or to encourage them to seek extra help in a subject or subjects they may be struggling in.

### **Appeals**

A Review Board consisting of the Principal or his/her designee, the Athletic Director, and an Assistant Athletic Director, will hear appeals. The review board may put a plan for improvement in place for the student to follow in order to remain eligible.

A student will always have a right of appeal, but must do so in writing according to procedures established by the Review Board.

To review eligibility for student athletes please click on the link below per NYS guidelines:

[N.Y.S.P.H.S.A.A. \\*STUDENT ELIGIBILITY FOR SPORTS: AGE, GRADE, DURATION, AND\) TRANSFERS](#)

## **COACHING CODE OF ETHICS**

- As a professional educator and leader, the high school coach or athletic director will:
- Exemplify the highest moral character as a role model for young people.
- Recognize coaching as teaching in its truest form.
- Recognize the individual worth and reinforce the self-image of each team member.
- Encourage and assist team members to achieve their highest academic potential.
- Strive to develop the qualities of leadership, initiative and good judgement in each team member.
- Communicate and interpret program goals and objectives to parents and community.
- Provide a safe environment for practice and competition.
- Gain an awareness of the importance of prevention, care, and treatment of athletic injuries.
- Respect the integrity and judgement of the game official.
- Teach and abide by the rules of the game in letter and spirit.
- Build and maintain ethical relationships with coaches, administrators, teachers, and staff.
- Strive for excellence in coaching skills and techniques through professional improvement.
- Promote personal fitness and good nutrition.

Be modest in victory and gracious in defeat.

Encourage a healthy respect for the overall athletic program and its vital role in education.

## **DOVER HIGH SCHOOL CODE OF CONDUCT**

### **MUST BE RETURNED TO QUALIFY FOR PARTICIPATION**

Dover High School strongly believes in and is concerned with the character, health, safety and well-being of all students who choose to participate in athletics and extracurricular activities. Students who are involved in these activities including, but not limited to, the school play, academic clubs, student government, athletics, etc., are expected to live up to a high level of accountability. This Code of Conduct has been established to assist students in reaching their goals while involved in athletics and extracurricular activities.

***Students and parents are reminded that participation in these activities is a privilege and not a right. As such, students who have chosen to be involved in a particular activity will be held accountable for their actions on and off campus.***

### **Students are expected to:**

- Act with honesty, integrity, reliability and good sportsmanship
- Treat all people with respect at all times

- Maintain a healthy lifestyle
- Retain self control and use appropriate language
- Show respect for authority
- We are committed to health and safety, and we firmly believe that there is no place in school activities for alcohol, drugs, tobacco, or any behavior that reflects negatively on the student, the club or team, or the school.

### **Therefore, students are prohibited from:**

- The use, possession, sale or distribution of alcohol, tobacco or other illegal drugs (includes narcotics, illegal drugs such as marijuana, androgenic/anabolic steroids or other performance enhancing substances, look-alike products that appear to be illegal drugs, misuse or abuse of prescription drugs or over the counter drugs, e cigarettes, vapor pens or facsimiles of drug paraphernalia.
- Posting or digitally transmitting pictures (knowingly or unknowingly) on the Internet or via any electronic media that depict or appear to depict sexual behavior, use of drugs/alcohol/tobacco or related paraphernalia.
- Participating in acts of vandalism, theft, harassment, intimidation, bullying, assault (verbal or physical), hazing or other serious inappropriate acts
- Participating in any criminal acts (misdemeanor or felony) at any time including time away from school. Violation of federal, state or local law/ordinance, including felony or misdemeanor acts other than minor traffic offenses which upon conviction, the student will be subject to the consequences listed in the penalty section of the code and at the discretion of the Superintendent and recommendation from the Athletic Director
- Persons violating this policy shall be subject to District discipline and immediate dismissal from the Interscholastic Athletics Program.

### **Additionally:**

- Coaches and/or advisors will have the right to impose sanctions above and beyond those listed in this Code of Conduct. Any sanctions above and beyond this policy must be made in writing by the advisor/coach and provided to the athlete.
- Students in violation are required to attend all practices and games/meetings during this suspension but may not participate
- The consequences for a violation will carry over (season to season, activity to activity, season to activity, activity to season)
- ISS
  - An athlete with ISS during the season may not participate in practice but are expected to attend- the practice will still count as a missed practice
  - Athletes with ISS will lose their starting position in the next athletic event or an event in a track and field meet
- OSS
  - An athlete with OSS during the season may not attend practice
  - Every day of OSS counts as two missed practices
  - The athlete will be ineligible for the next athletic event
- The administration and Athletic Director reserves the right to adjust the discipline as necessary due to extenuating circumstances.
- Violations in excess of four (4), not necessarily in the same school year, will result in the forfeiture of participation in all athletic/extracurricular activities for the remainder of the student's school career
- All violations will be reviewed at the discretion of the Athletic Director/Principal

with regard to circumstances.

## **SPORTSMANSHIP & FAIR PLAY**

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.

**Officials** are the proper authorities to make decisions regarding rules and their interpretation; these decisions should be accepted.

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

## **SPECTATOR CODE OF CONDUCT**

The Athletic Department recognizes the role of interscholastic athletics in defining ethical behavior and developing personal character of our students. Therefore we ask that all spectators become active participants by;

- Demonstrating a high degree of sportsmanship by modeling appropriate behavior and also by monitoring the behavior of our crowd.
- Showing team support by making only positive comments and by using appropriate language.
- Showing positive respect for the judgement of coaches, officials, and referees.
- Acknowledging that fields, courts, bench area and equipment are the player's domain during a contest. Spectators should remain within the designated areas.
- Monitoring the safety of children at all times.

**Let the coaches, COACH, Let the the players, PLAY, and let the the official, OFFICIATE.**

## **COMMUNICATION**

Communication between coach and player is essential for a successful team.

Student-athletes are encouraged to communicate with their coach if they have questions or concerns.

Parents are urged to support the coach, allowing them to instruct and guide the team.

Parents should avoid questioning or confronting a coach immediately after a contest. Parents wanting to discuss a problem with a coach should make an appointment with them so that issues can be discussed in a calm, courteous, and professional manner. Parents should wait 24 hours before speaking with a coach when it is regarding playing time or coaching issues. Coaches need time to reflect after an athletic contest. Parents should share the information with the coach if issues arise in a personal or family matter that may affect attitude, performance and self-esteem.

As for all contact between coaches and parents, the following guidelines apply:

1. A meeting of each team will be held by the head coach, once the final team has been selected, prior to the start of the season. Parents are required to attend this meeting. In addition, individual team meetings will include topics such as practice and game schedules, team rules regarding attendance, and all pertinent regulations. Information regarding contacting the coach should also be handed out.

2. It is strongly recommended that parents encourage their student-athletes to have open communication with their coach. This will generate growth and maturity on the part of the student-athletes and enable the coach to react directly to his/her

Both parenting and coaching are extremely difficult jobs. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your child becomes involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

3. Should the meeting between the coach and athlete prove to be unsatisfactory, then the parent should arrange to meet with the coach.

4. During the season, if a parent wishes to meet with a coach, it is strongly recommended that on field or locker-room meetings following athletic events be avoided. Parents should call the coach to arrange a meeting at a mutually convenient time. ***Please wait 24 hours before speaking with a coach when it is regarding playing time or coaching issues.***

5. Call to set up an appointment.

Dover High School 845-877-5700 ext. 1124 or 1202

If a coach cannot be reached, call Paul Kenny or Emily Krieger.  
We will arrange a meeting for you.

## **ABSENCE REGULATIONS**

The school recognizes that there are circumstances that may require athletes to be absent for extended periods of time. Some of those absences may be beyond the control of the athletes. Others may involve choices that the athletes decide to make. When athletes make a choice to miss competitions or practices to participate in another event, they should understand that those absences may affect their role on the team. Depending upon the length and nature of the absences, athletes may miss competitions, lose their position on a team or even be dropped from a team.

Individual absences, excused or unexcused, will be treated as specified in each coach's program regulations. Those regulations will be designed to promote fairness and will take into consideration the best interests of individuals and the team. Copies of the regulations will be kept on file in the athletic office.

## **PRACTICES AND CONTESTS**

All student/athletes must make a commitment to attend all practices and contests on time.

Athletes must be in attendance by 9 AM or need a doctors note.

The Coach will notify athletes and their families of the team's game and practice schedule

If an athlete is going to be late or absent from practice it is his/her responsibility to notify the Coach.

Unacceptable reasons for absences include, but are not limited to the following:

1. Non-required academic class or group trips
2. Family vacation during school break periods
3. Participation with another out of school team in a different sport
4. Trips to visit relatives during school break or on weekends
5. Participation of the same sport with a club or travel team

## **SCHEDULES**

Schedules are given to the athletes at the start of the season by the coaches. Weather, transportation, school events are just some of the reasons games could be postponed or cancelled. As a result it is a good idea to download a schedule weekly by visiting <http://ociaa.ouboces.org/>. Varsity, JV and most modified schedules will be found under Dover High School.

### RAINOUTS/ POSTPONEMENTS

Each day a recording is made on the DRAGON ATHLETIC HOTLINE with all the athletic events of the day as well as any changes. The latest recording is made by 2:00 PM.

**HOTLINE # 877-5753**

## **TRANSPORTATION**

An athlete is a representative of the Dover School District. When traveling to or from a game, athletes should dress appropriately.

It is expected that teams will travel together to all games. A member of an athletic team may not drive himself/herself to or from an athletic event unless there is a special circumstance and 24 hour notice prior to the Athletic Director

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. In such cases, the request must be made in writing in advance to the Athletic Director.

- Proper decorum is a must when traveling to and from all contests and scrimmages.
- Athletes must respect the bus driver at all times.
- No yelling or screaming on the bus
- Once the bus is in motion all athletes must be seated
- Eating or drinking on the bus is allowed, but the athlete must clean up before leaving the bus.

## **EQUIPMENT/UNIFORMS**

The district lends equipment to the athlete for use on a daily basis during the season. The student assumes the responsibility for the return of all equipment at the appropriate time.

Athletic equipment provided by the district is costly to purchase or replace. It is the athlete's responsibility

to protect all equipment. The district's policy regarding this equipment is as follows:

In order to protect personal and district equipment, the athlete should utilize a padlock for his/her locker.

***All equipment loaned to an athlete must be returned.***

Any equipment destroyed or lost and therefore not returned must be paid for. The athlete will be charged the cost of replacing the item. This obligation must be addressed prior to the end of the school year or graduation.

## **PRIOR TO THE SPORTS SEASON**

You must have a physical examination by either your private physician or by one of our school physicians. School physician exams must be scheduled with the Nurse's office. School physician physicals are planned according to need. Both private and school physician physicals are good for up to one year. The private physician physical must be on the district form which is available in the nurse's or athletic director's offices. You must bring this form with you to the doctor's visit.

- If you want to guarantee that you will start the season, you must UPLOAD THE PHYSICAL TO FAMILYID
- All student/athletes and their parents must complete the Athletic Health History Form prior to each sport season. Your school nurse will review this information in order to ensure safe participation.

A situation may arise wherein a medical condition is discovered that will make a prospective athlete medically ineligible for participation in the sports program. Parents are always encouraged to contact their physician in order to further evaluate the condition that renders the student medically ineligible.

Any student required to seek further medical follow up, because of either medical ineligibility or as the result of an injury, will require specific medical clearance in writing. Once cleared medically by the treating physician and the district's physician, the student will then be permitted to participate in his/her sport.

## **AWARENESS OF RISKS**

The participation in interscholastic sports, as in most of life's physical activities, carries a degree of risk of injury that cannot be ignored. While these risks do exist in all athletic programs, our coaches, school nurses, teachers and administration are committed to reducing the possibilities of such occurrences through an emphasis on sound training and adherence to the procedures and guidelines contained in this Athletic Handbook. It is extremely important to report any injury an athlete suffers immediately to his/her coach.

## **MEDICAL INSURANCE**

The Dover school district carries insurance coverage for student injuries that occur within its supervised activities. Please be aware that a family's personal insurance coverage must first be used to its allowable limits. The school's coverage makes payment toward any unpaid balance incurred due to the injury. Our

state "Pupil Benefits Plan" is a "scheduled excess" plan that may not cover the entire balance left after your insurance is used.

## **INJURIES**

It is extremely important to report any injury an athlete suffers immediately to his/her coach. It is the responsibility of the coach to fill out an accident form within 24 hours of the injury and submit it to the school nurse.

## **RETURNING AFTER AN INJURY OR ILLNESS**

Any athlete who has seen a doctor must be released (signed statement) by the doctor that treated your child in order to resume participation with their team. If you have to go to the emergency room for care, please obtain the release (written) before leaving the hospital because many times the attending physician may not be there the next time you visit. This release must be filed with our school nurse. It is the athlete's responsibility to get the release to the school nurse; do not leave this responsibility to some other person (coach, teacher, friend, etc.)

## **FOR PARENTS --- A WORD ABOUT SAFETY**

As you are aware, the possibility of accidents and injuries is inherent in all sports activities. No matter how many precautions are taken, accidents and injuries do happen. Please take a moment to read what measures are taken at Dover High School to prevent accidents and injuries from happening to your child, and what procedures to follow in the event your child requires medical care for injuries received while participating in sports activities.

## **PRECAUTIONARY MEASURES:**

1. The pre-season physical examination by a school or family physician evaluate students for athletic participation. Past medical histories are reviewed and recommendations regarding participation in various activities are made. No student is permitted to participate in tryouts, practices, or games until full approval is granted by the medical staff.
2. The medical staff makes coaches aware of any special restrictions required for your child.
3. All coaches are certified in first aid techniques, CPR, and AED. They also have first aid supplies at all practices/games.
4. All equipment utilized by athletes is top grade quality and meets all safety standards.
5. Fields and other playing areas are continually inspected to remove safety hazards.
6. The nursing staff is informed of all sports-related injuries and appropriate medical follow-up is required before students are permitted to return to participation.

## **IF AN INJURY DOES OCCUR:**

1. The coach informs the Director of Athletics and nursing staff by filing insurance and student incident forms.

2. The coach notifies parents as soon as possible when appropriate.
3. The parent should take the athlete for necessary medical treatment and utilize family insurance coverage, if applicable.
4. After reimbursement is made from the family insurance policy, the parent submits unreimbursed medical costs, if applicable, to the school insurance by using the carrier's claim form, which is available at the athletic office.

The student accident policy will cover injuries that occur as a result of a sports related incident. Upon the insurance company's approval of coverage for that specific injury, they will reimburse a portion of the balance of cost not covered by the family insurance.

5. The student accident policy does not cover the costs of medical supplies/equipment, e.g. crutches, braces. The cost for such appliances must be assumed by the family insurance or by the parents.

Parent/Guardian Permission Form (pink)

Consent to Medical Treatment (blue)

Interval Health History for Sports Participation Form (white)

Parent/Student Concussion Information Sheet (green)

Student-Athlete Code of Behavior Ethics Form (yellow)

The official sign in will occur through the [Family ID site](#).

All of the documents listed above will be electronically signed in the Family ID site. Your child's physical must also be uploaded to Family ID. If the document is scanned or photographed it must be legible.

If the physical is completed at school we will update the site.

## **TURN IN ALL PAPERWORK**

The Parent/Guardian Permission Form, the Consent to Medical Treatment Form, and The Student/Athlete Code of Behavior Ethics Form must be returned to your coach as soon as possible after being completed. The Interval Health History for Sports Participation Form must returned to the school nurse before the student/athlete participates in any practices and/or games.

## **DOVER SPORTS OFFERINGS**

FALL

VARSITY

JV

MODIFIED

Cheerleading	X		
Boys' Cross	X		
Country	X		X
Girls' Cross	X		X
Country	X		
Field Hockey	X		Gr. 7,8,9
Football	X		X
Boys' Soccer	X	X	X
Girls' Soccer	X	X	X
Volleyball	X	X	
Boys Golf	X		
WINTER			
Boys' Basketball	X		
Girls' Basketball	X		x
Cheerleading	X	X	x
Indoor Track	X	X	
Boys Ice	X	X	
Hockey(merger)	X		
SPRING			
Baseball	X		
Girls Golf	X		X
Softball	X	X	
Boys' Track			X
Girls' Track	X	X	X
Boys Lacrosse			X
(merger)			
Girls Lacrosse			
(merger)			

# Alternate Transportation From School Sponsored Event

Permission to return from a school sponsored field trip, athletic event or other school sponsored activity by means other than authorized school transportation. Note all players should use school transportation to get to the event and should be accompanied by a coach or chaperone.

I hereby grant permission for \_\_\_\_\_ to

(Student)

return from \_\_\_\_\_ on \_\_\_\_\_  
(Location) (Date)

with myself ( Parent or Guardian) or with the following adult:

\_\_\_\_\_  
( Print name)

\_\_\_\_\_  
(Signature)

**The coach or advisor must receive this form before the student can be released.  
Student drivers are not acceptable.**

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**Superintendent of Schools**

Mr. Mike Tierney

**Assistant Superintendent for Business**

Mr. Christopher Prill

**Assistant Superintendent for Curriculum**

Mrs. Donna Basting

**Dover High School Principal**

Mrs. Eugenia Angelis

**Directors of Athletics**

Mr. Paul Kenny

Ms. Emily Krieger