



PHOENIX CENTRAL SCHOOL DISTRICT



SHOW YOUR FIRE!
PHOENIX FIREBIRDS
ATHLETICS

Grades 7-12
Interscholastic

ATHLETICS

PROGRAM

2019-2020

FIREBIRDS



Season Start Dates

Fall Season
JV / V - August 19, 2019
Modified - September 4, 2019
Winter Season
Modified Volleyball & Volleyball - Oct. 28, 2019
JV / V Wrestling - November 12, 2019
JV / V - November 18, 2019
Modified Girls' Basketball - Jan 13, 2020
Modified Wrestling - Jan 13, 2020
Spring Season
JV / V - March 16, 2020
Modified - April 14, 2020

Need more information?

Go to www.phoenixcsd.org for more news and information about the Firebird Athletic Program or follow us on twitter.

From the district's home page, click on the "Athletics" tab for information about items such as:

- Sports physicals;
- Game calendars, team schedules and rosters;
- Team websites;
- Coaching certification;
- Transportation, Sports Shuttle;
- Phoenix athletic trainers; and
- Our policies and procedures.



FIREBIRDS

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Phoenix Firebirds
Interscholastic Athletics
2019-2020

SHOW
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FIRE



FIREBIRDS



PHOENIX CENTRAL SCHOOLS ALMA MATER

SWEET BE THY MEMORY
DEAR SCHOOL OF OURS
FAIR BE THY DESTINY
FADELESS THY FLOWERS
HEARTS THAT HAVE LOVED THEE
HAVE WON IN LIFE'S STRIFE
NAMES THAT WE HONOR
OUR STANDARDS HOLD BRIGHT.
OUR ALMA MATER DEAR
TO THEE WE SING
MAY ALL THY FUTURE YEARS
NEW HONORS BRING.
MAY FRIENDS THY BANNERS RAISE
THY FOES GROW LESS
ALL LOVE AND HOPE TO OUR
OLD P.C.S.



Dear Parents and Students:

Welcome to the Phoenix Interscholastic Athletic Program. It is my belief that participation in athletics is a privilege and provides an opportunity for developing life-long skills that may not be available in the academic classroom. The athletic department's main goal is to provide first-class experiences that promote team and individual growth in a safe and healthy environment – both on and off the athletic fields.

When students choose to participate in our athletic program, they have committed themselves to certain responsibilities and obligations. This brochure has been prepared to be used as a reference by our student-athletes and their parent/guardians in an effort to define responsibilities as they pertain to the athletic program's rules, regulations, policies and procedures. These policies and rules are necessary for a well-organized and successful athletic program.

The Phoenix Central School District Athletic Program is governed by regulations established by the New York State Education Department and the Phoenix Central School District Board of Education. In addition, the Phoenix CSD is a member of the New York State Public High School Athletic Association (NYSPHSAA) competing in Section III.

I look forward to working with you to ensure that you take advantage of the tremendous opportunities athletics can provide. Please feel free to contact me at (315) 695-1681 or visit our web page at www.phoenixcsd.org if you have any questions or concerns regarding the Phoenix Central School District Athletic Program.

SHOW YOUR FIRE!

John Jeffries,
Director of Physical Education
and Athletics



Interscholastic Athletics Program Philosophy

A basic tenet of the educational philosophy of the Phoenix Central School District is to facilitate personal, academic, cultural and social development. A comprehensive program of student activities is vital to the educational development of students. Within this context, it is the purpose of the district's athletics program to foster and promote:

- *The ideals of competition, team work and sportsmanship while achieving the goals of success and participation;*
- *Appropriate physical, social and psychological development;*
- *The development of self-confidence, self-discipline, organization, decision making skills and goal orientation;*
- *A positive feeling of school pride and loyalty by participants, other students, parents, coaches and the community;*
- *The development of the concept of sound mind and sound body, leading to a lifetime appreciation for physical fitness and good health habits;*
- *The development of self-worth and a healthy self-concept, regardless of a student's role or play on a team. Athletic experiences should leave students with a good feeling about themselves;*
- *The interscholastic athletics program, conducted in accordance with existing Board of Education policies, rules and regulations; and*
- *Great pride in winning. The Phoenix Central School District does not condone "winning at any cost" and discourages any and all pressures that might tend to neglect good sportsmanship and good mental health.*

Program Design

The Phoenix Central School District believes that a comprehensive program of activities is vital to the educational development of students. We believe that an objective of a well-designed athletics program promotes an enjoyable learning experience. The need to coach student-athletes and instill responsibility is also recognized.



The Phoenix Central School District's Interscholastic Program offers students an opportunity for athletic competition in grades 7-12. We believe athletics is an outgrowth of the physical education and health program and therefore an integral part of the total educational program. The interscholastic competitive environment provides an opportunity for participants to learn vital positive life skills, values, and ethics in a climate that demands dedication, responsibility, self-discipline, cooperation, a strong work ethic and respect for others. This program provides an opportunity for all to share commonalities, celebrate differences, and appreciate physical fitness as a lifelong process.

In that vein, all participants in the interscholastic athletic program must show a personal commitment to the goals of the team, and make the personal sacrifices necessary to achieve success. Making a commitment to excellence nurtures a sense of pride, loyalty, and leadership qualities in a student-athlete. Such attributes enable each individual to become more resilient and better prepared to face life's challenges. The unique experiences provided through participation in athletics allow students to achieve their full potential academically, athletically, and socially.

Our program is designed to allow individuals to participate at their skill level. Hard work, self-discipline and a willingness to learn and follow directions is encouraged. Coaches place a strong emphasis on skill building.

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

Modified

(MIDDLE SCHOOL TEAMS)

- A. Student athletes will be able to explore and expand interest and abilities.
- B. Coaches will maximize opportunities for all students to participate.
- C. Basic skills and fundamentals of activities will be emphasized.
- D. When possible, varsity athletes will participate in demonstrations and clinics initiated by the Phoenix coaching staff.
- E. The program will be designed to allow for individual differences in growth patterns. Each coach should be looking for the potential in each athlete.

Junior Varsity

- A. The program calls for a



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balance between participation and winning.

- B. This level indicates a need for coaches to communicate with athletes regarding areas of needed improvement and the possibility of other opportunities in the activities program.
- C. The major focus continues on the teaching of basic fundamentals to further develop the skill levels of the participants.
- D. Ultimately, players at this level are prepared for varsity competition.

Varsity

- A. Varsity competition leads to an emphasis on winning. Although winning is important, rules governing play, good sportsmanship and the welfare of team members are the components of our strong athletic program.
- B. Individuals should make maximum contributions within the limits of their abilities.
- C. Recognition of performance will be judged on the basis of improvement shown during the entire season.

Discouraging the Use of Specialization and Recruitment

The Phoenix Central School District encourages students to participate in a variety of sports. As such, the district does not endorse, in principle or practice, the concepts of specialization or recruitment. Specialization occurs when children involve themselves in only one athletic activity over a period of time forsaking other athletic endeavours.

Recruitment occurs when children are involved in a variety of athletic activities but are encouraged by a coach that it is in their best interest to compete in only one. An expectation in both specialization and recruitment is that children will spend the “off-season” developing their skills in a particular sport through a variety of camps and instructional and/or competitive leagues.

Accordingly, the Phoenix Central School District has adopted the philosophy of discouraging the use of specialization or recruitment as basic to both community youth and school athletics programs.

The Role of Parents in Athletics

The Phoenix Central School District recognizes that parents are positive and powerful role models for their children. By supporting their children in their athletic endeavors, parents enable their children to enjoy a positive and fulfilling experience that will enhance their personal growth. The athletic department has developed guidelines for parent involvement. In order to promote a positive athletic experience, parents should:

- Be supportive of their children as student athletes, never compromising academics for athletics;
- Be supportive and acknowledge the efforts of the coach, team members and the program itself;
- Encourage their children to communicate with their coach;
- Be open, candid and respectful in their communication with the coach;
- Address concerns or suggestions regarding the program first with the coach. If further clarification or assistance is needed, a parent can contact the athletic director;
- Demonstrate sportsmanship both as a parent and as a spectator; and
- Volunteer to help the coach with team-related activities.

Spectator and Audience Conduct at School Events

Throughout the course of a school year, there are many occasions when parents and other interested citizens attend presentations, activities and athletic contests.

Consistent with district philosophy, policy and code of conduct, all members of an audience of a school-sponsored event are expected to demonstrate appropriate conduct. Accordingly, they must conduct themselves in a manner that encourages a positive and enjoyable experience for all. They are to treat those in attendance (students, staff, players, coaches, officials, performers and other members of the audience) with respect. They may not verbally or physically abuse any individual, use profanity, or use tobacco, alcohol or illegal drugs.

Should anyone in attendance at a school-sponsored event violate these behavioral expectations, the individual will be subject to disciplinary action, from a warning to removal from the activity itself, or to permanent prohibition from attendance at school district activities. An administrator, teacher or coach in attendance at a school district event has the authority to assess the conduct of spectators and members of the audience and to intervene, and, if the spectator or member of the audience refuses to comply with direction or becomes unruly, to seek assistance from the police.





Title IX Compliance

The Board supports equal athletic opportunities for members of both sexes through interscholastic and intramural activities. To ensure equal athletic opportunities for its students, the

District will consider:

- a) Its accommodation of athletic interests and abilities (the nature and extent of sports offered, including levels of competition, team competition, and team performance);
- b) Equipment and supplies;
- c) Scheduling of games and practice time;
- d) Travel costs and opportunities for travel;
- e) Assignment and compensation of coaches;
- f) Locker rooms, practice, and competitive facilities;
- g) Available medical and training facilities and services; and
- h) The nature and extent of support, publicity, and promotion, including cheerleading, bands, programs distributed at games, and booster club activities.

The District may consider other pertinent factors as well. Each of the factors will be assessed by comparing availability, quality, type of benefits, kind of opportunities, and form of treatment. Identical benefits, opportunities, or treatment are not required.

The District's Civil Rights Compliance Officer will coordinate the District's efforts to comply with and carry out its responsibilities under Title IX. This person will be appropriately trained and possess comprehensive knowledge about applicable federal and state laws, regulations, and policies. To the extent possible, the District will not designate an employee whose other job duties may create a conflict of interest, such as the athletic director.

Student Eligibility

Athletics are an integral part of a well-balanced educational program. The District's interscholastic athletic program will conform with the Commissioner's regulations, as well as the established rules of the New York State Public High School Athletic Association and the State Education Department.

Athletic eligibility requires that the student:

- a) Provide written parental/guardian consent. The consent form must contain information regarding mild traumatic brain injuries (concussions) as specified in the Commissioner's regulations.

- b) Obtain medical clearance from the school physician/nurse practitioner or the student's personal physician. The school physician/nurse practitioner retains final approval on any physicals performed by a student's personal physician.
- c) Meet the requirements for interscholastic competition as set forth by the Commissioner's regulations and the New York State Public High School Athletic Association.
- d) Comply with all District rules, codes, and standards applicable to athletic participation.

Phoenix Central School District Co-Curricular Academic Eligibility Policy

Extra-curricular activities and athletics are an important component of the Phoenix Central School District's total education program. Participation in these activities require an extra measure of time, energy, and commitment from students. The mission of the Phoenix Central School District is high academic standards for all students. Our students must realize that the academic and athletic/co-curricular programs both strive to achieve this mission. The following Academic Eligibility Policy is established to ensure that the District's mission is being met. We encourage parents and students to discuss seriously the extra time required, as well as the eligibility rules outlined below that students must follow to remain qualified for these activities.

- 1) Academic eligibility rules apply during the respective activity/sport season.
- 2) Eligibility will be based on the work of the student for the five-week period prior to participation and reviewed at each five-week report for all students. Eligibility lists will be prepared as soon as reports are issued. Eligibility for the first five weeks of the school year will be based on the marks received the preceding June. In the event a student attends summer school to make up a deficiency, the summer school mark may be substituted for the June grade. A list will be provided when summer school is completed.
- 3) Eligibility shall be determined from grades in all subjects in which the student is enrolled. Dropping a class to allow athletic/co-curricular activity eligibility is not acceptable.
- 4) Level 1 - A student failing one class is still eligible but must attend a minimum of two extra help classes each week in that subject until the grade is passing in order to stay eligible to practice and play. Effort and progress must be demonstrated. The advisor/coach and subject area teacher have a collective responsibility to monitor progress.

Level 2 - A student failing two courses will be placed on academic probation.



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The probation period starts at the date of notification. Students on probation will have an academic intervention plan developed by the academic dean. Students are required to have a progress report filled out on a weekly basis. Effort and progress must be demonstrated. While on probation, students are eligible for practice and contests/performances based on their progress report. The advisor/coach, subject area teacher, and academic dean have a collective responsibility to monitor progress.

Level 3 - A student failing more than two classes is ineligible to participate in contests/performances but may practice. Students placed on ineligibility status will have an academic intervention plan developed by the academic dean. Students will have 3 calendar weeks to demonstrate academic progress. Students will be placed at the appropriate eligibility level at the conclusion of the 3 week period. It is the student's responsibility to re-establish their eligibility.

- 5) A student or parent may appeal a student's ineligible status to the principal or the student's administrator. The principal will consider the student's attendance, academic and disciplinary history, as well as the academic intervention plan in making a decision regarding appeal.

If the appeal is granted, the student, parent, administrator, and advisor/coach must agree to the plan and sign a contract stating the steps the student will take to become academically eligible.

Attendance

In order to participate in practice or an activity/contest on a given day, **a student must be in attendance before 10:00 AM.** Any absence on the day in question must be for a legal reason, with a written excuse submitted to the school.

Any student absent on a Friday will not be able to participate in any event on the following Saturday, unless the parent presents a written valid reason for absence – if the student was under a doctor's care, the doctor should provide the student with a medical release to participate in the activity/ sport.

Each student participant is expected to be at every scheduled practice and activity/contest unless he/she has a medical excuse or legal excuse from the office, one of his/her teachers, or his/her parent or guardian. Students who plan to be absent from a practice or activity/contest must personally notify the advisor/coach prior to the practice or activity/contest that they expect to miss.

Students that are absent from a practice or practices may be withheld from participation for either a portion or all of their next activity/contest. A student's absence may result in a loss of conditioning or lack of awareness of new group/team strategies that would place the student behind his/her group/ team members in these areas.

Students are expected to be in attendance the day after a activity/contest. The advisor/coach will follow up on all absences, and those students who cannot justify their absence will be suspended for the next activity/contest.

No student shall quit a team/group without first talking with the coach/ advisor and explaining the reason for leaving the team/group. Any student who quits or is dismissed from a team/group will forfeit all athletic/school-supported student activity program awards for that team/group and will be disqualified from participation in a different sport/activity for the remainder of the season, or until the activity is completed. It is the responsibility of the student to confer with the coach/advisor regarding their reason(s) for quitting. The student must set a meeting with the coach/advisor within two (2) school days from the last day of participation for this discussion. Any and all equipment must be returned upon termination of participation. If a student quits a team /group without first talking with the coach /advisor and explaining the reason for leaving the team /group, or fails to return any and all equipment upon termination of participation, he/she will be disqualified from participating on an athletic team /in a group the next season.

Code of Conduct

Students involved in school-supported student activity programs are expected to exemplify good citizenship both in school and in the community at large. The student must display good behavior both in practice and games/ activities. Students found to be in violation of the code of conduct outlined in the student planner/agenda will be subject to the corresponding range of consequences and may also face consequences from a one (1) activity/ contest suspension up to dismissal from the team/group. A conference will be held to review the affected student's violation with the student, a parent/ guardian, the advisor/coach, the building administrator, and/or the athletic director.

The use, possession, sale or distribution of alcohol or other controlled substances or the use and/or possession of drug paraphernalia is prohibited. Students are also prohibited from the use or possession of tobacco and tobacco products. Accepted is any drug taken in accordance with a current prescription signed by a physician and on file in the school, which is to be taken by that particular student as prescribed at the time in question. The terms "alcohol and other substances"

shall be construed to refer to the use of
all substances including, but not
limited to, alcohol, inhalants,
marijuana, cocaine,



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LSD, PCP, amphetamines, heroin, steroids, look- alike drugs, and any of those substances commonly referred to as “designer drugs.” The inappropriate use of prescription and over-the-counter drugs are also prohibited.

A member of the teaching/coaching staff, a school administrator, or a member of local law enforcement must determine evidence of the use and/or possession of alcohol and/or other substances or of tobacco and/or tobacco products. The advisor/coach, school administrator, or athletic director will notify the parent/guardian of a student believed to be in violation of this policy. Before a determination of penalty is made a student must attend a conference which may include the parent or guardian, a building administrator, and the advisor/coach of the activity.

Those students found in violation of this policy #5312.3 for the use and/or possession of tobacco and tobacco products will be subject to the imposition of a range of consequences as outlined in the student planner/agenda. The penalties will range from a one-(1) activity/game suspension to dismissal from the group/team. If suspended from an activity or a game, the student must attend practices, and attend the activity/ game dressed in proper street clothes, and sit offstage or on the bench.

Those students found to be in violation of this policy for the use, possession, sale or distribution of alcohol or other substances or the use, possession of drug paraphernalia will be subject to school disciplinary action in combination with the penalties specified in Board of Education Policy/Regulation 5312.1 - Drug and Alcohol Abuse.

Individual coaches/advisors may set up rules pertaining to their particular sport or activity.

Students will be informed of these rules and are required to abide by them. Students who are members of an athletic team, and who receive a school suspension from the building principal for any conduct related disciplinary infractions, will have their suspension reviewed for training rules violation(s).

Any student who has issues or concerns of any kind regarding his/her participation in a activity/sport shall bring it to the attention of the advisor/coach and expect a fair settlement. Any member of the group/team that is aware of another student's issues or concerns shall bring it to the attention of the advisor/coach so that such dissatisfaction can be addressed. When related to interscholastic sports, the athletic director shall be consulted if the matter cannot be resolved between the coach and the student(s). When related to other school-supported activities, the Building

Principal shall be consulted if the matter cannot be resolved between the advisor and the student(s).

Transportation

Students will travel to and from contests/activities with their group/team and advisor/coach in district vehicles except when extenuating circumstances arise. When this occurs, they may be released directly to their parents for transportation. The parent(s) must contact the advisor/coach in charge of the group/team and give written notification to the coach of their intent to transport their own child. In case of an emergency a parent can request permission at least 24 hours in advance from the Athletic Director to allow their child permission to ride home with another family. Permission will only be granted for emergency situations.

A student traveling on a district vehicle must comply with all rules pertaining to behavior on such a vehicle.

Sports Shuttle: The afterschool sports shuttle runs every day so students can get to practices and games. Shuttle times: JCB - 3 p.m.; EJD - 3:10 p.m.

Late Bus: The district also provides transportation home after practices; and the pick-up times are as follows: EJD - 5:15 p.m.; JCB - 5:25 p.m.

Athletic Placement Process for Interscholastic Athletic Programs (APP)*

The APP is a method for evaluating students who want to participate in sports at higher or lower levels, consistent with their physical and emotional maturity, size, fitness level, and skills. The Board approves the use of the APP for all secondary school interscholastic team members. The Superintendent will implement procedures for the APP, and will direct the athletic director to maintain records of students who have successfully completed the APP.

As part of the APP process, the Board approved the following as amendments to the APP guidelines set forth by NYSED:

1. Only 7th and 8th grade students will be allowed to go through the process if and only if there are no cuts from the high school team.
2. Request for the process must come from the coach or a physical education teacher from the Phoenix Central School District, not a request from the student or parent.
3. Any student wanting to go through the process must have the maturation (Tanner Score) done by

the Phoenix School physician, not a doctor unaffiliated with the District.



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Sports Physicals

A student who participates in interscholastic athletic competition must receive a health examination and submit a completed health history online via FamilyID (see below) before he/she can commence practice. Medical examinations will be scheduled periodically during the school year and shall be valid for a period of 12 consecutive months from the date of the exam. A student may also receive a physical from his/her family physician. Physical forms are available in the nurses' offices at the high school or middle schools.

Student Athlete Registration-FamilyID

The Phoenix Central School District now offers the convenience of online registration for athletics through FamilyID. This will take the place of the paper athletic eligibility health form. The registration process needs to be completed within 30 days of the start of each season in which an athlete participates. Students will not be allowed to participate until their registrations through FamilyID are completed. From the main page of the Phoenix website, click on "Athletics," then click on "Student Athlete Registration."

Student Athletic Injuries

No injured student will be allowed to practice or play in an athletic contest. An appropriate medical professional should diagnose and treat an athlete's injuries. The coach should ensure that any player injured while under his or her care receives prompt and appropriate medical attention, and that all of the medical professional's treatment instructions are followed. The injured student has an obligation to promptly inform his or her coach of all injuries. No student will be allowed to practice or compete if there is a question whether he/she is in adequate physical condition. A physician's certification may be required before an athlete is permitted to return to practice or competition.

Athletic Program-Safety

The District will take reasonable steps to minimize physical risks posed to students participating in the interscholastic athletic program by:

- a) Requiring timely medical examinations of participants;
- b) Employing certified or licensed staff to coach all varsity, junior varsity, and modified practices and games;
- c) Providing or requiring certified or licensed officials to officiate all competitions;
- d) Ensuring that its players' equipment is safe and operates within the applicable manufacturers' guidelines;
- e) Ensuring that all home fields, courts, pools, tracks, and other areas where athletes practice, warm-up, or compete are safe and appropriate for use; and
- f) Providing professional development and training opportunities for all coaching staff.

Concussion Management Regulation

The following concussion management regulation shall be followed for all students in the Phoenix Central Schools that display signs and symptoms of a concussion. This includes interscholastic athletes as well as students in physical education classes. This policy is based on the Concussion Management and Awareness Act that went into effect on July 1, 2012 for all public schools and charter schools. The items listed below are required for school districts to be in compliance with the law. Some of the items are specifically spelled out in the law and others have been recommended by the State Education Department and the Department of Health and approved by the State Education Department.

The Concussion Management Team

The concussion management team shall guide, implement and periodically review the program.

The team will include the following individuals:

Director of Physical Education, Athletics and Health services

School Nurse

School Chief Medical Officer (School Physician)

Athletic Trainer

Coach

Advisors/Directors of all extracurricular activities

Such individuals as may be directed by the Superintendent of Schools.

Parent and Student Awareness of Concussion Management

A Student and Parent information letter will be sent to all parents with children in the district. Information will be presented during pre-season coach's players meetings and first day of physical education classes.





Concussion Training

Each school coach, physical education teacher, nurse, and athletic trainer will have to complete an approved course on concussion management on a biennial basis (2 yrs.). School coaches and physical education teachers must complete the Centers for Disease Control Online Concussion Training for Coaches course. www.cdc.gov/concussion/HeadsUp/online_training.html.

School nurses and certified athletic trainers must complete the Preventing Concussion course. <http://preventingconcussions.org>

At the completion of the course, participants will receive a certificate to verify that they have completed the course. A copy of the certificates will be sent to the Director of HPEA to be kept on file.

Removal from Athletic

Require the immediate removal from athletic activities of any pupil that has, or is believed to have, sustained a mild traumatic brain injury. No athlete demonstrating symptoms of concussion should return to practice or play (RTP) the day of injury. RTP should be on a following day after appropriate neurological testing and the school physician's clearance. Close observation of athlete should continue for a few hours. Parents or guardians of the athlete should be made aware of proper protocol, symptoms to watch for and contact medical personnel if concerned.

On Field Evaluation

During practices and contest, athletes demonstrating signs and symptoms of a concussion should be evaluated by the coach and/or athletic trainer and then, if determined to have a possible concussion, athlete should not be permitted to continue any activity at which the athlete must follow all protocols and procedures as outlined in this policy. The concussion checklist must be filled out immediately with copies to be provided to the school nurse and Director HPEA.

Physical Education

Physical Education must report to the nurse any student exhibiting the signs and symptoms of a head injury. Any student, including athletes, who were reported to the nurse as exhibiting signs and symptoms of a head injury must be out of physical education class for a minimum of seven days and must have physician's note to return to class as well as clearance from the School Chief Medical Officer. If the student is on an athletic team must follow the return to play protocol.

Return to Play (RTP)

No pupils will be allowed to resume athletic activity until they have been symptom free for 24 hours and have been evaluated by and received written and signed authorization from a licensed physician. Clearance must also come from the School Chief Medical Officer. Such authorization must be kept in the pupil's permanent health record. Schools shall follow directives issued by the pupil's treating physician, unless otherwise directed by the School Chief Medical Officer.

The cornerstone of proper concussion management is rest until all symptoms resolve and then a graded program of exertion before return to sport. Therefore, once a student has been cleared by the School Chief Medical Officer, a six step program must be followed. The program is broken down into six steps in which only one step is covered per day. The six steps involve the following:

1. No exertional activity until asymptomatic for seven consecutive days.
2. Light aerobic exercise such as walking or stationary bike, etc. No resistance training.
3. Sport-specific exercise such as skating, running, etc. Progressive addition of resistance training may begin.
4. Non-contact training/skill drills.
5. Full contact training in practice setting.
6. Return to competition

If any concussion symptoms recur, the athlete should drop back to the previous level and try to progress after 24 hours of rest.

ImPACT Testing

Given the inherent complexities of concussion management, it is important to manage concussions on an individualized basis and to implement baseline testing and/or post-injury neurocognitive testing whenever possible. Neurocognitive assessment can help to objectively evaluate the concussed athlete's post-injury condition and track recovery for safe return to play, thus preventing the cumulative effects of concussion. **The district will test ALL student-athletes participating in the following sports: Football, Soccer, Wrestling, Cheerleading, Basketball, Baseball, and Softball.** In some cases a child may be tested more than once, depending on the results of the test. ImPACT baseline and post-injury test results may be released to the student's primary care physician, neurologist, other treating physician, or any licensed healthcare professional as indicated by the family.

Results may also be



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released to the District Medical Examiner and athletic trainer. General information about the test data may also be shared with a child's guidance counselor and teacher, for the purposes of providing temporary academic modifications, if necessary.

There is no charge for the testing.

Phoenix Firebirds All Sports Booster Club

- The Phoenix Firebirds All Sports Booster Club exists as an organization of parents and community members dedicated to:
- Supporting, encouraging and advancing the athletic program and related activities of the Phoenix Central School District, thereby cultivating clean, wholesome school spirit; and
- Promoting good sportsmanship, developing high ideals of character and promoting projects to improve facilities and equipment necessary to provide an adequate athletic program for the school district.
- Want to get involved? Your kids and your community need your help! Set a great example of teamwork for your athlete by volunteering. Contact the athletic director or visit our website at www.jcbsportsboosters.weebly.com for more information. Check out the different ways you can help support our athletic program:
 - *Game Updates Reporter*
 - *Concession Workers*
 - *Team Representatives*
 - *Meeting Attendees*
 - *Merchandise Sales*
 - *Fundraising Managers*
 - *Scholarship Committee*
 - *Event Planning*
 - *Event Set Up/Take Down*

Objectives for Athletes

- ☑ Learn new athletic activities.
- ☑ Improve skills.
- ☑ Develop physical vigor and desirable health and safety habits.
- ☑ Develop friendships with team members.
- ☑ Realize that athletic competition offers privileges and responsibilities.
- ☑ Learn and exemplify good sportsmanship.
- ☑ Learn that individual and team excellence in performance is a primary goal for all athletes.
- ☑ To develop friendships and experiences through contests with other schools and communities.
- ☑ To learn that although winning is important, rule violations bring penalties.
- ☑ Make a commitment to your coaches and teammates through daily participation.

Objectives for Coaches

- ☑ Realize their responsibility to the total school program and to adhering to the philosophies and objectives as stated in this handbook.
- ☑ Recognize coaching as teaching in its truest form.
- ☑ Provide a positive role model for student athletes.
- ☑ Participation in a sport implies a commitment to your coaches, teammates, and your school
- ☑ Work with individuals and team toward the goal of "improvement."
- ☑ Conduct oneself in the highest professional manner.
- ☑ Give careful consideration to the physical condition of our athletes at all times, including follow-up on injured athletes. Deal fairly with each student athlete and be responsive to individual needs and concerns.
- ☑ Recognize that loyalty to fellow coaches, teachers, the school and community is an important ingredient for a successful athletic program.
- ☑ Recognize all programs below the varsity level as developmental activities for the individual and the team concept as well.



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Seasonal Athletic Programs

Fall Season
Cross Country (B/G)
Football
Soccer (B/G)
Girls' Volleyball
Cheerleading
Golf
Girls' Tennis
Winter Season
Basketball (B/G)
Indoor Track (B/G)
Wrestling
Cheerleading
Spring Season
Track & Field (B/G)
Baseball
Softball
Boys' Tennis
Unified Basketball



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