

SKANEATELES CENTRAL SCHOOL DISTRICT

45 East Elizabeth Street - Skaneateles, NY - 13152



SKANEATELES LAKERS

Grades 7-12 | Interscholastic

*ATHLETICS &
EXTRACURRICULAR ACTIVITIES*

HANDBOOK

TABLE OF CONTENTS

Welcome	3
District Mission, Vision & Strategic Plan	4
Activity Period Expectations.....	5
Attendance Policy	6
Transportation Policy.....	6
Sunday and Holiday Use of District Facilities	7
Anti-Discrimination & Anti-Harassment Policies	7
Athletic Code of Honor & Conduct	8
Spectator and Audience Conduct	12
Title IX Compliance.....	13

Extracurricular Activities

Philosophy of Extracurricular Clubs and Activities	14
Guidelines for Establishing a New Club	14
List of Extracurricular Activities and Organizations.....	16

Athletics

Contact Information	17
Program Philosophy & Design.....	18
Student Eligibility	20
Try-Outs	20
Promotion	21
Objectives for Athletes, Coaches & Parents	21
Role of Parents in Athletics	22
Discouraging the use of specialization and recruitment	23
Athletic Placement Process (APP)	23
Sports Physicals & Athletic Injuries	25
Concussion Management Regulation	26
Skaneateles Booster Clubs.....	29
Seasonal Athletic Programs.....	30
Season Start Dates	30
Chain of Command.....	31

LAKER PRIDE

Dear Parents and Students:

Welcome to the Skaneateles Central Schools Extracurricular Activities and Interscholastic Athletic Program. Our main goal is to provide positive and successful learning experiences, which promote both team and individual growth, in a safe and healthy environment, beyond the traditional school day. It is our belief that participation in afterschool activities is a privilege and provides an opportunity for developing life-long skills that may not always be available in the academic classroom.

When students choose to participate in our extracurricular program, they have committed themselves to certain responsibilities and obligations. This handbook has been prepared for our students and their parents or guardians in an effort to define responsibilities as they pertain to the program's rules, regulations, policies, and procedures. These components are necessary for a well-organized and successful program.

I look forward to working with you to ensure that you take advantage of the tremendous opportunities extracurricular activities can provide. Please feel free to contact me at (315) 291-2236 or visit our web page at www.skanschools.org if you have any questions or concerns regarding the Skaneateles Central School District extracurricular activities and athletics program.

LAKER PRIDE!

*Stephen Musso, Director
Student Wellness, Activities and Athletics
(DSWAA)*



MISSION

Every Skaneateles Laker will have opportunities and support to develop strong relationships, form meaningful connections and explore multiple pathways for lifelong learning.

VISION

The Skaneateles Central Schools community will be a welcoming and inspiring place to learn, grow, work, and live.

CORE VALUES

Skaneateles Central Schools are guided by our core values: Relationships, Connections, and Learning.

- **Relationships:** Lakers respect and value other people.
- **Connections:** Lakers are connected – in our community, our world and in our learning.
- **Learning:** All of us. All of the time.



RELATIONSHIPS, CONNECTIONS, AND LEARNING.

SCSD Strategic Plan

The District's evolving strategic plan has as its single and non-negotiable goal the Readiness of each of our students for their post-secondary pursuits. Eight strategies within the plan describe a blueprint that we believe will allow us to meet this goal through our own focused efforts and by leveraging district, community, regional, and statewide assets, which will help us continuously improve our results. Our extracurricular opportunities strategy, for example, states that the district will "Extend the classroom learning experiences into the extracurricular offerings, including the interscholastic athletics program, competitive clubs, performance clubs, and fundraising activities through revised policies, procedures, job descriptions, and program evaluation tools that align to the mission and vision of the district". As this plan is a living document, coaches and advisors are encouraged to periodically review the most recent version that can be found at <http://www.skanschools.org/districtpage.cfm?pageid=589>.

Activity Period Expectations

Purpose:

Activity Period (2:25-3:00) is not mandatory. It is an available opportunity for students to meet with teachers to reinforce concepts, complete homework/projects, make-up exams, attend an activity or club, or use the resources available in the library. AP is to be a productive, structured and supervised time.

Options:

1. Teacher - Meet with a teacher in their classroom
2. Library - Sign-up in the Library, prior to AP, for use of library resources.
3. Fine Arts/Sports Study Hall - A quiet, supervised location to work/read.

Students electing to use the activity period for the above options are welcome to stay, otherwise they are to make their way out of the building and off of school property at our 2:21 dismissal time. Students who leave at 2:21 will not be allowed back into the building until 3:00.

Time:

Students choosing to stay are expected to arrive to their selected location by 2:30 and are not to leave until 3:00.

Athletes:

Student athletes will have time to change from 3:00-3:15 in the middle/high school gym locker rooms. Only when there is an away game, with an early bus departure, will athletes be allowed to change earlier than 3:00 in the gym locker rooms.

For fall and spring sport athletes with practices scheduled at Austin Park, athletes are to assemble in the gymnasium after 3:00 and wait until a coach arrives to accompany them to the fields at Austin Park.

Transportation:

Students who ride a bus and choose to stay for AP are able to take a "Late Bus". We have a bus that departs from the MS loop at 3:10. They transport the students to State Street where they then transfer to the bus they typically ride home. Students will receive a "Late Bus" pass from the teacher/librarian they stayed with in order to board a bus. This is to ensure the students are utilizing AP for a productive purpose. Students will not be allowed to board a "Late Bus" without a signed "Late Bus" pass.

Attendance

In order to participate in practice or an activity/contest on a given day, a student must be in attendance before 10:06 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 at the coach's discretion. 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 an 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 may 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.

Transportation to School-Sponsored Events

Where the District has provided transportation to students enrolled in the District to a school sponsored field trip, extracurricular activity, or any other similar event, it will also provide transportation back to either the point of departure or to the appropriate school in the District unless a student's parent or legal guardian has provided the District with written notice, consistent with District policy, authorizing an alternative form of return transportation for the student. In cases where intervening circumstances make transportation of a student back to the point of departure or to the appropriate school in the District impractical, and the parent has not authorized alternative return transportation, a representative of the District will remain with the student until the student's parent or legal guardian has been contacted and informed of the intervening circumstances and the student

has been delivered to his or her parent.

The Board of Education, insofar as possible, approves the use of Skaneateles School District buses to transport students to approved activities and events.

Exceptions to this policy may be made only with prior approval of the Superintendent of Schools, and only under such circumstances where a School District vehicle is not available or is not appropriate for the occasion.

Transportation will not be approved by the district in excess of 50 miles for athletic events that are not part of a regular league schedule or regional or state playoff.

Participants in athletic or educational activities are expected to ride to and from the activity on the bus provided. A parent wishing to provide transportation for his or her children must make arrangements, in writing, with the supervisor of the activity. No student shall be allowed to travel to and from such events except with his or her own parent(s).

Sunday and Holiday Use of District Facilities

School sponsored extracurricular activities, meetings, games, and practices will not be regularly scheduled on Sundays and the following Legal Holidays: Thanksgiving, Christmas, and New Year's Day.

In the event that an unusual situation arises with regard to the scheduling of an athletic extracurricular activity on Sunday or three (3) Legal Holidays listed in this policy, the coach will petition the Athletic Director for an exception to be made for that given day. The Athletic Director will then share this petition with the Superintendent of Schools who will make a determination. An example of a possible athletic exception may include, but is not limited to, games scheduled on Sundays (these days) in connection with, state, regional or national competitions over which the School District has no control.

In the event that an unusual situation arises with regard to the scheduling of a non-athletic extracurricular activity on Sunday or three (3) Legal Holidays identified in this policy, the advisor will petition their Building Principal for an exception to be made for that given day. The Building Principal will then share the petition with the Superintendent of Schools who will make a determination.

Each conflict will be considered based on the merits of the petition and will not establish precedence.

Anti-Discrimination & Anti-Harassment Policies

The Skaneateles Central School District is committed to creating and maintaining a working and learning environment which is free of discrimination, harassment and intimidation as required by federal and state law and the District's policies. The District strictly prohibits communication (verbal, (oral/written) or graphic) and/or physical conduct that constitutes harassment or discrimination based on an individual's actual or perceived race, color, creed, religion, national origin, political affiliation, sex, sexual orientation (the term "sexual orientation" means heterosexuality, homosexuality, bisexuality or asexuality, whether actual or perceived), age, marital status, military status, veteran status, weight, ethnic group, religious practice, gender (including identity and expression), or disability.

The District also prohibits discrimination, harassment and intimidation based on an individual's opposition to discrimination or participation in a related investigation or complaint proceeding under the anti-discrimination statutes. This policy of non-discrimination and anti-harassment will be enforced on all District premises, including buildings and grounds, and at all school sponsored events, athletics, programs and activities, including those that take place at locations off school premises.

It is intended that this policy apply to the dealings between or among employees with employees; employees with students; students with students; and employees/students with vendors/contractors and other school visitors, volunteers, guests or third parties on school grounds, at school sponsored events and activities, or engaging in activities subject to the supervision and control of the District.

The full Anti-Discrimination and Anti-Harassment Policies can be found on the SCSD website at www.skaneateles.org/highschool. Scroll to the bottom of the Skaneateles High School page and click the Anti-Harassment/Anti-Discrimination Policy link under Downloads. If you have any questions, please contact the Skaneateles Central School District's Athletic Department on the next page.

Skaneateles Central School District Athletic Code of Honor

Interscholastic athletics are an integral part of our educational experience. They serve as a uniting force for the student body, the faculty and the community. We believe that athletics add greatly to the development of the individual - physically, socially and morally.

It is a privilege for an athlete to represent his/her school through participation on an interscholastic team. With this privilege come responsibilities that include the following expectations:

- Adherence to all rules of the sport and the school's code of conduct.
- Cooperation and sportsmanship among all individuals involved.
- Respect for officials and authority.
- Demonstration of a genuine interest in learning.

1) Code Procedure - It is the responsibility of coaches, athletes, and parents to insure that these code rules are observed. Any violations should be reported immediately to the Director of Athletics. Due process will be followed in handling all reports of violation of this code.

Skaneateles Central School District Athletic Code of Conduct

Students who choose to be involved in school-sponsored athletics undertake a responsibility to the school and to the other members of their team. As a member of that team they represent not only themselves and their families, but their team and their school as a whole. Their behavior directly affects others and the performance of the group as a whole. Therefore, it is in the best interest of the student and the school to hold such students to a higher standard of conduct, even during after-school hours. These standards are in the areas of training, sportsmanship, citizenship and academics. The goal

of this policy is the protection and the well-being of students.

Parents and students are to become familiar with the provisions of this code and will sign a statement that they have done so and that students will adhere to the code.

School officials are vigilant in attempting to fairly and comprehensively administer this code. However, when incidents are alleged to happen outside of school, it is necessary for school officials to have clear evidence of misconduct before they can impose penalties.

Application of this Code:

The following prohibitions and penalties deal with students involved in athletics and pertain to the entire sports season provided. However, a student athlete may be disciplined for out-of-season conduct that (1) is a criminal offense, or (2) causes such adverse notoriety and is of such nature that it has, in the judgment of the District, the potential to negatively impact the educational program and, unless addressed, to create the impression among other students that it is condoned by the District. In either of these events, the administration may impose such penalty as it deems appropriate under the circumstances.

1. Prohibited behaviors

a. Training Standards

- 1) Consuming an alcoholic beverage at any time on or off campus except in a religious context. Alcoholic beverages shall mean and include but not be limited to alcohol, spirits, liquor, wine, beer, and cider having alcoholic content.
- 2) The use, possession, sale or gift of any controlled substance including marijuana, or any instruments for the use of such substances such as a pipe, syringe or paraphernalia at any time. Excepted is any drug taken in accordance with the school's policy on medications.
- 3) Smoking a cigarette, cigar or pipe, or using chewing or smokeless tobacco at any time.
- 4) Supplying alcohol or drugs to an individual under the age of 21, or hosting a party at the student's home or elsewhere in which alcohol or drugs are used.
- 5) Attendance at a party or gathering where alcohol or drugs are being illegally consumed: If a student-athlete attends a party where alcohol or drugs are being illegally dispensed, the student-athlete is expected to act responsibly by leaving immediately. Note: Athletes should encourage as many classmates as possible to leave with them.

"Attendance" at such parties shows support for this type of behavior. If a student athlete is found to be in "attendance" at such a gathering, the student athlete will be subject to the "Range of Penalties" found in Part 2(a) of this Code.

The intent of the "attendance at a party" is not to deny participation with adult family members at gatherings such as weddings, anniversaries or other family events.
- 6) For those student athletes who are determined to have organized, facilitated, promoted, or hosted any gathering or social event where alcohol or drugs were known to be available or used, Administration reserves the right to impose additional consequences. The minimum consequence imposed will be a doubling of the penalty.

b. Citizenship Standards

- 1) Any act of fighting or violence, including those not covered by NYSPHSAA Section III rules.
- 2) Any act of vandalism.
- 3) Any act of criminal or illegal behavior.
- 4) Any act of hazing.

c. Sportsmanship Standards

- 1) Failure to adhere to the Universal Sportsmanship Standards, which include, but are not limited to:
 - Showing respect for the opponent at all times. Accept the responsibility and privilege of representing your school and community as a student athlete.
 - Showing respect for the officials at all times. Sportsmanship implies the willingness to accept and abide by the decisions of the officials.
 - Showing respect for the coaches at all times. Sportsmanship implies the willingness to comply with the reasonable directions of the coach.
 - Knowing, understanding and appreciating the rules of the contest. Sportsmanship suggests the importance of conforming to the spirit as well as the letter of the rules.
 - Maintaining self-control at all times. Play fair; accept defeat without complaint and victory without boasting.
- 2) Each coach can devise additional rules governing participation in the particular sports, penalties for failure to comply with those rules, or with the coach's directions. These rules may not address the same areas already addressed by the Athletic Code, but may be additional reasonable rules. The Athletic Director will approve these rules prior to distribution to students.
- 3) A student may not quit a team during a sports season for the purpose of joining another team that season. Exceptions to this rule require the agreement of the two coaches, the student, the parent, and the Athletic Director.

d. Academic Standards

- 1) Failing two or more courses in a marking period.

2. Range of Penalties

- a. Training Standards (applicable throughout the student's Middle School and High School career, with prior offenses expunged at the beginning of grade 9; cumulative throughout a student's high school career. If the penalty spans more than one sports season, the length of the suspension will be prorated to the number of games in each of the sports.)
 - 1) First training offense - The student will be suspended for 25% of the games in the regular season. The administrator will have the option of reducing the penalty by up to two (2) games in isolated circumstances.
If the infraction occurs during school or at a school-sponsored function, in which penalties from the School Code of Conduct are imposed, the Athletic Code penalties will begin after the school penalties are over. The student must complete a school-approved drug/alcohol evaluation program.

- 2) Second overall offense - The student will be suspended for the remainder of the sport season or two (2) months, whichever is longer. If the season ends during the suspension, the suspension will resume on the date of the first contest of the athlete's next sport season. He/ She must complete a school approved drug/alcohol evaluation program or other related program.
- 3) Third overall offense – The student will be suspended for any sport for one calendar year. He/ She must complete a school-approved drug/alcohol evaluation program or other related program.
- 4) Fourth overall offense – The student will be suspended from participation in any high school athletic program for the remainder of his/ her enrollment in Skaneateles High School.

b. Citizenship Standards, Sportsmanship Standards

- 1) If fighting during a contest, there are NYSPHSAA Section III rules that govern minimum penalties. A student may be subject to both NYSPHSAA and school penalties. Penalties will run consecutively rather than concurrently.
- * see above #2, #3, and #4 regarding repeated offenses in any area. Offenses involving notoriety or criminal activity may result in more serious consequences.
- ** A coach may directly impose other penalties for minor violations as stated in his/ her approved rules.

c. Academic Standards

- 1) A student who is failing two courses at the end of a marking period will be placed on academic probation.

Academic Probation requires a student to perform satisfactorily on the following for each class she/he is failing:

- Consistently arriving on time to class.
- Turning in all homework and class work.
- Participating appropriately in class.
- Seeking extra help when appropriate (e.g., after school, study hall, tutoring).

Students will be given an academic probation sheet as soon as failures have been identified at the end of each marking period. Students must return sheets weekly by the date determined on the sheet. Failure to turn in sheets will result in an automatic mark of unsatisfactory. Any mark of unsatisfactory will result in the student being ineligible the following week. The Director of Student Wellness, Activities and Athletics will notify coaches and parents if the student is not eligible to participate in athletics for the upcoming week.

Offense*	Minimum**	Maximum
First	Warning	Suspension for Calendar Year
Repeat*	One Game Suspension	Suspension from all Sports & Activities

3. Procedures to be used when there is a suspected violation of this section.

a. Training Standards, Citizenship Standards, Sportsmanship Standards

- 1) Suspected violations will be reported to the Director of Student Wellness, Activities and Athletics, who will investigate the report and make the determination.
- 2) The student and persons(s) in the parental relationship to the student will be informed in writing of the violation and proposed penalty.
- 3) The students and/or person(s) in the parental relationship may request a meeting with the Director of Student Wellness, Activities and Athletics, the Principal, and/or Coach to clarify and discuss the basis on which the violation was found and the penalty which is being considered.
- 4) If unsatisfied, the student and or person(s) in the parental relationship may appeal to the Superintendent of Schools.
- 5) If unsatisfied the student and or person in the parental relation may appeal to the Board of Education.

b. Academic Standards

- 1) The Athletic Director will monitor athletic teams and inform coaches in writing of the status of their players each marking period.
- 2) The Athletic Director will inform students in writing of changes in their eligibility status each marking period.

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, which may range from a warning to removal from the activity itself, or to permanent prohibition from attendance at school district activities. An administrator, staff member, 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. If the spectator or member of the audience refuses to comply with direction or becomes unruly, the administrator, staff member, or coach is authorized to seek assistance from the police.

NYSPHSAA Expectations:

Sportsmanship is an expectation. Let the players play. Let the coaches coach. Let the officials officiate. Fans should be loud, be proud, and be positive. When everyone knows their role, students benefit!

Title IX Compliance

The Board supports equal athletic opportunities for members of both genders 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 times;
- 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 DSAAA.

Conflicts and Off-Season Guidance

Often in life, one is subject to making choices. It is not always possible to do everything, all at once. As such, it is incumbent upon a student to communicate a conflict with their coach/advisor if one arises. Conflicts with another extracurricular program or non-school related activity should be worked out mutually, well in advance, between the coach/advisor, student, and parents. Please consider that a school competition/performance should take priority over a school practice and non-school related activity. Students and parents must realize coaches/advisors have a responsibility to be fair to the team/activity members present. That may mean someone who misses practice(s) for whatever reason(s) may have their role, position or playing time adjusted accordingly. Coaches/advisors are to keep the total educational program in perspective when making such decisions. Athletes are encouraged to play other sports or join other activities in the off-season for cross training benefits; however, they should not be demanded to play two sports simultaneously.

EXTRACURRICULAR ACTIVITIES

Philosophy of Extracurricular Clubs and Activities

All students are offered opportunities to participate in various clubs and activities that are either extensions of the classroom, recreational and/or entertainment based. These clubs and activities are meant to serve as avenues for leadership and social development, and in developing and using skills, attitudes and knowledge that will prepare them for post-secondary experience. It is the policy at Skaneateles Central Schools that all students participating in extracurricular activities are required to abide by the same eligibility guidelines and disciplinary regulations as students participating in interscholastic athletics.

Joining a Non-Athletics Extracurricular Activity

Before any club's first scheduled activity each school year, the club's advisor will conduct an announced sign up meeting. At this time, the advisor will distribute important information. The high school will host their annual Activities Fair on the 1st Tuesday in October in the HS Gymnasium to give Freshmen and Sophomores a chance to explore what clubs and activities they might be interested in. The Middle School will hold a similar event in the month of October.

Guidelines for Establishing a New Club

Establishing a new club:

- All clubs need to be approved by an administrator. Contact the DSWAA for the "New Club Proposal" form to begin the process.
- Find a current Skaneateles High School staff member to sponsor your club.
- The club will have to meet at least once per month while school is in session in order to remain current.
- Written copies of all meeting minutes need to be kept. The minutes should outline club activities, topics discussed, and any decisions/votes that are made for fundraising, spending of funds, etc. These minutes will be collected at the end of the school year.
- Each club should have at minimum a president, secretary, and treasurer.

Fundraising, sales, etc.:

- Once a club is approved and established the members may decide to run fundraising campaigns or sales. In order to do so an account for the club must be established through Central Treasury. If a club wants to establish an account they must get approval from the school principal.

- After being approved by the principal, all clubs that will be collecting or spending funds need to establish an account with the Central Treasurer (Mrs. Kimm). The Central Treasurer will meet with the treasurer of the club to go over the rules and regulations for a club account.
- HS Central Treasurer - Mrs. Amy Kimm
E-mail: akimm@skanschools.org
Phone: (315) 291-2221
- MS Central Treasurer - Mrs. Eileen Kennedy
E-mail: ekennedy@skanschools.org
Phone: (315) 291-2231
- Club members need to vote and be in favor of using any funds for fundraising sales or campaigns. The decision to spend money needs to be a group decision and documented in the club's meeting minutes.
- All fundraising sales or campaigns need to be approved by the principal before they start. The following information is needed: nature of the event, dates of operation, duration of the sale or campaign, and means of solicitation.
- Profit and loss statements should be completed after fundraising activities.
- Club treasurer and officers need to account for all funds used or collected. Money collected from a sale or event needs to be deposited with the Central Treasurer immediately. **NO MONEY SHOULD BE LEFT AT HOME OR IN SCHOOL AT ANY TIME.** See the Central Treasurer for guidelines.

Receipt of cash:

- Club advisor should always issue a receipt.
- Central Treasurer collects money and deposits money at the bank; then issues a receipt back to the club.
- Money should be locked up in a safe if the Central Treasurer is not available.
- Checks should be cashed in a timely basis.
- Central Treasurer collects money and deposits money at the bank; then issues a receipt back to the club.
- Money should be locked up in a safe if the Central Treasurer is not available.
- Checks should be cashed in a timely basis.

HS Extracurricular Activities and Organizations

Art Club	National Art Honor Society
Book Club	National Honor Society
Clay Target Club	Odyssey of the Mind
Cricket Club	Pop Culture Club
Crochet Club	SADD (Students Against Destructive Decisions)
DECA (Business Club)	Service Club
Drama	Skan-GSA (Gay-Straight Alliance)
Environmental Club	Ski Club
Envirothon Team	Solar Panel Club
Film Club	Student Athletic Council
Fishing Club	SGO (Student Government Organization)
Handbell Choir	The Laker Writing Club
International Thespian Club	Tri-M Music Honor Society
Jazz Band	Voice Box (Mixed Voice Contemporary A Cappella Choir)
Junior Classical League	Women in STEM
Madrigal Choir	Women's Chamber Choir
MasterMinds	Women's Rights Club
Mentoring Program	Yearbook Club
Model U.N.	Yoga Nidra Club

MS Extracurricular Activities and Organizations

A Capella- Middle C's	Math Olympiad
Book Club	National Junior Honor Society
Clay Target Club	Odyssey of the Mind
Drama Club	Select Choir
Fishing Club	Ski Club
Handbell Choir (With HS)	Solar Panel Club
Jazz Lab	Student Council
Laker Club	Tri-M
Latin Club	

ATHLETICS



Pictured above: DeAnn Sears (Athletic Coordinator), Stephen Musso (Director of Wellness, Activities and Athletics) and Stacey Patalino (Athletic Trainer).

Skaneateles Central Schools Athletic Department

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Stacey Patalino

Athletic Trainer

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Skaneateles High School

Michael Caraccio

Principal

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Dawn Teixeira

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Skaneateles Middle School

Michael Olley

Principal

molley@skanschools.org

(315) 291-2241

Jamie Jones

Administrative Assistant

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(315) 291-2241

Interscholastic Athletics Program Philosophy

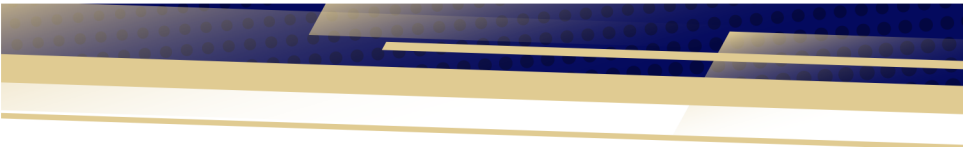
A basic tenet of the educational philosophy of the Skaneateles Central School District is to facilitate personal, academic, cultural and social development. A comprehensive program of student activities is vital to the educational development of students. Within this context, it is the purpose of the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

- The ideals of competition, team work and sportsmanship;
- Appropriate physical, social and psychological development;
- The development of self-confidence, self-discipline, organization, decision making skills and goal orientation;
- A positive sense 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;
- The interscholastic athletics program, conducted in accordance with existing Board of Education policies, rules and regulations; and
- The Skaneateles 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 Skaneateles 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 Skaneateles 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 spirit, 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 and continuous improvement 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, socially, and emotionally.

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 are encouraged. Coaches place a strong emphasis on skill building & continuous improvement.

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

- A. Student athletes will be able to explore and expand interests and abilities.
- B. Coaches will maximize opportunities for all students to participate.
- C. Basic skills and fundamentals of activities will be emphasized.
- D. Varsity athletes are encouraged to participate in demonstrations and clinics initiated by the Skaneateles coaching staff.
- E. Instruction will be differentiated based on student athlete ability.
- F. Improvement of skills, not wins and losses, is the sign of a successful season.
- G. Playing time is determined by modified rules - all participants play.

Junior Varsity

- A. The program calls for a balance between participation and winning.
- B. This level indicates a need for coaches to communicate with athletes regarding areas for needed improvement and the possibility of other opportunities in the activities program that may have been better fit for the student-athlete.
- 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 preparing for varsity competition.
- E. More emphasis will be placed on competition. Playing time is not guaranteed, but should always be considered by the coach.

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. More emphasis placed on the team than on the individual.
- D. Playing time is determined by ability and what is best for the team based on the coach's assessment.
- E. There is full commitment to the team and sport in-season, both on and off the field.

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.
- 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.

Try-Outs

Although our goal is to provide a plethora of extracurricular opportunities and positive experiences for our students, sometimes it is not possible due to financial constraints, large numbers of students interested in the sport, and the function of the game. To that end it may be necessary to hold "try-outs" at every level of our program.

- A try-out is most common at the Varsity level due to the added emphasis on competition. Team size is largely determined by the function of the sport and is made at the coach's discretion in consultation with the DSWAA. Participants can expect a fair process that includes both objective and subjective measures. Ultimately the coach will make a decision that is in the best interest of the team and is based on skill level and athletic ability.

- At the JV level, try-outs will occur when the number of participants does not allow for a safe environment in practices/games. Again, a fair try-out process can be expected with both objective and subjective data taken by the coaching staff. The coach will make a decision in the best interest of the team, balancing both the individual player's skill and the opportunity for development.
- It is at the Modified level that students should have the opportunity to expand and explore interests and abilities; therefore, try-outs should be a rare occurrence. If try-outs are necessary, families can expect a letter to be sent home explaining the process and need for the try-out.

No matter the level, students and parents can always expect that the try-out process will be a fair one and that respect for the individual student in the process is paramount. Students can expect a face-to-face meeting with their coach that includes a discussion regarding strengths and areas of improvement.

Promotion

Based on our program design, student-athletes are typically grouped by grade level in the following manner:

- 7th and 8th graders compete at the modified level.
- 9th and 10th graders compete at the JV level.
- 11th and 12th graders compete at the Varsity level.

In some instances a few, select students may benefit from promotion because of their level of readiness. As a general rule of thumb, it should be expected that students are only promoted if a coach can reasonably assess, using both qualitative and quantitative data, that the student is exceptional because their athletic knowledge, skill, strength, maturity, and citizenship would place them in a role where they have an immediate impact on and make consistent contributions to the success of the team. A decision to promote a student will be made at the coach's discretion and in consultation with the student's parent and the DSWAA.

For modified students requesting to be promoted to the high school level please refer to the Athletic Placement Process for Interschool Athletics Programs (APP) section of this handbook.

Objective of the SCSD Athletic Program

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 team excellence and individual growth in performance is a primary goal for all athletes.
- Develop friendships and experiences through contests with other schools and communities.
- Learn that although winning is important, rule violations bring penalties.
- Make a commitment to your coaches and teammates through daily participation.
- Participation in a sport implies a commitment to your teammates, coaches, and your school.

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.
- To be a positive role model for student athletes.
- 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.
- Work collaboratively with 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.

The Role of Parents in Athletics

The Skaneateles 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, which 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(es), team members, and the program itself;

- Encourage their children to communicate with their coach first;
- 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;
- Volunteer to help with team-related activities;
- Communicate team or individual concerns directly to the coach, not other parents; and
- Encourage your child to advocate directly with their coach.

Discouraging the Use of Specialization and Recruitment

The Skaneateles 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 Skaneateles 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

Athletic Placement Process for Interschool Athletic Programs (APP)

The purpose of the APP is to provide a protocol for those districts that choose to allow students in grades 7 and 8 to move up; or for students in grades 9-12 to move down, allowing them to participate safely at an appropriate level of competition based upon physical and emotional readiness and athletic ability rather than age and grade alone. It is important to remember that students do not mature at the same rate, and there can be tremendous developmental differences between students of the same age. Accordingly, each student athlete will be reviewed on a case-by-case basis.

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

Process:

In accordance with Commissioner's Regulations, the Athletic Placement Process consists of the following requirements:

1. Recommendation – from the coach or a physical education teacher employed by the Skaneateles Central School District, and not from a student or parent.
2. Parental permission
3. Administrative approval
4. Medical clearance
5. Physical Fitness Testing

Only students who pass all parts of the APP are permitted to try out for a team at the requested level. Students who try out and do not make the team are returned to the modified level of competition.

In addition to the APP requirements set forth by NYSED, the following provisions will also be required by the district:

1. Seventh grade students are not eligible to participate in APP unless, in the opinion of the Director of Student Wellness, Activities, and Athletics - in consultation with the relevant coaching staff, athletic trainer, and district physician - such student poses a significant and imminent health and safety risk to those students she or he would be playing against due to size, strength, speed, and/or skill. Any such student may then only participate in the APP with the approval of the Superintendent.
2. Parent and/or student requests for participation in the APP will not be considered.
3. Student athletes who are recommended by a coach or physical education teacher for APP must, in the opinion of the Director of Student Wellness, Activities, and Athletics, be exceptional in that their athletic knowledge, skill, strength, maturity, and citizenship would reasonably place them in a role where they have an immediate impact on and make consistent contributions to the success of the team.
4. An APP review panel (a multi-member panel consisting of school personnel that know the recommended child) will determine the student's acceptance into the process before medical or physical testing. The committee will focus on the following areas of a student's development:
 - Academic
 - Social
 - Emotional
 - Behavioral

5. Upon district medical director's approval the student must participate in physical fitness testing and earn a rating in the 85th percentile for their age in 4 of the 5 fitness tests. If the student does not earn a qualifying score on the first try, they will have two more opportunities to earn a qualifying score. If the student does not earn the required score after the third attempt, the process is over, and they will not be offered a tryout.

Review:

Administration is directed to review the APP process every two years and propose any recommended changes to the board of education through the policy Amendment Process.

Sports Physicals

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

Student Athlete Registration- Arbiter Sports

The Skaneateles Central School District now offers the convenience of online registration for athletics through Arbiter Sports. This process takes 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 Arbiter Sports are completed. From the main page of the Skaneateles CSD website, click on "Athletics", then "Athletics Registration."

Student Athletic Injuries

No student should be allowed to practice or play in an athletic contest if he/she is suffering from an injury. The diagnosis and prescription of treatment for injuries is strictly a medical problem and should under no circumstances be considered a province of the coach. A coach's responsibility is to see that injured players are given prompt and competent medical attention, and that all details of a doctor's instructions concerning the student's functioning as a team member are carried out. No student will be allowed to practice or compete if there is a question that he/she is not in adequate physical condition.

Any student injured during interscholastic (tryouts, practice, games included) must report the injury to the coach immediately. The coach will complete the following forms: 1) an injury report 2) insurance forms and 3) a school accident report and submit same to the DSWAA within twenty-four (24) hours.

Any student that has been reported as injured must have written verification from the school nurse to re-qualify for competition.

The parent and family physician will be called in all cases in which a pupil requires medical first aid treatment for injury or illness. If an ambulance is called and the ambulance crew recommends that the student be transported to a medical facility, allow the student to be transported.

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 Board of Education of the Skaneateles Central School District recognizes that concussions and head injuries are commonly reported injuries in children and adolescents who participate in sports and recreational activities, and can have serious consequences if not managed carefully. Therefore, the District has implemented the following policy to support the proper evaluation and management of head injuries.

Concussion is a brain injury. Concussion occurs when normal brain functioning is disrupted by a blow or jolt to the head. Recovery from concussion will vary depending on the extent of the trauma. Avoiding re-injury and over-exertion until fully recovered are the cornerstones of proper concussion management.

While District staff will exercise reasonable care to protect students, head injuries may still occur. Physical Education teachers, coaches, nurses, and other appropriate staff will receive training to recognize the signs, symptoms and behaviors consistent with a concussion. Any student exhibiting those signs, symptoms or behaviors while participating in a school sponsored class, extracurricular activity, or interscholastic athletic activity shall be removed from the game or activity and be evaluated

as soon as possible by an appropriate health care professional. District faculty and staff, such as an administrator, teacher, nurse, athletic trainer, or coach will notify the student's parent(s) and/or legal guardian(s).

If a student sustains a concussion at a time other than when engaged in a school-sponsored activity, the District expects the parent/legal guardian to report the condition to the nurse, athletic trainer, or coach so that the District can support the appropriate management of the condition.

The student shall not return to school or activity until authorized by an appropriate health care professional. The approved school physician or his/her designee will make the final decision to allow the student-athlete to return to activity including, but not limited to, physical education class and after-school sports. Any student who continues to have signs or symptoms upon return to activity must be removed from play and re-evaluated by their health care provider.

• **The Concussion Management Team**

The District will assemble a concussion management team (CMT). The CMT will consist of administrators, school psychologist, DSWAA, school nurse, athletic trainer and/or school physician. The District's CMT should coordinate training for all administrators, teachers, coaches and parents. Training is mandatory for all coaches, assistant coaches and volunteer coaches that work with these student athletes regularly. In addition, information related to concussions should also be included at parent meetings or in information provided to parents at the beginning of sports seasons. Parents need to be aware of the school district's policy and how these injuries will ultimately be managed by school officials.

Training should include: signs and symptoms of concussions, post concussion and second impact syndromes, return to play and school protocols, and available area resources for concussion management and treatment. Particular emphasis should be placed on the fact that no athlete will be allowed to return to play the day of injury and also that all athletes should obtain appropriate medical clearance prior to returning to play or school.

The CMT may act as an advisory group for a student returning to play following a concussion. When deemed necessary, the CMT will review and/or design an appropriate plan for the student while the student is recovering.

• **Concussion Education**

Concussion Education should be provided for all administrators, teachers, coaches, school nurses, athletic trainers and guidance counselors. Education of parents should be accomplished through pre-season meetings for sports and/or information provided in student agenda books and on the school website. Education should include, but not be limited to the definition of concussion, signs and symptoms of concussion, how concussions may occur, why concussions are not detected with CT Scans or MRI's, management of the injury and the protocol for return to school and return to activity or interscholastic athletics. The protocols will cover all students returning to school after suffering a concussion regardless if the accident occurred outside of school or while participating in a school

activity. Each school utilizes a School-Based Intervention Team (SBIT) to address all concerns related to concussions other than athletic return to play.

- **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 at: <http://preventingconcussions.org>

Upon 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 Athletics**

The immediate removal from athletic activities of any pupil that has, or is believed to have, sustained a mild traumatic brain injury is required. No athlete demonstrating symptoms of concussion should return to practice or play (RTP) the day of injury. RTP should be a day after appropriate neurological testing and the school physician's clearance. Close observation of the 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**

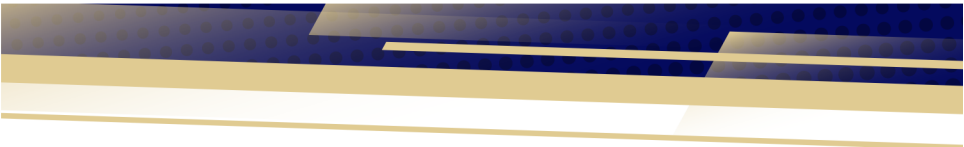
During practices and contest, athletes demonstrating signs and symptoms of a concussion should be evaluated by the coach and/or athletic trainer. Then, if determined to have a possible concussion, the athlete should not be permitted to continue any activity. The athlete must follow all protocols and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

- **Physical Education**

Physical Education staff must report to the nurse any student exhibiting the signs and symptoms of a head injury. Any student, including athletes, who was reported to the nurse as exhibiting signs and symptoms of a head injury, must sit 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, the team must follow the return to play protocol.

- **Return to Play (RTP)**

Return to play following a concussion involves a step-wise progression once the individual is symptom free. There are many risks to premature return to play including: a greater risk for a second concussion because of a lower concussion threshold, second impact syndrome (abnormal brain blood flow that



result in death), exacerbation of any current symptoms, and possibly increased risk for additional injury due to alteration in balance. These NYSPHAA current RTP recommendations are based on the most recent international expert opinion. No student athlete can return to play while symptomatic. Students are prohibited from returning to play the day the concussion is sustained. If there is any doubt as to whether a student has sustained a concussion, it should be treated as a concussion. Once the student athlete is symptom free, at rest for 24 hours, and has a signed release by the treating clinician, she/he may begin the RTP progression below (provided there are no other mitigating circumstances).

Skaneateles Lakers Booster Clubs

The Skaneateles Lakers Sports Booster Clubs exist as organizations of parents and community members dedicated to:

- Support our student athletes, coaches and athletic department in an effort to maintain and improve the sports program;
- Fundraise to provide monetary support for program needs and wants and may provide grants and scholarships as well as recognition awards; and
- Encourage community involvement and school pride.

Want to Get Involved?

Your kids and community need your help! Set a great example of teamwork for your athlete by volunteering. Contact the DSWAA or visit our website at www.skanschools.org/athletics 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

Seasonal Athletic Programs

Fall Season

Boys Varsity Cross Country
Girls Varsity Cross Country
Boys Varsity Football
Boys Varsity Golf
Boys Varsity Soccer
Boys Junior Varsity Soccer
Girls Varsity Soccer
Girls Junior Varsity Soccer
Girls Varsity Swimming & Div.
Girls Varsity Tennis
Girls Varsity Volleyball
Girls Junior Varsity Volleyball
Modified Cross Country
Modified Football (7,8,9)
Modified Boys Soccer
Modified Girls Soccer
Modified Girls Tennis (7,8,9)

Winter Season

Boys Varsity Basketball
Boys Junior Varsity Basketball
Girls Varsity Basketball
Girls Junior Varsity Basketball
Girls Varsity Ice Hockey
Boys Varsity Ice Hockey
Boys Varsity Indoor Track
Girls Varsity Indoor Track
Modified Boys Basketball - 8th
Modified Boys Basketball - 7th
Modified Girls Basketball - 8th
Modified Girls Basketball - 7th
Modified Girls Volleyball - 8th
Modified Girls Volleyball - 7th
Modified Boys Volleyball

Spring Season

Boys Varsity Baseball
Boys Junior Varsity Baseball
Girls Varsity Golf
Boys Varsity Lacrosse
Boys Junior Varsity Lacrosse
Girls Varsity Lacrosse
Girls Junior Varsity Lacrosse
Girls Varsity Softball
Boys Varsity Tennis
Boys Varsity Track & Field
Girls Varsity Track & Field
Modified Boys Baseball
Modified Boys Lacrosse
Modified Girls Lacrosse
Modified Girls Softball (7,8,9)
Modified Boys Track & Field
Modified Girls Track & Field

Seasonal Start Dates (* - OHSL Dates)

Fall 2023

V. Football- Aug. 19
JV/V Sports- Aug. 21
Mod. Football- Aug. 28
Mod. Sports- Sept. 6

Winter 2023-2024

Mod. Winter I- Oct. 30
JV/V Sports - Nov. 13
Mod. Winter II- Jan. 8

Spring 2024

JV/V Sports- Mar. 11
Mod. Sports- Apr. 8

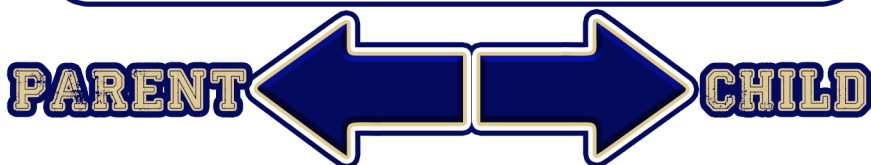




CHAIN OF COMMAND

Coaches are available to speak with parents,
but please be respectful of time and place.

Please follow the Chain of Command with any concerns:



COACH / ADVISOR



DSWAA / PRINCIPAL



SUPERINTENDENT



SKANEATELES CENTRAL SCHOOL DISTRICT

45 East Elizabeth Street - Skaneateles, NY - 13152



www.SkanSchools.org/Athletics

SKANEATELES LAKERS



Skaneateles.Schools



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