

Schalmont Athletic Code of Conduct



2026-27 School Year

Dear Student Athletes and Families,

Welcome to Schalmont Athletics! I am honored to serve as your Director of Physical Education, Health and Athletics. I am excited to embark on another great year of competition, growth and team spirit.

At Schalmont, we believe that interscholastic sports is a privilege, not a right. Our athletic programs are an extension of the classroom, designed to teach lifelong values such as perseverance, integrity, teamwork, sportsmanship and respect. The lessons learned on the field, court, track, mat, ice, or pool will shape our students-athletes long after their playing days are over.

Because you represent our school and community, we hold our student athletes to the highest standards. Attached to this letter is our Schalmont Athletic Code of Conduct, which outlines the behavioral, academic, and training expectations for all student-athletes.

Key areas emphasized in our code include:

Sportsmanship: Treating opponents, officials and spectators with the utmost respect. Winning with humility and losing with dignity are non-negotiable.

Academic Priority: Student-athletes are students first; maintaining eligibility and classroom attendance is required.

Personal Integrity: Demonstrating good character at all times, including the prohibition of substance abuse, bullying, and inappropriate social media conduct.

Commitment: Dedicating yourself to your team, attending all practices, games and communicating effectively with your coaches.

I ask both parents and student-athletes to thoroughly review this document before the start of the sports season. Please sign the acknowledgement form at the bottom and return to your head coach at the meet coaches night event.

If you have any questions regarding the Code of Conduct or our athletic policies, please do not hesitate to contact my office at 518-355-6110 Ext. 3251 or via email at krussell@schalmont.net

Thank you for your commitment to Schalmont Athletics. I look forward to a successful season and supporting you on the sidelines!

Go Sabres!

Sincerely,
Kathleen H. Russell

Mission Statement

Competing with Honor, Leading by Example

*“Our mission is to cultivate an environment where discipline, respect, and hard work define our athletes. As Schalmont Sabres, we compete with relentless effort, respect our opponents, and discipline our minds. Through dedication on the field, victory in competition, and accountability in the classroom, we strive for excellence in character, protect our **Sabre Pride**, and make our community **Sabre Proud**.”*

1. Athletic Eligibility

Student-athletes must comply with all eligibility standards set by Section 2 and the New York State Public High School Athletic Association (NYSPHSAA).

- Coach's Responsibility: Coaches will ensure all rostered players meet these standards prior to participation.

2. Tobacco, Vaping, Alcohol, and Drugs

Philosophy

The Schalmont CSD forbids the use or possession of substances that impact health and athletic performance, including tobacco, vaping products, alcohol, and performance-enhancing or controlled drugs.

Rules

A student-athlete shall not:

- Use or possess alcohol, tobacco, tobacco substitutes, or vaping devices (vape pens, Juuls).
- Use steroids or any illegal controlled substances.
- Be in a setting where any of these substances are actively used or distributed.

Penalties

Penalties are served immediately upon discovery.

- **First Violation (Unconfirmed Use):** If found in a setting where substances were present but usage cannot be confirmed, the athlete must attend one after-school counseling session. Additional infractions will result in confirmed-use penalties.
- **First Violation (Confirmed Use):** 14-day suspension from all athletic contests and co-curricular activities. The athlete *must* continue to practice with the team.

- **Second Violation:** Suspension from all athletics for the remainder of the current season or 28 days (whichever is longer), plus a 4-week suspension from co-curricular activities.
- **Third Violation:** Suspension from all athletics for the remainder of the school year.

Reporting Violations

Violations may be reported to the High School Principal, Assistant Principal, or Director of PE, Health, and Athletics. Reports are considered authentic if submitted by district employees, police, or parents. Reports from other parents will be investigated but require confirmation by one of the aforementioned sources.

3. Hazing

Schalmont CSD defines hazing as any physical, mental, or emotional act that subjects another person to abuse, degradation, harassment, or compulsion to break school/state policies. All hazing reports will be thoroughly investigated, and disciplinary action will be taken on a case-by-case basis.

4. Social Media Rules for Student-Athletes

Philosophy

Playing sports for Schalmont CSD is a privilege, not a right. Your online actions reflect on your team, school, and community. Student-athletes must maintain high standards of digital citizenship on all platforms (such as TikTok, Instagram, Snapchat, and X).

Rules

A student-athlete shall not post, share, text, or link to content that contains:

- Bullying, cyberbullying, harassment, hazing, or threats directed at any person.
- Explicit, obscene, sexual, or profane language, images, or videos.
- Images, videos, or text depicting or promoting illegal substances, vaping, alcohol, or underaged drinking.
- Poor sportsmanship, hate speech, or derogatory remarks about teammates, coaches, school staff, opponents, or game officials.

Penalties

- **First Offense:** Verbal or written warning and a mandatory meeting with the Coach and Athletic Director. Digital content must be removed immediately.
- **Second Offense:** Immediate suspension from athletic contests for up to one week (7 days) and a mandatory parent conference.

- **Third Offense:** Permanent removal from the athletic team for the remainder of the sports season.

5. Academic Eligibility Policy

Philosophy and Monitoring

Schalmont CSD believes that academics always come first. Playing sports is a privilege. Student-athletes must do satisfactory work in all of their classes.

The athletic department checks course grades every five (5) weeks throughout the school year. Eligibility is based on these 5-week marking period reports.

Status 3: Between Sports Seasons (Off-Season & Tryouts)

Academic rules apply even when a student is not actively playing a sport.

- **Tryout Ineligibility:** If a student is failing two or more of any classes during a 5-week check between sports seasons, they may be deemed ineligible to try out for the next season's team.
- **Carried-Over Grades:** A student can not get a "fresh start" in a new sports season if their latest grades are failing.
- **Clearing Your Record:** To become eligible for winter or spring tryouts, the student must prove they brought their grades up to passing on the next official grade check.

Status 1: Failing Exactly Two (2) Subjects

If a student-athlete is failing exactly two classes at the 5-week check during their active season, they are placed on Academic Probation.

- **The 14-Day Grace Period:** The student has exactly 14 calendar days to bring at least one of the failing grades up to a passing mark.
- **Privileges During the Grace Period:** The student may fully participate in all team practices and official athletic contests during these 14 days.
- **Failure to Improve:** If the student is still failing both classes after 14 days, they become Ineligible for Contests.
- **The Practice Rule:** While contest-ineligible, the student must continue to attend and participate in all team practices. They can not travel to away games, sit on the bench, or dress in uniform until school records show they are passing at least one of the failed classes.

Status 2: Failing More Than Two (2) Subjects (3 or More)

If a student-athlete is failing three or more classes at the 5-week check, they are declared Immediately Ineligible.

- **Immediate Suspension:** The student is stopped from participating in all athletic activities right away.
- **No Practices or Games:** The student can not play in games and cannot practice with the team.
- **How to Regain Eligibility:** The student must focus entirely on schoolwork. They stay completely ineligible until they bring their grades up. They must reduce their failing grades down to two (2) or fewer.
- **Moving to Probation:** Once the student is only failing two classes, they move to the Failing Exactly Two Subjects status. They must then follow those 14-day probation rules to clear the rest of their record.

Annual Eligibility (Year-End Grades)

Annual Academic Eligibility: Any student-athlete who finishes the school year failing two or more final courses is ineligible for fall athletics. They may only regain active status after an academic review by the athletic director. The decision for consideration of reinstatement will be at the discretion of the Director of PE, Health, and Athletics.

The reinstatement process requires a comprehensive academic review. This evaluation is not limited to, but may include:

- Feedback and input gathered from past and present teachers
- Successful completion of relevant summer school courses
- Participation in an academic success plan developed collaboratively with the athlete's teachers, administration, and counseling staff

6. Student-Athlete Rules and Expectations

Student-Athlete Expectations

All student-athletes must show respect, responsibility, compassion, and a hard work ethic at all times.

The Athletic Director can temporarily suspend or permanently remove any student from a team. This happens if a coach, Athletic Director, or school administrator decides the athlete is not upholding school values, or if their actions hurt the team or the school day (detrimental conduct).

Examples of bad conduct that can get an athlete suspended or kicked off a team include:

- Breaking the law.

- Fighting or trying to start a fight.
- Bullying, cyberbullying, hazing, and harassment.
- Using racial slurs, bad language, or insensitive words.
- Unsportsmanlike behavior (crude gestures, taunting, or physical/verbal abuse).
- Disrespecting or disobeying Schalmont staff, opposing team staff, or game referees.
- Poor school or practice attendance (including being late).
- Breaking any rules found in the official Schalmont Student Handbook and the District Code of Conduct.

Timeline and Resetting Violations

- **When Rules Apply:** The Athletic Code of Conduct is in effect both inside and outside of school. It starts on the very first day of fall tryouts and lasts until the senior graduation ceremony.
- **Middle School (Grades 7-8):** Violations build up during your 7th and 8th grade years.
- **High School (Grades 9-12):** Your record resets to zero when you enter 9th grade. Violations then build up across your high school years.

Registration Agreement

When a student and parent submit their online signup through Arbiter Registration, they officially agree to follow all rules on the website, this Code of Conduct, school handbooks, and the Dignity for All Students Act (DASA).

School Day Attendance Rules

To practice or play in a game, you must be in school on time and stay for the whole day.

- **Student-Athlete Arrival & Departure Rules:** To support practice and game-day participation, student-athletes are expected to be at school by 10:45 AM, or remain until 10:45 AM if departing early. Exceptions may be coordinated with administration.
- **Allowed Excuses:** Exceptions are only made for a doctor's note on official medical letterhead, a true family emergency, BOCES/vocational programs, or approved school early-release days.
- **Late to School:** Students with chronic unexcused tardiness face review and potential suspension from athletic activities.

7. Schalmont CSD Training Rules

Playing sports requires healthy choices. To help you reach your full potential and represent Schalmont well, you must follow these strict training rules:

- **Parties:** Student-athletes are strictly forbidden from hosting or attending parties where underage drinking or drug use is happening.
- **Alcohol:** Buying, holding, or drinking alcohol is strictly prohibited.

- **Marijuana & Illegal Drugs:** Holding or using marijuana, street drugs, or any illegal controlled substances is strictly prohibited.
- **Tobacco & Vaping:** Holding or using tobacco products which include cigarettes, electronic cigarettes, vape pens, Juuls, cigars, pipe tobacco, nicotine gels, hookah, or oral nicotine pouches (ie: Zyn) is strictly prohibited.
- **Prescription Drugs:** Using prescription drugs that belong to someone else, or using them without a doctor's note, is strictly prohibited.
- **Performance Drugs:** Using any performance-enhancing drugs is strictly prohibited.

8. Citizenship & Conduct

Student-athletes must demonstrate appropriate citizenship at all times.

- **Suspensions:** Students serving in-school (ISS) or out-of-school (OSS) suspensions are ineligible to practice, compete, or attend athletic events during the suspension period. Multiple suspensions result in extended game-play bans (7 days for multiple ISS, 14 days for multiple OSS).
- **Accumulated Disciplinary Action:** Accumulating 5 referrals and 3 suspensions in a school year results in permanent ineligibility for the year.
- **Quitting a Team:** Once final cuts are announced, athletes are expected to finish the season. Quitting without permission results in a loss of athletic eligibility for the remainder of the season.
- **Transportation:** Athletes must ride district-provided transportation to and from games. Exceptions require prior written notice or email from a parent to the coach and Director of PE, Health & Athletics.

9. Chain of Command

- **Step 1: Student-Athlete Conversation**
 - Athlete speaks directly with their coach.
 - Goal: This develops self-advocacy and clarifies misunderstandings early.
 - Timing: Done before or after a practice, never before or after a game.
- **Step 2: Parent-Coach Meeting**
 - The parent requests a scheduled in person meeting with the coach.
 - 24-Hour Rule: Wait 24 hours after a contest before reaching out.
 - The discussion should be focused on your child's behavior and performance.
 - Off limit Topics: team strategy, play calling or game tactics, discussing other student-athletes on the roster.
- **Step 3: The Director of Athletics Review**
 - Contact the Director of Athletics if issues remain unresolved.
 - A formal in person meeting is set up with the parent, coach, student (optional) and Director of Athletics.

- The outcome is to come up with a resolution that will provide your child with a positive experience.
- **Step 4: Final Action to Superintendent**
 - Appeal to the Superintendent if necessary.
 - Only contact the Superintendent after all previous steps are fully exhausted without resolution.

10. Appeals and Due Process

Right to Appeal

Student-athletes have the right to ask for a review if they are suspended from sports.

- **Exceptions:** You cannot appeal sports suspensions that happen because you were placed in In-School Suspension (ISS), Alternative Learning Academy (ALA), or Out-of-School Suspension (OSS). Those suspensions cannot be changed.

Step 1: Appeal to the Athletic Director and Principal

If you plan to contest a suspension, file immediately.

- **Written Request:** Send a written appeal to the Director of Athletics and the High School Principal.
- **2-Day Deadline:** This written request must be handed in within *two (2) days* of finding out about the suspension.
- **What to Include:** You must clearly state your reasons why the school should look at the decision again.

Step 2: Appeal to the Superintendent

If the Athletic Director and Principal uphold your suspension, you can take one final step.

- **Written Request:** You may write a final appeal to the Superintendent of Schools.
- **5-Day Deadline:** This must be submitted in writing within **five (5) days** of the decision from Step 1.

11. Physical Examinations, Injuries, and Acknowledgements

Physical Examination Requirements

All student-athletes must show proof of a valid physical exam before they can play.

- **Approval Needed:** No student-athlete may practice or play in games without approval from the Schalmont CSD physician or a designated school health official.

Injuries and Accident Reports

Safety is a top priority. You must report all injuries right away.

- **Tell Your Coach:** Inform your coach immediately if you get hurt during a practice or game.
- **Insurance Coverage:** Medical bills from an injury must go to your own family insurance plan first. School insurance only provides extra coverage based on a set fee schedule.
- **30-Day Deadline:** You must report your injury to the Athletic Trainer and the school nurse's office within thirty (30) days. If you miss this deadline, school insurance will not cover the injury.

Return to Play After Injury or Illness

If you are hurt or missing school for a long time, we must make sure you are safe to return.

- **Health Check:** The athletic trainer or school nurse must reevaluate you before you can practice or play again.
- **Setting it Up:** The athlete and coach will arrange this check-up with the trainer or nurse. The medical staff makes the final choice on when you can return.
- **Concussion Plan:** Please read the "District Concussion Management Plan" during online registration or on the school website.

12. Spectator Expectations

Section 2 Guidelines

- Spectators are an important part of the games and are encouraged to conform to accepted standards of good sportsmanship and behavior.
- Spectators should at all times respect officials, visiting coaches, players, and cheerleaders as guests in the community and extend all courtesies to them.
- Enthusiastic cheering for one's own team is encouraged.
- Please refrain from booing, whistling, stamping of the feet, and making disrespectful remarks during contests.
- There will be no ringing of bells, sounding of horns, or other noise makers at indoor contests during play. Anyone who does not abide by this rule will be asked to leave the premises.
- Pep bands or school bands, under the supervision of school personnel, may play during time-outs, between periods, or at half-time. Bands must coordinate their play so as not to interfere with a cheerleading squad on the floor or field.

- The throwing of debris, confetti, or other objects from the stands is prohibited. Offending individuals will be asked to leave the premises.
- During a free throw in basketball, all courtesies should be extended.
- Spectators should encourage each other to observe courteous behavior. Improper behavior should be reported to the school authorities.
- Spectators will observe the rules of the local school concerning smoking, food and drink consumption, littering, and parking procedures.
- Spectators will respect and obey all school officials and supervisors at athletic contests.

Student Spectator Guidelines

Spectator protocols for students have been established by the district in an effort to maintain a safe and positive experience for all.

- All elementary and middle school students should be accompanied by a parent/guardian/adult to enter the game.
 - Elementary and middle school students are recommended to be accompanied and under the direction of the parent/guardian/adult for the duration of the game.
 - While the district has a number of chaperones at each event, the size of the campus and number of spectators diminish the ability to safely supervise unattended students. This policy will be in effect for all afternoon and evening athletic contests conducted in the athletic stadium and school gymnasiums.
- Children who arrive at the door or gate to a contest without a parent/guardian/adult will be able to enter the game. However, any student removed for behavioral or other violations will be escorted and held in the lobby until an adult arrives to escort them home.
- Students in attendance for an athletic contest are expected to remain at the athletic facility hosting the event. Students are not permitted to travel throughout campus before, during or after a contest.
 - i.e. elementary playground, additional athletic fields, parking lot, behind the buildings. Students must also not engage in activities including bike riding, skateboarding or other unsupervised activities.
- Students that do not adhere to the Student/Spectator Code of Conduct while on campus for a contest are subject to disciplinary actions that include, but are not limited to indefinite suspension from campus-related activities.

13. NCAA Information

Any senior student-athlete planning to enroll in college as a freshman and who wants to participate in Division I or Division II athletics must be certified by the NCAA Initial-Eligibility Clearinghouse. Applications may be obtained with your high school guidance counselor in the guidance office.

14. Online Registration and Required Forms

Schalmont CSD uses Arbiter Registration for sports paperwork. Parents and athletes must complete the online signup in its entirety before the first day of tryouts or practice.

By completing the online registration, you agree to these required forms:

- Pre-participation / Interval Athletic Health History Agreement
- Parent Permission and Consent for Participation and Emergency Treatment
- Dominic Murray Sudden Cardiac Arrest Prevention Act Agreement
- ImPACT Testing and District Concussion Management Plan Agreement
- Risk of Injury Statement
- Athletic Code of Conduct Agreement

By signing below, we state that we received, read, and understand the Schalmont CSD Athletic Code of Conduct. We agree to follow all rules about eligibility, behavior, grades, social media, and attendance.

☐

I have read and discussed the Schalmont Athletic Code of Conduct with my parents/guardian and agree to abide by these rules and guidelines.

DATE

STUDENT SIGNATURE

☐

I have read and discussed the Schalmont Athletic Code of Conduct and agree that my child will abide by these rules and guidelines.

DATE

PARENT SIGNATURE