



**Fabius-Pompey Central School District**

***Athletic Handbook***

Updated July 2023

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# MESSAGE FROM THE DIRECTOR OF ATHLETICS



Dear Student-Athletes and Families,

On behalf of the Fabius-Pompey Central School District, I would like to introduce you to our Interscholastic Athletic Program. FP has 13 different sports throughout the year, which consists of 46 different teams. In grades 7-12 we had 451 players on all of our teams and a participation rate around 70%. Our coaching staff works very hard year round and cares for our student athletes.

A great athletic tradition is not built overnight; it takes the hard work of many people over many years. For many students being a member of a Fabius-Pompey athletic team is a fulfillment of an early ambition. The attainment of this goal carries traditions and responsibilities.

As a member of an interscholastic team of Fabius-Pompey School District, you have inherited a wonderful tradition which you are challenged to uphold. The Athletic Department challenges you to contribute to such a great tradition. When you wear red and white, the members of the Athletic Department will teach the student athletes how to develop their athletic skills as well as respect, responsibility, compassion and hard work. By learning such skills you will successfully contribute to our great traditions. The contributions you make will be a satisfying accomplishment for you and your family. Participation in athletics will prepare you for your life as an adult.

It is the role of the Athletic Department to make rules that govern the spirit of competition for the school. These rules need a broad basis of community support, which is achieved only through communication to you and your parent(s). It is my hope to accomplish this objective through this athletic handbook which will acquaint you with specific policies that are necessary for a well-organized program of athletics.

Our coaching staff is proud to be a positive part of your character development. I wish you the best of luck in your athletic endeavors and I look forward to watching your success while wearing our Falcon red and white uniforms. If you have any questions about Fabius-Pompey Athletics or would like more information about our programs, visit [FabiusPompey.org/athletics](http://FabiusPompey.org/athletics), or reach me at (315)683-5811 ext.7259 or email me at [twilcox@fabiuspompey.org](mailto:twilcox@fabiuspompey.org). I look forward to working with all of you during your student's athletic career at Fabius-Pompey CSD.

Sincerely,

Timothy W. Wilcox  
Director of Athletics

# ATHLETIC PROGRAM AND PHILOSOPHY

The Fabius-Pompey Central School Athletic Program provides a variety of experiences to enhance the development of favorable habits that will help students persevere and prepare for life in a democratic society: to work with others, to be successful, to develop sportsmanship, to improve, to enjoy athletics, and to develop desirable personal health habits, such as proper nutrition, exercise, and mental health.

The interscholastic athletic program shall be conducted in accordance with existing Board of Education policies, rules and regulations. While the Board of Education takes great pride in winning, it does not condone “winning at any cost.” The Board of education encourages sportsmanship and positive mental and physical health. At all times, the athletic program must be conducted in such a way that it is an educational activity.

The value of sport comes not in scoring goals, but in pursuing them. At the highest levels, only a few are privileged to join in the pursuit. At the middle/high school level, the door is open much wider. The majority of the nation’s middle/high school students engage in sport at some level, and they gain lifelong benefits in the process. We need to make sure that door stays open.

Sports are about teamwork skills, leadership, commitment, self-motivation and determination, and fun; winning is a bonus. Sportsmanship is a value that will be taught, emphasized, and expected.

## **Modified Program Philosophy**

All students in seventh, eighth, (and sometimes ninth grade, depending on the sport) are welcome to participate in the modified athletic programs at Fabius-Pompey. At the modified level, the focus is on learning sport fundamentals such as game rules, basic skills, and team play. Through practices and competitive play, coaches also promote social and emotional growth, healthy competition, and physiologically appropriate demands on the adolescent body.



The number of teams and size of a squad in any sport will be determined by the availability of qualified coaches, safe and appropriate facilities, and financial resources. Practice sessions are vital to the desired development of the adolescent athlete and athletic programs. Student-Athlete attendance is required and expected for all practices. Excused absences are permitted with proper notification. Fabius-Pompey adheres to the regulations for practice sessions and other requirements which are published by and governed by the New York State Public High School Athletic Association. Every Athlete is given the opportunity for meaningful contest participation, however, individual time may vary.

Occasionally at the modified level, practices and contests may be scheduled for Saturdays and vacations.

## **Junior Varsity Program Philosophy**

At the Junior Varsity level, a high degree of dedication and commitment is expected as Junior Varsity players embrace the goal of potentially competing at the Varsity level. Increased emphasis is placed on physical conditioning, refinement of fundamental game performance skills, elements and strategies of team play, and emotional and social development necessary to compete at a higher level. The coaches at Junior Varsity level work to achieve a balance between individual and team development and striving for victory. All eligible athletes will have the opportunity to play, but playing time will vary. The outcome of the contest is a stronger consideration at this level; therefore, the commitment to practice sessions, physical conditioning, skill development, and playing ability are significant factors for a successful Junior Varsity team.

## **Varsity Program Philosophy**

A committed attitude and advanced level of skill are necessary ingredients for an athlete's participation at the Varsity level. The skill development of the Junior Varsity level is further enhanced with a strong sense of improving already sound elements through more advanced training and self-discipline. Participation on a varsity team during the previous season, or previous year, does not guarantee a spot on the team roster. Those athletes demonstrating the best level of skill, attitude, and commitment will be selected. While the primary goal continues to emphasize physical conditioning, skill development, and team strategy, winning contests at the Varsity level becomes a high priority and there is no guarantee that all team members will play in contests. A commitment of 6 days per week is expected.



# **PARTICIPATION IN ATHLETICS**

## **Registration and Physical Examination**

A yearly physical exam is required. The physical should be on file in the school nurse's office. The examination is good for one calendar year. The completed physical form from the physician will remain on file in the school nurse's office for the year. FamilyID must be completed by the parent or guardian and approved by the school nurse prior to participation. FamilyID is a secure registration platform that provides you with an easy, user-friendly way to register for our programs, and helps us to be more administratively efficient and environmentally responsible. When you register through FamilyID, the system keeps track of your information in your FamilyID profile. You enter your information only once for each family member for multiple uses and multiple programs. The link to Familyid is <https://www.familyid.com/organizations/fabius-pompey-athletics>.

## **Pre-season Meeting for Student Athletes**

Athletes must either attend a pre-season meeting or talk directly with the coach to participate on the team.

## **Playing Time**

It is important for athletes, parents and coaches to recognize that playing time is often constantly changing throughout the season. For example, starting the first game of the season does not guarantee that you will start the last game of the season. Injuries, attendance, quality of opponents, the flow of the season, and the changing needs of the team are a few examples of things that can change the amount of playing time that athletes receive from game to game.

Coaches are expected to explain their playing time procedures to the team before the first game. Individual meetings may be held with coaches and each player, at which point the coach will share with the athlete what they can expect in terms of playing time, along with the reasons why - with the understanding that things could change, for better or for worse, based on the above reasons.

The following is a general guideline which can vary from sport to sport. Coaches will communicate sport-specific playing time procedures at the beginning of the season.

### **Modified**

Athletes at the modified level are guaranteed to play in every contest, barring injury or disciplinary action. Athletes that are, in the coach's view, more skilled will most often start the games. Even though playing time at the modified level may be guaranteed, the amount of time may vary depending on the aforementioned reasons.

### **Junior Varsity**

Athletes at the Junior Varsity level are guaranteed to play in every contest, barring injury or disciplinary action. All eligible athletes are guaranteed to at least make an appearance in each game, but no more than that is promised. Playing time at the JV level will be allocated based on the athletes' skill and athletic ability, with higher ability players receiving more time.

### **Varsity**

Athletes at the Varsity level are NOT guaranteed to play in any contest. Coaches are expected to set line-ups and distribute playing time with a focus on winning the game. As a result, athletes with lower skills and/or athletic ability will play less in games, or not at all, depending on the specific game or situation.



### **Attendance**

Students who miss part of the school day due to illness / excused absence must be in attendance for five periods in order to play or practice on that day. Infractions of this policy will come to the attention of the coach and then the Athletic Director.



### **Missing Practice / Tardy**

An athlete should always consult with his/her coach before missing practice. Missing practice or a game without a good reason will be dealt with by the coach of that specific team. These expectations will be distributed and discussed at the first practice with the student/athletes.

### **Late Policy**

We expect our students to be present and on time (7:55 am) to school. We understand that there are extenuating circumstances that may result in a student being late to school. Students will be granted two unexcused 'late to school' per season. If the student is late (unexcused) to school three or more days during a season, they will not be allowed to practice on the day(s) that they are late.

### **Vacation Policy**

Vacations by athletic team members during a sports season are strongly discouraged. The absence of student-athletes can affect team dynamics, league competition, and the overall conditioning level of an athlete. In the event of an unavoidable absence due to a vacation, an athlete must:

1. Contact the head coach as early as possible prior to vacation.
2. Depending on the length of the absence athletes will be required to practice a certain number of days, determined by the coach, before they can play in a contest. This provides our student-athletes an opportunity to recondition for injury prevention.
3. Be willing to assume consequences related to their status on their team.

### **Equipment / Uniforms**

School equipment checked out by the athlete is their responsibility. They are expected to keep it clean and in good condition. Loss of any equipment and/or uniform is the athlete's financial obligation. The athlete will not be allowed to participate in competitions in the following seasons until their uniform has been handed in or the school has been reimbursed for the uniform.



### **Scholastic (Academic) Eligibility**

In order to participate on a Fabius-Pompey athletic team, each athlete must have satisfied all of the scholastic eligibility requirements. The purpose of the academic eligibility and attendance protocol is to ensure that students value a well rounded education and the importance of academic achievement. We strive to support and monitor student-athletes during this process. **Student-athletes will remain eligible as long as they do not fail more than one class.**

### **Conditional Eligible**

Student-athletes will be put on the conditional eligible list if they are failing two or more classes at any of the reporting periods. The student-athlete is still eligible to play and compete when they are on this list. Students are required to stay during the activity period with one of the teachers they are failing. They must sign in and out of after school with our eligibility monitor. If at any time they bring their grades up to passing they do not have to check in with our eligibility monitor. The eligibility monitor will continue to check the student's grades every week until the next reporting period. If the student on the conditional eligible list grades drop back down, they will have to start checking in with the eligibility monitor.





### **Ineligibility**

If the student-athlete who is on the conditional eligible list is failing two or more classes at the next reporting period, they will become academically ineligible. Student-Athletes are required to check in and out of the activity period with the eligibility monitor. When ineligible, students may practice but are not permitted to compete. Student's will be asked to continue to attend competitions to support their teammates. To become eligible, a student must bring all but one grade up to passing at any time. The student athlete will then become conditionally eligible again. The eligibility monitor will continue to monitor the students' grades. If the student has two classes drop below passing they will become ineligible again.

**Students who demonstrate poor behavior will be subject to the ineligibility at the athletic director and/or principal's discretion.**

### **Athletic Placement Process (APP)**

The Athletic Placement Process (APP) is a program for evaluating students who want to participate in sports at a higher level than 7th or 8th grade. Students do not mature at the same rate, and there can be tremendous developmental differences between students of the same age. 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. These standards state that students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, maintain personal health, and acquire both the knowledge and ability to create and maintain a safe and healthy environment. For more information please visit the following site

<https://section3.org/documents/2017/8/8/AthleticPlacementProcessJuly2016.pdf>

### **Quitting or Leaving a Team**

On occasion an athlete may find it necessary to drop a sport for a good reason. If this is the case, the following procedure must be followed:

1. Consult with the immediate coach of that team and then the varsity coach (head coach of the program).
2. Report situation to the Athletic Director.
3. Check in all equipment.
4. Forfeit varsity letter status for that season regardless of how many contests were played.

## **Transferring Sports**

If an athlete is cut from a sport and wishes to participate in another sport that season, he/she shall consult with both coaches concerned and the Athletic Director. This procedure assures a smooth transfer, which is the best interest of the student.

If a student-athlete quits or leaves a team for any reason, they must notify the coach immediately in person and become ineligible for participation on another team in the same sport season, unless consent is granted from the first coach.

If a student-athlete is asked to leave a team for disciplinary reasons, they cannot, under any circumstances become a member of another team in that sport season.

## **Conflicts in Extracurricular Activities**

An individual student who attempts to participate in several extracurricular activities will create conflict of obligations and interests. The athletic department recognizes that each student should have the opportunity for a broad range of experiences in the area of extracurricular activities, and to this end, will attempt to schedule events in a manner to minimize conflicts. It is up to the athlete to find a balance and to coordinate their schedule with coaches, teachers, and advisors. Please note that missed practices may affect playing time.

## **Dual-Sport Participation**

Dual-sport participation is approved on a limited basis for student-athletes with unique abilities and schedules. Student-athletes interested in participating in two activities during the same season will need to complete a request form and be approved by the Athletic Director. Once approved, they must follow the guidelines established by the Athletics Department involving dual-sport participation.

For questions or to discuss eligibility for this opportunity, reach out to the Athletic Director.



# STUDENT-ATHLETE AND FAMILY EXPECTATIONS

## All individuals involved in Fabius-Pompey athletics:

1. Gain an appreciation and understanding of the rules of the sport.
2. Exercise exemplary conduct at all times.
3. Recognize and appreciate skilled performance regardless of affiliation.
4. Exhibit respect for contest officials and opponents.
5. Should display pride and self respect with their actions.

## Behavior that displays, but is not limited to, exemplary sportsmanship of the:

### *Athlete:*

1. Plays hard, fair, clean, and perseveres in the face of adversity.
2. Wins with modesty; loses with poise and dignity.
3. Respects officials and accepts their decisions.
4. Represents his/her school with the highest standard of conduct at all times.
5. Displays pride and dedication in his/her personal actions at all times.
6. Treat teammates and coaches with respect.

### *Coach:*

1. Inspires athletes to compete within the definitions of sportsmanship.
2. Teaches the importance of competing fairly regardless of the outcome.
3. Sets a positive example for players and spectators in respecting the officials.
4. Models exemplary behavior at all times.
5. Address sportsmanship issues within the team.

### *Spectator:*

1. Refrains from booing or negative reference to all players, coaches, officials, and other spectators.
2. Appreciates and commends good play from both teams.
3. Supports the goals of sportsmanship.
4. Be a supporter and positive influence on the Athletic program, which includes all athletes and coaches.



## **EXPECTATIONS**

### **Parents should expect the Athletic Director to:**

1. Clearly communicate activities, schedules, handbook, etc.
2. Consistently and fairly enforce policies, codes, rules and regulations.
3. Provide a safe environment for participation.
4. Ensure equal treatment of boys and girls (gender equity).
5. Recruit and evaluate competent coaches.

### **The Athletic Director and Coaches should expect the Parents to:**

1. Understand athletic policies, rules and expectations while abiding by the policies.
2. Display mature actions as spectators. Remember, we are here to encourage and support our athletes in a positive manner.
3. Support the program and your student athlete through transportation and a commitment to attendance.
4. Support healthy habits through nutrition, medical treatment, mental health etc.
5. Communicate appropriately and privately with coaches regarding medical problems, personal problems, etc.
6. Act as a participant in the Sports Booster Club.

### **Coaches should expect the Athletic Director to:**

1. Support coaches visibly and verbally.
2. Be available for help, information, and concerns that may arise.
3. Communicate all changes, concerns, and positive aspects of the season.
4. Schedule practice and events that match the demands of the varsity coach, OHSL, Section 3, and NYSPHSAA.
5. Treat all programs equitably.
6. Be a resource to develop professional knowledge in their sport.

### **The Athletic Director should expect the Coaches to:**

1. Adhere to the policies.
2. Continue to learn as they teach.
3. Be a positive role model.
4. Develop professional relationships with coaching peers, faculty, parents, community members, etc.
5. Display leadership skills.
6. Provide fair and equitable treatment, rewards, and consequences based on actions and ability.

### **Student-Athletes should expect the Athletic Director and Coaches to:**

1. Show support and visibility.
2. Be consistent with rules and consequences.
3. Show encouragement.
4. Be a positive role model.
5. Be available.
6. Offer counseling.
7. Address all concerns brought forward and they will be taken seriously.

**The Athletic Director and coaches should expect the Student-Athletes to:**

1. Display positive team conduct.
2. Be academically eligible.
3. Demonstrate commitment to the team and schedule, which includes attendance.
4. Exhibit self-discipline.
5. Be a positive role model for peers and younger athletes.

**The Dignity for All Students Act (DASA)**

The Fabius-Pompey School District supports the Dignity for All Students Act (DASA). The District seeks to provide the students with a safe and supportive environment free from discrimination, intimidation, taunting, harassment, and bullying on school property, a school bus and/or at a school function.



The Fabius-Pompey CSD takes any alleged bullying, harassment, or intimidation that occurs on school property, at a school-sponsored activity or event off school property, one social media, on a school bus, or on the way to and/or from school seriously. Any allegations will be properly investigated and if found guilty, could result in suspension from athletic contests.

If you are a student victim or a school staff member and wish to report an incident of alleged bullying, harassment, or intimidation, complete and submit this online form that can be found on our website [fabiuspompey.org](http://fabiuspompey.org) or at

<https://docs.google.com/forms/d/e/1FAIpQLSe5iG0BI02C9x99uCwebduynE8g2Kvzjou2JUFrDKQBOgt41A/viewform>

Please be aware that intentionally making a false report or retaliation against any person who reports, is thought to have reported, files a complaint, or otherwise participates in an investigation or inquiry concerning allegations of bullying is prohibited and may result in disciplinary action.

## Drug and Alcohol Policy

The Athletic Department follows the F-P student hand book. For specifics and clarification please refer to the F-P Student Handbook.

## Locker Room Etiquette

Proper use of the lockers and team rooms at Fabius-Pompey and other hosting school districts are expected. Take pride in your school, respecting the property and the custodial staff that maintains it.

1. Rough housing and throwing of objects is not allowed in the locker room. Hazing of players is not allowed and participation could be compromised.
2. Plastic containers must be used. Glass containers are a big safety concern.
3. All spikes or cleats must be put on and taken off outside. Spikes and cleats are NEVER allowed in any part of the school building.

**\*Note: The coaches, staff, and district are not responsible for personal belongings. Lockers are available for all athletes, however locks are not provided. Athletes are advised to bring their own lock and lock up all personal belongings.**

## Suspensions from School

If a student-athlete has been assigned in-school or out of school suspension for any reason, they will not be permitted to practice or compete during the time they are serving the suspension.



## **Travel**

All athletes must travel to athletic contests in transportation provided by the athletic department unless the parents make previous arrangements for an exceptional situation.



1. Athletes will remain with their team and under the supervision of their coach when attending away contests.
2. Athletes that miss the bus will not be allowed to participate in the contest unless there are extenuating circumstances.
3. All regular school bus rules will be followed.

**Departure at away contests:** The parent of the athlete must sign his/her son/daughter "out" from the coach's sign out sheet in order to prevent leaving a student behind. If an athlete is to ride with another adult, the athlete must have a signed note from his/her own parent allowing him/her to do so. That adult will then sign out this athlete (as well as his/her own) and assume responsibility for that athlete.

### **Release from Class:**

If early dismissal is granted for an athletic contest, it is the responsibility of the athletes to see their teacher the day before the classes they will miss. All work shall be made up at the direction of the teacher.



# ATHLETIC COMMUNICATION CHAIN OF EVENTS

*\*All athletes and parents or guardians should abide by the 24 hour rule if a situation arises at a contest. Please DO NOT bring any issues to the coach after a game, unless it is a real emergency.*

*\*Ways of communication may vary depending on the coach. Email is always preferred.*

## **For the Student-Athlete:**

If a question concerning your participation or any other situation arises, please:

1. Check the team's rules and expectations.
2. Check the school and/or athletic handbooks.
3. Talk to your team captain(s)
4. Student-Athlete and/or captain(s) talk to the coach.
5. Student-Athlete and/or captain(s) talk to the A.D.

## **For the Parent(s):**

If a question or concern arises regarding your son/daughter's participation, please:

1. Talk to your student.
2. Check the team's rules and expectations.
3. Check the school and/or athletic the Handbook
4. Make an appointment to talk to the Coach of the Team
5. Make an appointment to talk to the Varsity Coach of that sports program
6. Contact the Athletic Director

**When the above steps have been taken and the situation warrants more clarification the following options are also available:**

1. A meeting among the A.D., Coach, and Parents
2. A meeting among the A.D., Coach, Parents and the Principal
3. A meeting among the A.D., Coach, Parents, Principal, and Superintendent



# COMMUNITY ENGAGEMENT

## Game Schedules

Game schedules are posted on the district website and can be found at <https://www.schedulegalaxy.com/schools/36>. In addition, families can utilize the scheduling app Schedule Galaxy, for real time updates and notifications about games.

## Streaming

Fabius-Pompey is proud to be able to stream some indoor and outdoor contests for spectators who cannot attend in person. To see these contests, please subscribe to our YOUTUBE channel, the Falcon News Network or go to <https://www.youtube.com/@falconnewsnetwork8641>.



## Fabius-Pompey Sports Boosters

The Fabius Pompey Sports Boosters is a group of parents/guardians who are dedicated to Fabius-Pompey Athletics. Their mission is to support the athletic programs in the Fabius-Pompey School District and the students who participate in them.

The Booster Club:

1. Opens and operates the concession stand at evening sports events
2. Purchases new equipment for the school, upon request by the Athletic Director, when it cannot be provided through the school budget.
3. Awards two scholarships each spring to senior student-athletes

**\*\*\*Volunteers Needed\*\*\***

**Parents/Guardians can support the Sports Booster Club by becoming an active member, attending monthly meetings, and/or volunteering to help in the concession stands. Fabius-Pompey Sports Boosters is always looking for new members. Join us to support Fabius-Pompey sports and our athletes. Contact any member for more information, come to one of our meetings, or go to our website to see how you can be a part of this great organization! <https://fpsportsboosters.org/>**



## **Falcon Squad**

The Fabius-Pompey Falcons are represented by a Falcon mascot. The mascot may be seen at district and athletic functions. Students may take part in bringing the falcon to life at athletic contests or district events. Students in need of volunteer or service hours who are interested in becoming the Falcon should contact [kgover@fabiuspompey.org](mailto:kgover@fabiuspompey.org).

## **Social Media**

Follow Fabius-Pompey Athletics on Instagram @Fabiuspompeyathletics or on our Fabius-Pompey Athletics facebook page.

Please refer to the Dignity for All Students (DASA) section of this handbook for guidelines on engaging with the district in an online forum.

Teams interested in creating official team and social media accounts should consult with the Athletic Director. Any social media account which uses the Fabius-Pompey name, logos or insignia is subject to social media content standards set forth by the district.

## **Media Coverage and Photographs**

Please note that anytime a student participates in a sporting event that is open to the school community and/or the public, the district has no control over photographs or videos taken by the media, other parents/guardians or community members in attendance.

## **League, Section and State Resources**

### ***Onondaga High School League (OHSL)***

The Fabius-Pompey School District is a voluntary member of the OHSL. This league consists of 29 schools and was established for the primary purpose of promoting selected interscholastic activities among member schools and the assurance of such advantages as may be gained by a union of effort.

The Conference was established to encourage member schools to improve their co-curricular program in athletics. The conference membership facilitates the arranging of schedules, equalizing competition and conducting league meets and determining league championships.

The conference provides Fabius-Pompey the opportunity for competition without excessive travel and with schools of similar size and athletic philosophy.

Membership implies abiding by conference schedules, rules and regulations. For more information, go to the [OHSL website](#).



### ***Section III Athletics***

The mission of Section III Athletics is to provide a governing body that shall organize, administer and facilitate the interscholastic athletic program for member schools within Section III of the New York State Public High School Athletic Association (NYSPHSAA). Section III is spread across nine different counties including Cortland, Cayuga, Herkimer, Jefferson, Lewis, Madison, Oneida, Onondaga and Oswego. For more information, please visit the [Section III website](#).

### ***New York State Public High School Athletic Association***

The New York State Public High School Athletic Association Inc. is a non-profit, voluntary, educational service organization composed of public, parochial, and private schools dedicated to providing equitable and safe competition for the students of its member schools. Membership is open to secondary schools providing inter school athletic activities for boys and girls in grades 7-12. Please refer to the [NYSPHSAA Handbook](#) for specific rules and regulations pertaining to all athletics state wide.

