



## **Athletic Handbook**



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It is the role of the Department of Athletics to make rules that govern the spirit of competition for the community. These rules rely on broad-based community support, which can only be achieved through communication with parents. It is our hope to accomplish this objective by providing you and your daughter with this athletic handbook.

When your daughter signs up for one of our sports programs, we believe there must be a commitment to certain responsibilities and obligations. This handbook will acquaint you with some of the specific policies and procedures that are necessary for a well-organized athletic program.

The student-athlete who participates in interscholastic sports should recognize that she has an obligation to herself, teammates and the school community to strive for excellence. It is our hope that participation in interscholastic athletics will enable the student-athlete to value competition, establish self-discipline and self-control, and to exercise sportsmanship and mature judgment.

The combination of academics and athletics enhances the quality of students' lives and expands their options for learning and personal growth. Athletics provide an educational opportunity in which students can learn essential life lessons and values beyond those that can be learned in an academic classroom. The purpose of the athletic program of Albany Leadership Charter High School for Girls is to develop lifelong skills for students and reinforce our values in leadership, empowerment, accountability, resolve and resiliency. We will achieve this through participating in programs that are competitive within the Section II and specifically the Patroon League. Students are encouraged to participate in our programs and will receive support from all staff.

If there is anything I can do to make your participation a better learning experience, please feel free to contact me at Albany Leadership Charter High School for Girls, (518) 694-5300 ex118 or [dmulligan@albanyleadershiphigh.org](mailto:dmulligan@albanyleadershiphigh.org).

Sincerely,

Don Mulligan



## **ALH offers the following sports**

### **Volleyball**

Albany Leadership Charter High School for Girls has had a strong, consistently improving volleyball program. Volleyball is played at the varsity and junior varsity level. Fun and sportsmanship intertwine in the volleyball program. The program has been steadily competitive in the Patroon League, and the ALH volleyball teams are consistently progressing each year.

### **Basketball**

Albany Leadership Charter High School for Girls basketball is ever expanding and establishing a tradition of competitiveness. The basketball program consists of both varsity and junior varsity levels. Coaches are committed to establishing both team and individual goals for each athlete. ALH coaches work to exemplify the CLEAR (College Ready, Leadership, Empowerment, Accountability, and Resiliency) values throughout the season, and every ALH athlete has the opportunity to reach her full potential. The Panthers JV Basketball team offers a great way for players to learn the game of basketball and to prepare for the demands of the Varsity level, which provides athletes with an opportunity to earn college athletic scholarships. The season culminates with the sectional and state championship.

### **Track and Field**

Albany Leadership Charter High School for Girls outdoor track and field program competes at the league, sectional, and state levels. Students athletes empower themselves by setting individual goals and holding themselves- and each other- accountable to these goals. Coaches are committed to guiding and supporting the athletes to the path to success. The track and field program entails learning skills of leadership and resiliency needed to reach the next level, as well as developing the highest ideals of sportsmanship.

### **Cheerleading**

Albany Leadership Charter High School for Girls cheerleading program continues to grow in popularity and talent. The program offers a varsity team that enables these student athletes to cheer in cheer competitions and sectionals. Competitive Cheerleading involves floor cheers, jumping, stunting and tumbling. Cheerleaders are also charged with helping to boost school pride and community.

We like our student-athletes to get involved with a cause and be a bigger part of the community. Our volleyball team has consistently been involved with breast cancer awareness and the annual walk. The basketball and cheerleading teams contributed their time and service to the Community Dinner, which provides a free meal to anyone in the community in lieu of the Thanksgiving holiday. Track will be identifying a cause to “adopt” in the spring to continue our athletic tradition of service.



## **Student Eligibility for Interscholastic Athletics**

A student is invited to tryout/practice for a team sport as long as her most recent grades reflect a 70% cumulative average for all classes and she is not failing more than one class.

A student's most recent grades determine eligibility to play in her chosen sport. For a student to actually play, her grades must reflect a 70% cumulative average for all classes, and she cannot be failing more than one class. She will not be able to practice or play in any games until her class/classes are at passing (70%) with a written note from that teacher to the coach and athletic director. Grades will be checked every other week by the coach.

**Maintaining eligibility for participation in athletics is contingent upon a student athlete's academic performance and behavior in the classroom. Failure to maintain the established standards can result in elimination from a team or the athletic program as a whole, which is determined at the discretion of the Athletic Director.**



## Expectations, Violations and Consequences

A student-athlete represents the school community, and such a privilege must be earned and preserved. If a student-athlete commits any of the acts below, she will be suspended from play for a time; offenses are determined by the Athletic Director:

Expectations	Violations	Consequences
Student-athletes will be *respectful of all coaches, teammates, opponents, officials, teachers, other students and guests of the school. <small>*"respectful"- as deemed by the coach and/or Director of Athletics</small>	Disrespectful behavior by student-athlete toward coaches, teammates, opponents, officials, teachers, other students, and guests of the school. This may include, but not limited to, ejection from a contest.	One (1) contest suspension or more – depending on the egregiousness of the offense
Student-athletes will not be involved in a physical altercation.	Student-athlete is involved in a physical altercation in or off school grounds.	Automatic suspension from the team. Students who have been suspended for being involved in a physical altercation cannot be on any team for <b>one year</b> (from the date of the offense).
Student-athletes will arrive at school on time each day and to class.	Unexcused arrival to school by a student-athlete after 9:15 AM or late to class.	Ineligible for practice or contest that day/evening for student-athletes who arrive after 9:15 AM.  Students-athletes who have an unexcused tardy to class three or more time in a two week period will be suspended for one contest.
Student-athletes will attend all scheduled practices, contests, team meetings and all pre and post-season contests. (Suspended students are expected to attend even if they are ineligible to play.)	Unexcused absences by student-athlete from scheduled practices, contests and team meetings.	One contest suspension following infraction. 3 unexcused absences will be an automatic suspension from the team.
Student-athletes are to be in all classes.	Student skips a class. Student is removed from a class.	One game suspension.
Student-athletes are expected to be a positive part of and influence on the community inside and outside of school.	Student-athlete is suspended from school for violation of the student handbook and/or athletic handbook.	One game suspension – possibly more– depending on the egregiousness of the offense



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Student-athletes are expected to be on the team for the whole season.	Student quits or is removed from a team.	Student cannot be on any other sports team for the rest of that year.
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**\*\*\*Many infractions are listed but not all and all situations are subject to interpretation by the Athletic Director, and he has the authority to evaluate all infractions and give appropriate actions/consequences.\*\*\***

### **Communication Process for Athletes and their parents/guardians**

1. The player is expected to be her own advocate and speak directly with the coach.
2. If the player's concern is not resolved to her satisfaction, the parent/guardian may make arrangements to meet with the coach. **Please do NOT approach a coach after a game to discuss a concern.**
3. In the event that an acceptable understanding cannot be reached with the coach, the parent/guardian may contact the Athletic Director for further discussion and/or investigation.
4. If the resulting decision is still not acceptable, the parent/guardian has the right to appeal to the Principal.



## **Health and Safety**

1. Participation in interscholastic athletics can result in injuries ranging from minor scrapes or bruises to trauma, fractures, paralysis, concussions or any serious injury that can lead to permanent disability or death.
2. The School attempts to provide safe conditions for participation in interscholastic athletics. Coaches are required to have first aid and CPR/AED certification.
3. Students who participate in interscholastic athletics and their parents or guardians have responsibility to notify coaches or the Athletic Director of any hazardous condition known to them involving athletic fields, gymnasiums, equipment or other facilities.
4. Parent/guardian(s) of student-athletes injured as a result of participation in interscholastic athletics must notify the coach, Athletic Director and health office immediately.
5. The School provides supplemental health and accident insurance coverage. All claims for expenses related to such injuries must be filed with the student's family health insurer(s), who shall be primarily responsible.
6. If such a claim is not paid in full, the remainder may be submitted to the School Plan which limits payment to a pre-determined fee schedule and may not provide full reimbursement. Parents/guardians are urged to file timely accident reports and to follow directions for filing insurance claims. Failure to do so may affect rights to be reimbursed. If you have questions about this process, please contact the Athletic Director or the Business Manager.
7. Upon return to the interscholastic athletic program from an injury, a student must submit a written release from a physician to the school's health office.
8. All student-athletes, before the start of each athletic season (fall, winter, spring), must be cleared to participate by the Health Office. Each student needs to have an up to date sports physical in the Health Office to participate in any sports program. Sports physical forms can be found in the Health Office.



## **Transportation Acknowledgement and Authorization Form**

All student-athletes will be transported to and from athletic practices and contests in vehicles provided by Albany Leadership Charter High School for Girls. There may be times however, when it is necessary for a parent/guardian to transport the student-athletes to or from a practice or contest. The parent/guardian must complete and sign a **Transportation Acknowledgement and Authorization Form** and provide it to the coach before transport may occur. At no time may a student-athlete transport herself or any other students to or from an “away” practice or contest. The student-athlete may travel **ONLY** with her parent/guardian. A parent/guardian may sign out and transport **ONLY** his/her student-athlete. **ONLY** student-athletes, coaches and team managers are permitted to travel on school provided transportation. The Transportation Acknowledgement and Authorization Form can be obtained from coaches or on the website.



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**Athletic Events Policies**

1. Spectators are an important part of the athletic program and are encouraged to conform to accepted standards of good sportsmanship and behavior.
2. Spectators should at all times: respect officials, coaches, players and school administrators/guests and extend all courtesies to them.
3. Verbal abuse of athletes, officials, coaches, athletic event personnel or guest will be considered unsportsmanlike conduct.
4. Enthusiastic cheering for one's team is strongly encouraged.
5. Booing, whistling, stamping of feet and disrespectful remarks will not be tolerated.
6. Spectators should encourage each other to observe courteous behavior. Improper behavior should be reported to school authorities.
7. Spectators will observe the rules of the school concerning, tobacco products, littering, substance abuse and parking procedures.
8. Spectators will respect and obey all identified school officials and supervisors at athletic contests.
9. ID Required
10. No Re-Entry
11. Book bags are allowed but may be subject to a search under the discretion of the Athletic Director.
12. No Admittance after:

Volleyball – after 1<sup>st</sup> Varsity game

Basketball – half time of the Varsity game

\*\*\*Exceptions may be made by the Athletic Director only. Feel free to contact the Athletic Director at (518) 694-5300 ex. 118 or email [dmulligan@albanyleadershiphigh.org](mailto:dmulligan@albanyleadershiphigh.org) \*\*\*

**Any person who demonstrates poor sportsmanship, will be asked to leave and may be denied admission to future contests.**



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**Signature Agreement to Comply with the Athletic Handbook for  
Interscholastic Athletes of Albany Leadership Charter High School for Girls**

I have received and read the Athletic Handbook for Interscholastic Athletes of Albany Leadership Charter High School for Girls. I understand that participation in interscholastic athletics is an elective activity- a privilege, not a right- and that compliance with the Athletic Handbook is a condition for participation in interscholastic athletics. I understand that by signing this document I am agreeing to abide by and comply with all of the terms, conditions and requirements of the Athletic Handbook.

\_\_\_\_\_  
(student signature)

\_\_\_\_\_  
(date)

\_\_\_\_\_  
(parent/guardian signature)

\_\_\_\_\_  
(date)

\_\_\_\_\_  
(coach signature)

\_\_\_\_\_  
(date)



**Albany Leadership Charter High School for Girls Uniform Contract:**

- Each student-athlete will assume complete responsibility for their uniform.
- Each student-athlete is responsible for replacing or repairing the uniform, should any part of the uniform be destroyed for any reason.
- Uniforms may not be altered in any way.
- Uniforms are the property of Albany Leadership Charter High School for Girls and must not be loaned to anyone at any time.
- If a student-athlete does not return their uniform to their coach, they will be responsible for purchasing each piece that is missing.

All participants must abide by the guidelines listed above.

Name: \_\_\_\_\_

Student-athlete Signature: \_\_\_\_\_

Parent/Guardian's Signature: \_\_\_\_\_

Date: \_\_\_\_\_



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**Athletic participation card**

Answer the following questions truthfully please.

1. What year did you enter 9<sup>th</sup> grade for the first time? \_\_\_\_\_
2. What grade are you currently in? \_\_\_\_\_
3. If any, what sports have you participated interscholastically in?  
\_\_\_\_\_
4. If you have participated in interscholastic sports, what level, which sports? (Example - Played varsity basketball in 2016)
5. How old are you? \_\_\_\_\_
6. DOB \_\_\_/\_\_\_/\_\_\_
7. Any additional information you can give about your interscholastic sports participation:

Name: \_\_\_\_\_

Student-athlete Signature: \_\_\_\_\_

Parent/Guardian's Signature: \_\_\_\_\_

Date: \_\_\_\_\_