

INNOVATION CHARTER HIGH SCHOOL

STUDENT-ATHLETE

ATHLETICS HANDBOOK

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Athletics Offered

Sports	Level	Coaches
Boys Baseball	Varsity	Thomas & Ryan
Boys Basketball	Varsity	Dwaine & Trey
Boys Basketball	JV	Coach Dwaine
Cross country	Varsity	TBD
Girls Basketball	Varsity	Kyla & Marcus
Boys Flag football	Varsity	Coach Trey
Boys Soccer	Varsity	Hendrick & Victor
Girls Soccer	Varsity	Coach Ryan
Girls Softball	Varsity	Dwaine & Jade
Track and field	Varsity	Andrew J & Marcus
Girls Volleyball	Varsity	Coach Jade
Tennis	Varsity	Coach Jackson
Chess	Varsity	Coach Joshua

WELCOME

The purpose of this handbook is to inform all who participate in the Innovation Charter High School athletics program of the high school's expectations and those rules and regulations that govern this department. The Athletic Department of Innovation Charter High School exists to provide healthy competitive and instructional outlets for its students. Our primary goal is to incorporate the classroom and athletics into a well-rounded experience. We encourage each one of you to give it your best. Congratulations to all of you who will take on the challenge of representing our school.

PHILOSOPHY

The philosophy of the Athletics Department is to utilize sports and a love for competition to promote the values of education, sportsmanship, teamwork, hard work, commitment, confidence, an adherence to rules, self pride and school pride, in our young athletes. At Innovation, we believe that the athletic programs contribute to the overall development of our student-athletes and provide an environment for our students to practice to become productive citizens of our community and society.

MISSION STATEMENT

The mission of the Athletics Department at Innovation is to aid in the academic, emotional, and physical development of our students through the promotion of teamwork, sportsmanship and athletic competition. Furthermore, the goal of the Athletics Department is to promote higher education and career readiness.

TITLE IX

Title IX is the portion of the Education Amendment of 1972 that prohibits sex discrimination against students and employees in educational institutions that receive federal funds. It is one of the several federal and state statutes that define and ensure equality in education. In brief Title IX states.... ***“No Person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any educational program or activity receiving Federal financial assistance.”*** The language of Title IX generally makes it illegal to treat males and females differently or separately in many areas relating to elementary and secondary schools, one of those being athletics. Any complaints regarding alleged violations of Title IX at Innovation should be reported the Athletics Coordinators and to Innovation's Executive Director, Stephen Falla Riff

OBJECTIVES OF THE ATHLETICS DEPARTMENT

1. To foster academic and athletic achievement in students by emphasizing the importance of self-discipline, sacrifice and dedication to achieving goals.
2. To develop sport skills by maximizing participation and focusing on instruction.
3. To develop the positive values of athletics, including sportsmanship, teamwork, cooperation, and competition.
4. To develop in students emotional control, dependability, and respect for rules, property and authority.
5. To provide students the opportunity to work as a member of a team in order to achieve a goal, and in the process, learn the importance of fair play in competition, teamwork and good sportsmanship.
6. To provide students with experiences which require problem solving, decision making, and critical thinking skills.
7. To provide students the opportunity to pursue sports competition as a means of mental well being.
8. To develop in students a sense of school loyalty, and generate school spirit.
9. Improve recruiting efforts for our athletics programs.
10. To provide post graduation opportunities in sports related fields for our non student athletes.

EXPECTATIONS FOR STUDENT ATHLETES

Innovation Charter High School holds its athletes to high standards. Student-athletes are seen as representatives of both our school and our community. Therefore, as a representative of our community, student-athletes are expected to adhere to all school and athletics department rules.

All Student-athletes are expected to:

1. Maintain monthly attendance of 80% or greater
2. Remain academically eligible.
3. Act in a responsible manner, representing Innovation, and the community, in a manner that exemplifies our core values.
4. Attend and arrive on time for all practices and games.
5. Refrain from using profanity or obscene language or gestures.
6. Show good sportsmanship and respect for officials, coaches, and opponents.
7. Care for all athletic uniforms/equipment issued throughout the season.
8. Play fair, play hard, and put forth their best efforts in practice and in competition.
9. Treat other student-athletes with respect and dignity.
10. Remain alcohol and drug free.

Innovation prohibits the use, possession, and/or distribution of illegal drugs, alcohol, and tobacco on school premises, at any event away from the school premises that is sponsored by Innovation, and on any transportation vehicle provided by Innovation. Students suspected of being under the influence of drugs or alcohol will be identified, evaluated and reported in accordance with school policy and the law. A student, who uses, possesses, distributes, or is found to be under the influence of drugs or alcohol, on or off school premises, will be subject to discipline, which will be adjusted according to the severity of the offense, and may include suspension, expulsion and/or exclusion from school activities.

Any violation of school rules involving tobacco, drugs, or alcohol may result in dismissal from an athletics team. Any violation of this policy will result in a minimum two game suspension on the first offense, will result in a minimum five game suspension from athletic competition on the second offense, and dismissal from the athletics program on the third offense.

ONBOARDING DOCUMENTS

Onboarding documents include the following:

1. Welcome letter
2. Pre- participation inquiry form
3. Student athlete contract

4. Parent consent form
5. Physical examination form

Students participating in athletics at Innovation Charter High School are required to have a current physical examination. In addition, a student-athlete must submit a signed and dated parent consent form to participate in practice sessions or games.

EXPECTATIONS FOR PARENTS OF STUDENT ATHLETES

Parents are encouraged to support their children's athletic endeavors and recognize the importance of athletics in their children's lives. All parents are expected to:

1. Prioritize academics over athletics and emphasize successful classroom performance.
2. Help their child understand that the benefits of athletic participation are more important than the outcomes of games or individual performances.
3. Help their child to understand and follow the policies stated in this Handbook.
4. Encourage fair play.
5. Respect the actions of coaches regarding contest strategy, their child's play status and playing time.
6. Avoid "coaching" from the stands or sidelines during both games and practices.
7. Ensure their child attends all practices and contests, and are picked up at designated times.

COMMUNICATION/GRIEVANCES

If an athlete and/or parent have concerns regarding any member (coach, teammate, etc) of the athletics program, please follow the procedure below:

1. Call or email the Assistant to the Athletic Coordinator(s) (vanessa.marrero@innovationhighschool.org) to set up an appointment to meet with the coach.
2. If the meeting with the coach does not provide a satisfactory resolution, call or email set up an appointment to meet with the Athletics Coordinators(s) to discuss the situation.

DEFINITION OF HAZING

“Hazing” means any action that recklessly or intentionally endangers the health or safety of a person for the purpose in initiation, admission into or affiliation with, or as a condition for continued membership in a student organization. The term shall include, but not be limited to:

1. Requiring indecent exposure of the body.
2. Requiring any activity that would subject the person to extreme mental stress, such as sleep deprivation or extended isolation from social contact.
3. Confinement of the person to unreasonably small, unventilated, unsanitary or unlighted areas.
4. Any assault upon the person.
5. Requiring the ingestion of any substance or any other physical activity that could adversely affect the health or safety of the individual. The term shall not include an action sponsored by an institution of higher education that requires any athletic practice, conditioning, competition, or extra curricular activities.

HAZING

Hazing of any kind is not permitted.

Innovation Charter High School will not tolerate hazing of any kind by a student-athlete or coach. Coaches are responsible for reviewing this hazing policy with their teams. A student-athlete who is involved in any hazing incident will be subject to immediate team dismissal and/or face the regular school discipline code's consequences.

BULLYING & HARASSMENT

Innovation is committed to providing all students, including our student-athletes, with an environment that is free from harassment and bullying of all kinds.

Innovation's [Dignity for All Students Act Policy](#) provides students have the right to feel safe and respected, and to work, play, and learn in an environment that is free from harassment and bullying of all kinds, including sexual harassment and bullying. The policy applies to harassment and bullying between students, and harassment of students by adults (teachers, administrators, coaches, and staff). No student shall be subject to harassment or bullying by employees or students, either on school property or at a school function that takes place off-site.

Harassment and bullying involve the creation of a hostile environment by conduct or by verbal threats, intimidation or abuse, which substantially interfere with a student's educational performance, opportunities, health or well-being. This conduct may include verbal threats, intimidation or abuse based on a person's actual or perceived race, color, weight, national origin, ethnic group, religion, religious practice, disability, sexual orientation, gender, gender identity or expression, sex, or any category protected by law. Prohibited conduct includes, but is not limited to: epithets, slurs, quips or negative stereotyping that relate to any of the categories above.

Complaints regarding the violation of Innovation's anti-harassment and bullying policy may be addressed to our Dean of Discipline, Danielle Martin (danielle.martin@innovationhighschool.org), and should also be brought to the attention of the Athletics Coordinators.

REPORTING PROCEDURES

1. Any person who believes he or she has been the victim of hazing/bullying or any person with knowledge or belief of conduct, which may constitute hazing, shall report the alleged acts immediately to an appropriate school official designated by this policy.
2. The Dean of Discipline is the person responsible for receiving reports of hazing/bullying at the building level. Any person may report hazing directly to the Dean of Discipline, any member of the school management team, any Associate

Director, the Chief of staff to the Executive Director, or to the athletics department coordinators

3. Teachers, coaches, athletics coordinators, administrators, volunteers, contractors, and other employees of the school shall be particularly alert to possible situations, circumstances, or events that might include hazing. Any such person who receives a report of, observes, or has other knowledge or belief of conduct that may constitute hazing shall inform the building Principal immediately.
4. Submission of a good faith complaint or report of hazing/bullying will not affect the complainant or reporter's future employment, grades, work assignments, or activity participation (such as clubs, athletics, band, etc.).

INVESTIGATION PROCEDURE

1. Upon receipt of a complaint or report of hazing, the school shall undertake or authorize an investigation by school officials or a third party designated by the principal.
2. The school may take immediate steps, at its discretion, to protect the complainant, reporter, students, or others pending completion of an investigation of hazing.

***Upon completion of the investigation, the school will take appropriate action, in a manner that is consistent with the school's discipline code and this handbook.**

PRACTICE

Coaches and student athletes may begin practice directly after the conclusion of school. Students are expected to attend every practice and contest. Family emergencies, religious holidays, academics such as college visits or testing, sickness and injury are acceptable reasons to miss practice if needed. Student-athletes must notify the head coach in a reasonable amount of time beforehand if he/she is going to miss a practice.

1. The Athletics Coordinator(s) will handle any conflicts regarding gym usage among coaches.
2. All student-athletes must accumulate a total of five practice sessions before being eligible to participate in any athletic contest.

3. Practice shall be held a **minimum of three days per week**. If multiple sports are utilizing the gym concurrently. The teams involved will implore a 3 day/2 day bi-weekly rotation of the practice space.

4. Coaches shall submit the attendance of each practice session and Study hall.

***NOTE: If a student athlete misses three total practices He/She must meet with the Head of Athletics before being allowed to further participate.**

5. Practice sessions are expected to be well planned, well structured, and should not exceed the allocated time for practice.

***NOTE: Athletic contest will count toward the required number of practice sessions within that week.**

6. It is expected that coaches and team managers are first to arrive and the last to leave practice sessions. Student-athletes are not allowed to remain after practice to improve their skill level while unsupervised.

7. If practice is going to be canceled by the coach, notification must be given to the Athletics Coordinator(s) by 2pm.

***A Student-athlete is prohibited from practice for the following reasons:**

- Absent from school the day of practice.
- Arrive at school after the second period the day of practice.
- Has not been cleared to return after an injury or extended leave.
- Did not properly notify the head coach about a previous absence from practice.
-

EJECTIONS

If a student-athlete is ejected from an athletic contest, the following procedures will be followed:

If a coach is ejected from an athletic contest, the following procedures will be followed:

1. Student-athletes are permitted from leaving the premises unless consent in the form of written, text, or email is obtained. Verbal confirmation is not an acceptable form of consent in this situation.
2. A meeting with the athletics committee may be warranted depending on the outcome of the ejection. The athletics committee reserves the right to adjudicate a punishment that seems suitable to the offense.

SUSPENSIONS

Students suspended from school, (in school or out of school) are not permitted to participate in or attend any athletic event during the period of their suspension. This includes team practices.

STUDY HALL

The primary purpose of the study hall is to give students time in school to do school work, use the resources of the school, and see teachers for assistance. Study hall is mandatory for Student athletes. Student-athletes who do not attend mandated study hall sessions will be suspended immediately for the following week.

STUDENT CHECK-INS

During the course of the season coaches will receive weekly reports regarding the grades of student-athletes on their respective team. The expectation is that coaches address all students who are struggling academically and provide additional resources such as study hall, after school homework club, etc.

EARLY DISMISSAL

It is the policy of the Athletics Department to schedule all contests and events, so that students miss a minimum amount of class time for travel to away games, or any contest. The head coach shall make arrangements with the Assistant to the athletics coordinator to have students excused from class when absolutely necessary because of travel or a contest. It is the responsibility of the student athlete to meet with teachers and devise a plan to make up all the work.

UNIFORMS & EQUIPMENT

All uniforms issued to athletes are the property of the school and must be properly cared for by the student. All uniforms must be returned, properly cleaned, at the conclusion of the season. Lost or damaged uniforms will become the financial obligation of the student. Game uniforms may only be worn at pep rallies or on the day of a scheduled contest.

RISK OF PHYSICAL INJURY

The athletic program is conducted, first and foremost, with the safety of its participants in mind. Student-athletes and parents must be aware that certain risks of injury are inherent in athletic participation. Although not probable, accidents such as brain injuries, paralysis, or even death may occur. By the very nature of athletic activity, participants are at risk of physical injury. It does not matter how cautious the athlete and coach are or how many precautions are taken, the risk cannot be eliminated. The risk of injury includes minor injuries such as ligament sprains and muscle strains. The risk also includes catastrophic injuries such as paralysis or even death. It is important that everyone understands these risks and that athletes follow ALL safety directions from their coaches because they are established to reduce injury.

Athletic Injury to student-athletes will occur. Proper and immediate care will help reduce the amount of time a student-athlete will miss team participation. Any Student-athlete who is injured must report the injury immediately to the coach. If the Student-athlete is injured, an accident report form must be submitted within 24 hours to the athletic coordinator. The coach will keep a copy of records on file.

If the injury requires an examination by a physician, the student athlete may not return to practice or competition without written permission from the attending physician. The physician's permission must be recorded by the school Nurse/Main office and/or Athletic Coordinator in order to resume play.

INSURANCE

Innovation carries student accident insurance that protects children who sustain injuries during school-related activities— including during school-sponsored and supervised events such as field trips, team sports and other extracurricular activities.

Student accident insurance is an “excess” policy, meaning it kicks in after the parent or guardian's insurance pays first. The student accident insurance then pays for additional deductibles, copays, or any out-of-pocket expenses that would normally be left to the student or parent to pay.

ATHLETE RE-ENTRY POLICY

Any student-athlete who has a prolonged absence (two or more weeks) due to injury may return to competition only after:

1. A physician has given written approval to him/her to return and list any restrictions if applicable.
2. The student has participated in the number of practices that are required to attend prior to competing in his/her sport.
3. The Head coach feels the student has reached a level of readiness for competition in that sport and may compete safely. If an athlete cannot practice/play for a period of one to two weeks due to injury or illness, he/she may return to competition only after they have actively participated in two practice sessions prior to competition.

Additional information regarding re-entry

4. Student-athletes who are dismissed from the team may be reinstated to the athletics program, at the discretion of the athletic committee.

MULTIPLE SPORTS

It is the expectation that a student be allowed to participate in only one sport per season. Exceptions may be made at the discretion of the athletic committee.

CHANGING SPORTS

A student athlete may not change from one sport to another once a team roster has been finalized. Should He/She resign from or be removed from a team in season, He/She is not eligible to participate in another sport during that season.

TRANSPORTATION

Students who travel to any away athletic contests from school must be accompanied by members of the coaching staff when departing from the school. Athletes being transported by parents/guardians must provide the coach with written confirmation (Email, text, etc) prior to the athletic event. Athletes traveling by public transportation are expected to follow all school policies and local laws.

AWARD CEREMONY

To demonstrate approval and gratitude to our student athletes there will be an awards ceremony to celebrate the conclusion of the athletics season. The date and location will be determined by the athletics committee. Student-Athletes who do not turn in their uniform or equipment will not be eligible to attend the ceremony. In addition students must wear casual business attire to be granted entry into the venue. NO EXCEPTIONS

NCAA REQUIREMENTS FOR ATHLETIC ELIGIBILITY

Student athletes who are interested in playing sports at the collegiate level should consult with their respective coaches and guidance counselors. Your coaches can assist with contacting the college coaches of the schools you are interested in, while your guidance counselor can help you find the school that is right for you. Student athletes who have an interest in pursuing higher education must make the initial effort and communication with their coach and counselor.

Before an athlete can play a sport or receive an athletic scholarship at a Division I or II college, he/she must meet specific academic criteria as set forth by the NCAA. Information about the NCAA Clearinghouse can be found online at www.ncaaclearinghouse.net or in the Athletic Coordinators' office. Please note that NCAA requirements can change. Athletes should register with Clearinghouse at the end of junior year. No athlete can take an official visit to a college unless he has registered with clearinghouse. It is the athlete's responsibility to fulfill his requirements.

I. NCAA DIVISION 1 ACADEMIC ELIGIBILITY REQUIREMENTS

<https://www.athleticscholarships.net/academic-requirements.htm>

II. NCAA DIVISION 2 ACADEMIC ELIGIBILITY REQUIREMENTS

http://fs.ncaa.org/Docs/eligibility_center/Student_Resources/DII_RegsFactSheet.pdf

RESOURCE LINKS

SOCIAL MEDIA

https://course.nfhslearn.com/courses/22728995?course_id=61063&state_id=32&tutorial_seen=true&user_id=7527980

SPORTSMANSHIP

https://course.nfhslearn.com/courses/22729096?course_id=64008&state_id=32&tutorial_seen=true&user_id=7527980

BULLYING, HAZING, AND INAPPROPRIATE BEHAVIORS

https://course.nfhslearn.com/courses/22729180?course_id=63909&state_id=32&tutorial_seen=true&user_id=7527980

APPEARANCE AND PERFORMANCE ENHANCING DRUGS AND SUBSTANCES

https://course.nfhslearn.com/courses/22729358?course_id=61121&state_id=32&tutorial_seen=true&user_id=7527980

UNDERSTANDING VAPING AND E- CIGARETTES

https://course.nfhslearn.com/courses/22729471?course_id=61169&state_id=32&tutorial_seen=true&user_id=7527980