

Code of Conduct 2017-2018



For
Interscholastic
Athletes



**East Greenbush
Central School District**

WELCOME TO
COLUMBIA HIGH SCHOOL
WHERE
SPORTSMANSHIP
IS AN
EXPECTATION
SO PLEASE
LET THE
PLAYERS PLAY,
LET THE
COACHES COACH,
LET THE
OFFICIALS OFFICIATE
AND
LET THE SPECTATORS BE SUPPORTIVE

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Dear Parents and Students:

This handbook is presented to you because your son or daughter has indicated a desire to participate in interscholastic athletics and you have expressed your willingness to permit him/her to compete. Your family interest in this phase of our school program is gratifying. We believe that participation in sports provides a wealth of opportunities and experiences which assist students in their education and preparation for life.

We are concerned with the educational development of students through athletics. We believe that a purposely controlled, well-organized sports program meets the students' need for self-expression, mental alertness, and physical growth. It is our intent to maintain a program that is sound in purpose and will further each student's educational maturity.

When your son/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 that are necessary for a well-organized program of athletics.

The athletic program is governed by the regulations established by the Commissioner of Education's Code for extra-curricular athletic activities.

Columbia High School is a member of the New York State Athletic Association, competing as a Class AA School in Section II. Our league affiliation is with the Suburban Scholastic Council.

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 son/daughter with this athletic handbook.

If there is anything I can do to make your participation a better learning experience, please feel free to contact my office at Columbia High School, 207-2080 ext. 3 or 207-2000.

Sincerely,

Michael G. Leonard, Director
Athletic Department

Board of Education Purpose and Intent.

The Board of Education of the East Greenbush Central School District declares its full concurrence with and support for the principles and provisions of this Code of Conduct for Interscholastic Athletes of the East Greenbush Central School District. The Board pledges its full support to the administration, teachers and staff of the School District in their fair and consistent enforcement of this Code and requests that parents and guardians of students do the same.

The objective of the School District is to assist each student in the realization of his/her full potential.

Student participation in interscholastic athletics is an elective activity. Each student who attempts to become a member of an interscholastic team or who becomes a member of one will be held to a high standard of conduct and must accept responsibility for his/her behavior. Our teams represent the school district and reflect upon the communities it serves.

This Code applies to all members of our modified, freshman, junior varsity and varsity teams at all times.

Board of Education Members:

Dr. Shay Harrison

Michael Buono

Karen Curran

Kathleen Curtin

John Dunn Jr.

Jennifer Massey

Katherine Maciol

Mark Mann

JoAnn Taylor

EAST GREENBUSH CENTRAL SCHOOL DISTRICT

Athletic Programs and Philosophy

Section I - Athletic Philosophy

The East Greenbush Central School District understands that interscholastic athletics are a significant part of the educational process. 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 the East Greenbush Central School district is to develop lifelong skills for students in character, leadership, respect and sportsmanship. We will achieve this through participating in programs that are competitive within the Suburban Scholastic Council and regional play by providing students opportunities to compete successfully at selected levels of play. Students are encouraged to participate in our programs and will receive support from all coaches and Physical Education staff.

Modified Philosophy

East Greenbush Central School District offers its students a broad array of choices when it comes to athletic programs. At the 7th and 8th grade level a student can opt to participate in modified sports, which provide a student's first exposure to interscholastic athletics. Some of our students have not had the option to play community sports at a young age, and as a school district, we should provide this opportunity for all students. As such, there are certain characteristics that distinguish modified sports. For example, they may have slightly altered rules to accommodate participants' growth levels and abilities. These accommodations ensure student safety for all students.

In addition, the philosophy of modified sports differs from upper level athletics. The modified sports program is designed to be a learning experience and teaching program in which participants gain exposure to athletics. The goal is to learn about the game and about sportsmanship, rather than focusing solely on successful record. With this in mind, it is typical to see all team members participating, not just the ones who have developed better skill levels. Athletics in the school district should offer an opportunity to every student, not just the students that have had the opportunity to play on community teams.

This philosophy of modified sports is put forth by the New York State Public High School Athletic Association (NYSPHAA), the governing body for all junior and senior high school sports in the state. In fact, the NYSPHAA even outlines the duties of a modified sports program, including:

- Providing as broad and varied an athletic program as possible with an opportunity for competition on an equal basis for all students.
- Conducting an athletic program so that educational objectives are achieved and the highest ideals of sportsmanship are upheld.
- Integrating the athletic program with all other activities essential to youth (including those that may be conducted by out-of-school groups) to avoid an excessive load for any student.
- Administering the program so there shall be minimum loss of school time, limited publicity and limited awards and all efforts are made to keep the program in proper perspective.
- Cooperating with schools in the area to develop the highest type of cordial interscholastic relationships.

They NYSPHAA also dictates how many modified games students can play, how much time is necessary between games and the amount of time athletes can spend in practices.

Athletes at the 7th and 8th grade level are allowed to participate at the Freshman, Junior Varsity and Varsity level, as long as they have met the N.Y.S. Selective Classification qualifications. They must also have developed the necessary skill level, conditioning and possess the ability to participate at a higher level.

Practices at the modified level should be considered vital to a successful team and successful athlete. All athletes are expected to go to each and every practice that is scheduled by his or her coach.

By following the rules and embracing the philosophy of modified sports, participants get the full benefit of their athletic experiences. They can also learn some other valuable lessons along the way, such as responsibility to team members, organizational and time management skills, as well as cooperating to achieve a common goal. These are important skills that will carry over into other areas of the students' lives.

Modified Programs Offered:		
<u>Fall Season</u>	<u>Winter Season</u>	<u>Spring Season</u>
Boys and Girls Cross Country	Wrestling	Boys and Girls Lacrosse
Football	Boys and Girls Basketball	Baseball
Field Hockey	Boys and Girls Basketball	Softball
Boys and Girls Soccer		
Girls Volleyball		
Boys Volleyball		

Blue Devil Pride

Freshman Philosophy

Freshman teams offer to be a transitional level opportunity for those who want to explore competitive levels at the high school. At the freshman level, athletes are expected to make a commitment to the program and team.

There must be an understanding that there is responsibility for continued self-development. There should be an increased emphasis placed on skill development, time commitment, physical conditioning, and the elements of strategies of team play.

The freshman level should work toward achieving a balance between introducing the sport at a higher level then modified with player development, enriching the athlete's skills and ambition to succeed.

Each coach should provide opportunities for meaningful contest participation for each team member throughout the season who meets the team's responsibilities. The coach will determine playing time based on the athletes' ability, opponents, game situations, practices, and their performance.

Practices at the freshman level should be considered vital to a successful team and successful athlete. All athletes are expected to go to each and every practice that is scheduled by his or her coach.

The athletes at this level are preparing themselves to become varsity caliber, a goal which requires a higher level of dedication than that was required of them for the modified team.

Freshman Programs Offered:		
<u>Fall Season</u>	<u>Winter Season</u>	<u>Spring Season</u>
Girls Volleyball	Boys and Girls Basketball	Baseball
	Boys and Girls Indoor Track	Softball

Junior Varsity Philosophy

The Junior Varsity level is intended for athlete who demonstrates the potential of continued development into a productive Varsity athlete. The athlete on the JV teams may be from the 7th, 8th, 9th, 10th, or 11th grades.

At the Junior Varsity level, the athlete is expected to have a full commitment to the team and demonstrate continued self-development. An increased emphasis is placed on physical conditioning. The player should be at a higher level of skill development, and should possess a better understanding of the strategies of team play.

The Junior Varsity level should work toward achieving a balance between continued team and player development and striving for success.

Practices at the Junior Varsity level should be considered vital to a successful team and a successful athlete. All athletes are expected to go to each and every practice that is scheduled by his or her coach.

The Junior Varsity level should prepare the athlete for the goal of becoming a Varsity athlete with the highest level of dedication and play.

Junior Varsity Programs Offered:		
<u>Fall Season</u>	<u>Winter Season</u>	<u>Spring Season</u>
Cheerleading	Cheerleading	Baseball
Boys and Girls Cross Country	Boys and Girls Basketball	Boys and Girls Lacrosse
Field Hockey	Boys and Girls Bowling	Boys and Girls Outdoor Track
Football	Wrestling	Softball
Golf		Boys Tennis
Boys and Girls Soccer		
Girls Tennis		
Boys and Girls Volleyball		

Varsity Philosophy

The varsity level is the culmination of all levels of both our athletic programs, and our physical education programs in the school district.

Athletes on the varsity level should be aware of their role and informed of their role and importance on their team. While contest participation and practice participation over the season is vital, it does not guarantee the amount of playing time on the varsity level. The athlete must have a higher level of advanced skills, and commitment to be on the varsity level. Such commitment is needed to conduct a successful varsity program.

Practices at the varsity level should be considered vital to a successful team and successful athlete. All athletes are expected to go to each and every practice that is scheduled.

The varsity coach, who is the leader of all levels of his or her individual sport, determines the instruction and strategy for each program. Preparing to succeed, striving for success in each contest, exhibiting sportsmanship and working to reach a teams maximum potential in each sport..

Varsity Programs Offered:		
<u>Fall Season</u>	<u>Winter Season</u>	<u>Spring Season</u>
Cheerleading	Cheerleading	Baseball
Boys and Girls Cross Country	Boys and Girls Basketball	Boys and Girls Lacrosse
Field Hockey	Boys and Girls Bowling	Boys and Girls Outdoor Track
Football	Boys and Girls Indoor Track	Softball
Golf	Wrestling	Boys Tennis
Boys and Girls Soccer	Unified Bowling	Unified Basketball
Girls Tennis		
Boys and Girls Volleyball		

Section II - Academic Standards

1. Participation in interscholastic athletics should have a positive effect on student academic performance. The primary objective of all academic and extracurricular programs of the School District is to provide a variety of successful educational opportunities and experiences to students.
2. All students, including those participating in extracurricular activities are expected to maintain academic excellence as their top priority. If academic performance is below an acceptable level, then it is the responsibility of parents or guardians to determine whether a student should participate in interscholastic athletics.

The School Administration shall consult with parents / guardians, the Athletic Director and appropriate Guidance and Coaching staff to determine whether student participation in interscholastic athletics should be modified to address academic performance.

3. Physical Education class participation - student-athletes are required to participate in regularly scheduled Physical Education class. Failure to do so will result in a suspension from a game or practice for that day.

Section III - Administration of This Code

EXPECTATIONS	VIOLATIONS	CONSEQUENCES
The student-athlete will be respectful of all coaches, teammates, opponents, officials, teachers, other students and guests of the school.	Disrespectful behavior by student-athlete toward coaches, teammates, opponents, officials, teachers, other students, and guests of the school. This may include, but is not limited to, ejection from a contest.	One (1) contest suspension following infraction may be determined by Principal and/or Assistant Principal, Athletic Director and Coach. Subsequent infractions may result in additional disciplinary action.
The student-athlete will arrive at school on time each day.	Unexcused arrival to school by student-athlete after 9:15AM.	Ineligible for practice or contest that day/evening.
The student-athlete will attend all scheduled practices, contests, team meetings and all pre-and post-season contests.	Unexcused absence by student-athlete from scheduled practices, contests and team meetings.	One (1) contest suspension following infraction.
The student-athlete will properly care for the team uniform, all team equipment, school facilities and bus equipment.	Misuse or intentional damage to team uniform, team equipment or school facility by student-athlete.	One (1) contest suspension following infraction, and restitution for damaged equipment and/or uniform.
The student-athlete will ride district transportation to and from all away contests unless a note signed by parent/guardian is approved by a coach or Athletic Director. Student-athletes will not transport other student-athletes to or from contests.	Student-athlete uses non-district transportation to or from an away contest or transports other student-athletes to an away contest, without prior approval.	One (1) contest suspension following infraction.
The student-athlete will obey the school's Code-Of-Conduct.	<p>A) Student-athlete behaves in such a way that the result is an in-school suspension.</p> <p>B) Student-athlete behaves in such a way (other than behavior specified elsewhere in the Athletic Code of Conduct) that the result is an out-of-school suspension.</p>	<p>A) In-Season: One (1) contest suspension following first infraction resulting in in-school suspension; 20% of contests for second in-school suspension. Suspension is based on the 20% allowable contests per student-athlete's sport season(s).</p> <p>Out-of-Season: If a student-athlete is willing to accept a community service project and/or activity, the amount of hours and service will be determined by the Principal and/or Athletic director. The community service consequence can be assessed only one time in a student-athlete's athletic career at Columbia.</p> <p>B) In-Season: Suspension from 20% of contests following first infraction resulting in out-of-school suspension; 40% of contests following second out-of-school suspension.</p>

Section III - Administration of This Code (cont'd)

EXPECTATIONS	VIOLATIONS	CONSEQUENCES
		<p>Out-of-Season: If a student-athlete is willing to accept a community service project and/or activity, the amount of hours and service will be determined by the Principal and/or Athletic Director. The community service consequence can be assessed only one time in a student-athlete's athletic career at Columbia.</p> <p>(NOTE: In no case shall a student-athlete be permitted to participate in a contest on the day of in-school or out-of-school suspension).</p>
<p>The student-athlete will abstain from using alcohol, tobacco products, and illegal drugs/substances and from the use/misuse of legal or illegal performance enhancing drugs. A student-athlete will not possess, sell or distribute any harmful, illegal or unauthorized prescription drugs/substances, alcohol, tobacco products or performance enhancing drugs. This expectation applies both, in and out of sports season. (For example; behavior at the Homecoming Dance is included even if you are not playing a Fall sport; the suspension carries over to the student/athletes next sport season).</p>	<p>Student-athlete uses alcohol, tobacco products, illegal drugs/substances, or legal or illegal performance enhancing drugs.</p> <p>Providing/hosting a venue, facility, or place where a student/athlete provides alcohol, drugs, marijuana or other controlled substances.</p>	<p>First offense: suspension from 50% of maximum contests allowed per that sport season. If student/athlete does not serve the entire suspension, it carries over to the next sport season.</p> <p>Student-athlete may be suspended from participation in athletics for 100% of current sport season. If student-athlete does not serve the entire suspension, the remainder carries over to the next sport season for that athlete.</p>
<p>A student-athlete shall not attend or remain at any gathering at which possession and/or use of harmful or illegal substances, such as alcohol, by other students is taking place. A student-athlete shall make every reasonable effort to safely remove him-/herself from the situation as soon as possible. An example of such a gathering, but not limited to, are underage alcohol parties/gatherings.</p>	<p>A student-athlete attends a gathering (e.g., party) where possession and/or use of a harmful or illegal substance by another student is taking place.</p>	<p>Suspension from 50% of the maximum allowable contests. A standing committee comprised of, but not limited to, the Principal, Athletic Director, Assistant Principal(s) and Coach(es) will conduct an impartial investigation, then render a decision.</p> <p>Note: If it is determined that the student-athlete safely removed him/herself from the situation as soon as possible, consequences may be reduced or not imposed at all.</p>

Section III - Administration of This Code (cont'd)

EXPECTATIONS	VIOLATIONS	CONSEQUENCES
<p>The student-athlete will obey all local, state and federal laws.</p>	<p>If the student-athlete is in violation of any local, state or federal law.</p>	<p>If the District has a reasonable basis to conclude that the student-athlete has violated a local, state or federal law (reasonable basis may include but not be limited to, information obtained from police reports, discussions with law enforcement personnel, discussions with witnesses or other sources) then the District's Athletic Director will have an independent reasonable basis to proceed with a conference with the student-athlete and his or her parent and the coach prior to determining whether a suspension should be imposed.</p> <p>Determination of suspension will be made by the Principal, Assistant Principal, Athletic Director and/or Coach.</p> <p>If it is determined that the student-athlete is in violation of a local, state or federal law, consequences may range from a 20% loss of contest participation to loss of contest privileges for the remainder of the school year. (fall, winter and spring athletic seasons).</p>
<p>The student-athlete will begin and complete the commitment to the team.</p>	<p>Student-athlete quits the team.</p>	<p>The student-athlete will have an exit interview with the Athletic Director and/or Coach. If a student quits a team/program, they will not receive any post-season certificates, letter awards or pins from the Athletic Office.</p>
<p>A student-athlete shall demonstrate respectful behavior out-of-school and/or in the community.</p>	<p>A student-athlete demonstrates disrespectful behavior out-of-school and/or in the community.</p>	<p>A game/contest suspension and/or community service project or activity can be imposed. A suspension can be up to 50% of the allowable contests. The suspension or community service will be determined by the Athletic Director, Principal, Assistant Principal and/or Coach.</p>
<p>Coaches may and will be encouraged to have sport specific team handbook rules, expectations and guidelines. Student-athletes must abide by the team handbook.</p>	<p>In the event that a coach/team has a handbook, the students must abide by the team handbook.</p>	<p>All team handbooks will be complementary in nature and not contradictory, to the Athletic Code of Conduct, and School Code of Conduct.</p> <p>Coaches will consult with Athletic Director in reference to rule(s), violation(s), and disciplinary consequence.</p> <p>All team handbooks are to be approved by the Athletic Director.</p>

Section III - Administration of This Code

- 1) A violation of Section IV of this Code will result in disciplinary action outlined from Team Standards Expectations, Violations and Consequences
- 2) Upon receipt of information, or upon having knowledge of or a reasonable belief or suspicion of a violation of Section IV of this Code, a Coach or other School District employee shall immediately bring such matter to the attention of the Athletic Director. The Athletic Director shall immediately notify the school Principal.
- 3) If it is determined that a violation has occurred, a committee comprised of, but not limited to, the Principal, Athletic Director, Assistant Principal(s), and Coach(es) shall assess the appropriate penalty and provide written and/or verbal notification of such to the students, the parent(s) or guardian(s), and the coach(es), and Athletic Director. If a student-athlete confesses to a Code-of-Conduct violation, additional consideration of a consequence may be applied.
- 4) Parents wishing to appeal such decisions and disciplinary actions may do so by application to the Principal and/or Athletic Director, who shall decide such appeals at his/her discretion. The Disciplinary Appeal Application form is located on the school district athletic website; click on "Code of Conduct", then click on forms. They can be picked up in the Athletic Office at Columbia High School. The Principal and/or Athletic Director will render a decision on such appeal after investigation and consultation with all involved parties.

COMMUNICATION PROCESS - CHAIN OF COMMAND

As students become involved in the East Greenbush Central School District athletic programs, they will be provided with the opportunities to experience some of the most rewarding moments of their lives. It is important to understand that there may also be times when things do not go the way a player or parent/guardian might have hoped. When such situations arise, communication between coach and player/parent/guardian becomes extremely important, and all are required to follow the Chain of Command in an effort to reach an acceptable resolution:

1. As a first step in addressing a concern, the player is expected to be his/her own advocate and speak directly with the coach.
2. If the player's concern is not resolved to his/her satisfaction, the parent/guardian may make arrangements to meet with the coach.
3. In the event that an acceptable understanding can not 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 Building Principal.

Some examples of topics appropriate to be discussed with the coach include, but not limited to:

- Player's role on the team
- Treatment of your son/daughter
- How the player might improve his/her skills
- Players behavior/attitude
- Discipline that results in the denial of a player's participation

Section III - Administration of This Code (cont'd)

COMMUNICATION PROCESS - CHAIN OF COMMAND

Assuming the Chain of Command has been followed to this point, the parent/guardian should make an appointment to speak with the coach at a mutually agreed upon time.

Please do not confront a coach before or after a contest or practice. These can be emotional times for both the parent/guardian and the coach, and meetings of this nature do not promote solutions.

Section IV- Citizenship/Respect

1. Students serving a penalty of suspension from class or school for any reason shall not be eligible to participate in interscholastic athletic contests during the period of suspension or the contest immediately following such suspension, which ever occurs first.
2. Repeated suspensions from class, school or participation in interscholastic athletics shall result in suspension from participation in the interscholastic athletic program for a period of up to one (1) year, at the sole discretion of the School Principal after appropriate consultation with the Coach, Athletic Director and parent(s) or guardian(s) of the student. Parent(s) or guardian(s) wishing to appeal such decisions may do so by application to the Superintendent of Schools.

Athletic Organization

1. *Athletic Press Conference:* Will only be for student-athletes that have signed or are signing with a Division I or II college/university.
2. *End of Year Banquets:* All end of year banquets, celebrations and/or gatherings will be at the discretion of the Varsity Head Coach.
3. *Participation Sectional/Post-Season Contests:* Participation of all post-season games/contests will be determined by the Varsity Head Coach; with final approval by Athletic Director.

Section V- 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 District attempts to provide safe conditions for participation in interscholastic athletics. Coaches are required to have first aid and CPR/AED certification. The School District employs a full-time certified trainer who is available at Columbia High School.
3. Students who participate in interscholastic athletics and their parents or guardians have a 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 students injured as a result of participation in interscholastic athletics must notify the school Health Office immediately.
5. The School District 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 District 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 effect rights to reimbursement.
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 and must be certified for participation by a designated school physician.
8. To view the East Greenbush Central School District's "Protocol and Procedures for Responding to Sports Related Concussion", go to "Athletic" website and click on "Parent Information". You may also obtain a copy from the Athletic Office at Columbia High School or by contacting the Athletic Office at (518) 207-2080.
9. All student-athletes before the start of each athletic season (fall, winter, spring) must be cleared to participate, by the Health Office. All parents/guardians must complete the "Interval Athlete Health History Permission Form" before the start of each athletic season to be cleared to participate.

Section VI - Transportation Acknowledgment and Authorization Form

All students-athletes will be transported to and from athletic practices and contests in vehicles provided by the East Greenbush Central School District. There may be times however, when it is necessary for a parent/guardian to transport his/her student-athletes to or from a practice or contest. The parent/guardian must complete and sign a **Transportation Acknowledgment and Authorization Form** and provide it to the coach before transport may occur. At no time may a student-athlete transport him/herself or any other students to or from an “away” practice or contest. The student-athlete may travel **ONLY** with his/her parent/guardian. A parent/guardian may sign out and transport **ONLY** his/her student-athlete. The Transportation Acknowledgment and Authorization Form can be obtained from the coaches and the Athletic website under “Athletic Forms”.

Section VII - Sportmanship Behavior Code for all Spectators

EAST GREENBUSH CENTRAL SCHOOL DISTRICT

SPORTSMANSHIP & BEHAVIOR

GUIDELINES

FOR ALL SPECTATORS

1. Spectators are an important part of the athletic programs and are encouraged to conform to accepted standards of good sportmanship and behavior.
2. Spectators should at all times: respect officials, visiting coaches, players and school administrators as guests in the community; and extend all courtesies to them.
3. Verbal abuse of athletes or officials by team members or spectators shall be considered unsportsmanlike conduct.
4. Enthusiastic cheering for one's team is strongly encouraged.
5. Booing, whistling, stamping of feet and disrespectful remarks shall be discouraged.
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 local school concerning smoking, food and drink consumption, littering, substance abuse, and parking procedures.
8. Spectators will respect and obey all identified school officials and supervisors at athletic contests.

Any spectator who demonstrates poor sportmanship, will be requested to leave and may be denied admission to future contests.

Section VIII - Agreement of Students, Parent/Guardian(s) to Comply with Code

As a condition precedent for participation in interscholastic athletics, students and their parent/ guardian must sign the agreement to comply with the provisions of this Code as prescribed below and submit it to the team coach.

The school community realizes that in order for this Code to be adhered to, students must believe in it and discipline themselves to comply with it. Students must be willing to make personal sacrifices for the team to which they have committed themselves. All members of a team are expected to help each other adhere to this Code. Parent/guardian(s) have a responsibility to their children and are asked to support their son or daughter in complying with this Code. Parent/guardian(s) are expected to notify the coach or Athletic Director of any infraction of this Code.

Section IX - Communication/ Information

TO GET UP TO DATE GAME SCHEDULES, CHANGES,
CANCELLATIONS AND DIRECTIONS CHOOSE ONE OF
THE FOLLOWING OPTIONS:

CALL [518-207-2080](tel:518-207-2080) ext. 1

OR

VISIT THE ATHLETIC WEBSITE AT www.egcsd.org
AND CLICK ON ATHLETICS

Athletic forms can be downloaded from the Athletics website:

- Go to: www.egcsd.org
- Click on Athletics (on left)
- Click on Athletic Forms (on left)

OR

SPORTSPAK (for game notification/information)
http://163.153.20.139/sportspak/oecgi3.exe/O4W_SPAKONLINE_HOME

OR

“Like Us” on Facebook - Columbia High School Athletics

Section X - Directions

The majority of our Interscholastic Athletic programs are played within the Suburban Scholastic Council; although some sports play against schools from other leagues. The directions that follow are to the high schools in S.S.C. Please check with our athletic office, or go onto the athletic website or call the opposing school for specific directions.

ALBANY HGH SCHOOL

www.ahs.albany.k12.ny.us

475-6310

700 Washington Avenue, Albany, NY 12203

I-90 West to Henry Johnson Blvd., continue on Henry John Blvd turn right onto Washington Avenue; first cross street stay on Washington Avenue; school is on the left.

AVERILL PARK HIGH SCHOOL

www.averillpark.k12.ny.us

674-7000 Ext. 2500

146 Gettle Road, Averill Park, NY 12018

Take I-90 East to Exit 8 and follow Route 43 East; go 7 to 8 miles to West Sand Lake and look for a Mobil Station on the left; stay on Route 43 and go about 1 ½ miles and the school will be on your left.

BALLSTON SPA HGH SCHOOL

www.bsbsd.org/High.cfm

884-7150 Ext. 2372

220 Ballston Avenue, Ballston Spa, NY 12020

Take I-90 West to I-787 North to NY-7 West take exit 9W to Schenectady I-87 Saratoga Springs; merge onto I-87 North toward Saratoga Springs/Glens Falls; take Exit 12 - Rt 67 exit towards Ballston Spa/Malta; turn left onto Dunning St. NY-67; continue on NY-67 onto Ballston Avenue to high school.

BETHLEHEM HIGH SCHOOL

www.bethlehemschools.org

439-4921 Ext. 22114

700 Delaware Avenue, Delmar, NY 12054

787 South to Thruway Exit 23; 9W South to Rt. 32 South; right onto Elm Avenue; left onto Delaware Avenue; high school on left.

BURNT HILLS-BALLSTON LAKE HIGH SCHOOL

www.bhbl.org

399-9141 Ext. 3307

88 Lakehill Road, Burnt Hills, NY 12027

Northway to Exit 9 West to Rt. 146; take right onto Rt. 146A; five miles to the village of Ballston Lake; at the flashing light take a left onto Lakehill Road; the high school is about one mile on the right.

C.B.A.

www.cbaalbany.org

452-9809 Ext. 133

12 Arline Drive, Albany, NY 12205

I-90 West to Albany, to I-87N/Adirondack Norway N via Exit 1N toward Saratoga/Montreal; take Exit 2E Wold Road, toward NY-5E/Albany; left onto Wolf Road ramp; take left onto Sand Creek Road; turn right onto S Family Dirve, stay straight for Airline Drive.

COLONIE CENTRAL HIGH SCHOOL

www.southcolonieschools.org

459-1220 Ext. 516

1 Raider Boulevard, Albany, NY 12205

Northway to Exit 2E (Albany) right on Central Avenue; take your first left past Colonie Center; onto Hackett Avenue high school at end.

GUILDERLAND HIGH SCHOOL

www.guilderlandschools.org

861-8591 Ext. 4000

PO Box 37, 8 School Road, Guilderland Center, NY 12085

I-90 to Exit 2 (Fuller Road); take a left to end of Fuller Road (Stuyvesant Plaza); at light take a right onto Western Avenue; left onto Rt. 146 South to end of road; take left (Getty Station) high school will be on left.

Section X -Directions (cont'd)

MOHONASEN HIGH SCHOOL www.mohonasen.org **356-8270**
2072 Curry Road, Schenectady, NY 12303
Thruway to Exit 25 (Schenectady) just beyond the overpass; take Exit Rt.7 (Curry Road), the high school complex is on the left.

NISKAYUNA HIGH SCHOOL www.niskayunaschools.org **382-2531**
1626 Balltown Road, Schenectady, NY 12309
Northway to Exit 6 (toward Schenectady) to Balltown Road (about 8 miles) right onto Balltown Road (Rt. 146) past WRGB Studio and traffic light the high school on the right.

SCHENECTADY HIGH SCHOOL www.schenectady.k12.ny.us **881-3515**
1445 The Plaza, Schenectady, NY 12308
I-90 West toward Albany; merge onto I-90 West via Exit 25 toward Schenectady/Rt-7/Rt 146, take Exit 6 (Michigan Avenue Exit), turn right on S. Brandywine Avenue; left onto Rugby Road, right onto Phoenix Avenue; left onto The Plaza; school at the end.

SARATOGA HIGH SCHOOL www.saratogahigh.org **587-6690**
3 Blue Streak Boulevard, Saratoga Springs, NY 12866
Northway to Exit 13N; take your first left after Spac; go two blocks until you have to turn and take a right; the fields are on your right.

SHAKER HIGH SCHOOL www.northcolonie.org **785-4740 Ext. 3351**
445 Watervliet-Shaker Road, Latham, NY 12110
Northway to Exit 5 to Rt. 155; take a left and cross Rt. 9; go about one mile, the high school is on the left.

SHENENDEHOWA HIGH SCHOOL www.shenet.org **81-0390**
Box 970, Route 146, Clifton Park, NY 12065
Northway to Exit 9; take a left onto Rt. 146 toward Rexford; pass Clifton Country Mall; left onto Moe Road; take your next right (church on corner); with the high school on your right.

TROY HIGH SCHOOL www.troy.k12.ny.us **328-5407**
1950 Burdett Avenue, Troy, NY 12180
I-90 West toward Albany; take I-787N via Exit 6A toward Troy; onto NY-7 via Exit 9E toward Troy/Bennington; take right onto Burdett Avenue; school is 0.1 past Sage Avenue.