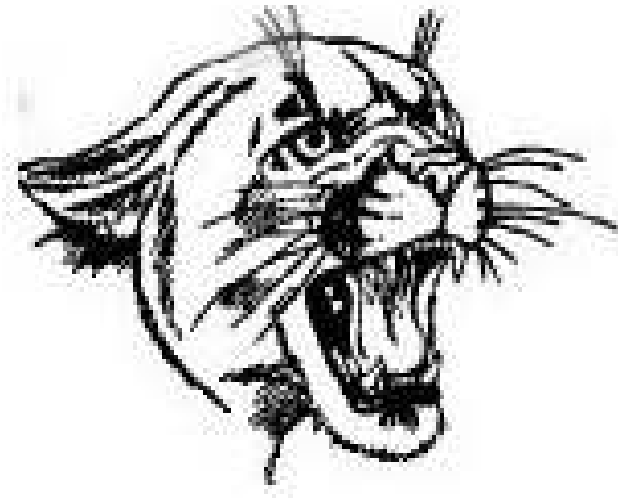


**HONEOYE FALLS-LIMA
CENTRAL SCHOOL DISTRICT**



*Honeoye Falls-Lima Central School District
20 Church Street
Honeoye Falls, NY 14472*

*(585) 624-7000
www.hflcsd.org*



**INTERSCHOLASTIC
ATHLETIC HANDBOOK**

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Dear Parents and Student-Athletes:

Welcome to the Honeoye Falls-Lima Interscholastic Athletic Program! Our program is one rich in tradition and steeped in pride. I congratulate you on your decision to be a part of this wonderful experience.

This handbook is designed to provide you with the information necessary to ensure a successful experience. Within these pages, you will find practices and procedures, board policies and medical information. Also, a site directory is included for your convenience.

On behalf of your coaches I would like to wish all student-athletes a successful experience.

Sincerely,

Brian Donohue
Director of Health, Physical Education and Interscholastic Athletics

Honeoye Falls-Lima Board of Education

Dick Rasmussen, President
Barb Pamper, Vice-President
Chuck Allen
Hal Gaffin
Linda Hunt
Ron Mendrick
Andy Rodriguez
Janet Somes
Bob Willison

District Leadership

Michelle Kavanaugh, Ed.D., Superintendent of Schools
Phil Burrows, Deputy Superintendent
Renée Williams, Assistant Superintendent of Curriculum & Instruction
Kevin Hamilton, Director of Finance and Operations
Allison Armstrong, Communication Specialist
Kathy Walling, High School Principal
Cliff Andres, High School Assistant principal
Jeremy McBride, High School Assistant Principal
Shawn Williams, Middle School Principal
James Nelson, Middle School Assistant Principal
Dan McCarthy, Manor School Principal
Jeanine Lupisella, Lima Primary School Principal
Mary McNamara, Coordinator of 6-12 Teaching & Learning
Lisa Moosbrugger, Coordinator of K-5 Teaching & Learning
Brian Donohue, Director of K-12 Health, Physical Education & Interscholastic Athletics
Peggy Potter, Director of Transportation
Lance Seeber, Director of Food Services
Michael Koss, Director of Buildings & Grounds

Athletic Handbook Committee

Connor Burgasser, Student
Dave Call, Parent
Erica Call, Student
Bob Clark, Coach
Renee Davis, Athletic Trainer
Brian Donohue, Athletic Director
Dan Hoyt, Coach
Kevin O'Connell, Coach
Kathy Palmer, Parent
Dick Rasmussen, Board of Education
Chris Stanton, Student
Rosemarie Visco, Parent
Renée Williams, Assistant Superintendent
Bob Willison, Board of Education

School of the Arts

Clover Street
 Turn Left onto East Ave
 Turn Right onto University (at Y)
 Cross Goodman
 Turn Right at Prince Street
 School is on Prince

Sodus

104 East to Maple Ave
 Turn Right onto Maple Ave
 Turn Right onto Main Street
 Turn Left onto Mill Street
 School will be at the end on the left

Spencerport

390 N to 490 W (left exit)
 Bear Right – to Spencerport, follow to Union St.
 Exit
 Turn Right onto Union Street
 Cross Route 31
 Turn Right onto Lyell Road
 Schools are on the Right

Spencerport Taylor Elementary

Turn Right onto Union Street
 Turn Right onto Ogden Parma TL Road
 Take next Right, goes right into school

Spencerport Leo Bernaby School

Turn Right onto Union Street
 Turn Right onto Route 31
 School is on the Left, Approx 1/2 Mile

Victor

Boughton Hill Road
 Cross Route 64
 Turn Left onto School Street
 Turn Left onto Rt 96
 Turn Right onto High Street
 School Complex is on the Right (Stay Left as you enter Complex)

Waterloo

Route 5&20 through Canandaigua and Geneva to Waterloo
 Turn Left at the Light in Waterloo. Continue to Stop Sign
 Turn Right onto Williams
 Turn Left onto Center Street
 School in on the Left
 (gym is at the rear of the school complex)

Waterloo Lafayette Field (Football)

Route 96 into Waterloo
 Go Straight at the 1st Stop Sign (North Road)
 At Next Stop Sign, Turn Right onto Swift Street
 Turn Left onto Wright Ave
 (School driveway is after the school)

Wayland Cohocton

Cohocton Site
 Rt 15A South through Lima, Hemlock, Springwater, Wayland (becomes 15 in Springwater)
 Just outside of Wayland, Turn Left onto Route 415
 Cross RR Tracks
 Turn Right onto Park Ave

Wayland Site

Route 15A South to Wayland
 Go Right onto Route 63 (West Naples Street)
 School is on the Left

Wayne

Boughton Hill Road
 Turn Left onto Route 332
 Turn Right onto Route 96
 Turn Left onto Hook Road
 Stay on Hook to Route 31 in Macedon,
 Turn Right onto Route 31
 Turn Left onto Route 350 (Just Before Mobile Plant)
 School is approx 12 Miles on Route 350

Webster Schroeder

Clover Street
 Turn Left onto Monroe Ave
 Turn Right onto 590N to 104E
 Exit at 5 Mile Line Road
 Turn Right off Exit Ramp
 Turn Left onto Ridge Road
 Turn Right at 1st Light into School

Webster Thomas

104E to 5 Mile Line Road Exit, Turn Left off Exit Ramp
 Go Over Expressway
 Go 1 Block
 School in on the Corner of Publishers Pkwy & 5 Mile Line Rd.

Webster Spry

104E, Exit at Route 250 S. Turn Right off Ramp
 Cross Ridge Road (404)
 Turn Right onto Sanford Street
 School is on the Left

SPORT OFFERINGS

<u>Fall</u>	<u>Varsity</u>	<u>JV</u>	<u>Freshman</u>	<u>Modified A</u>	<u>Modified B</u>
Cheerleading	1	1			
Boys Cross Country	1	1			1 Co-Ed Team
Girls Cross Country	1	1			1
Football	1	1			1
Boys Soccer	1	1		1	2
Girls Soccer	1	1		1	2
Girls Swimming/Diving	1				
Girls Tennis	1	1			
Girls Volleyball	1	1			1

<u>Winter</u>	<u>Varsity</u>	<u>JV</u>	<u>Freshman</u>	<u>Modified A</u>	<u>Modified B</u>
Boys Basketball	1	1	1		2
Girls Basketball	1			1	2
Cheerleading	1	1			
Boys Swimming/Diving	1				
Wrestling	1	1			1
Alpine Skiing	1				
Nordic Skiing	1				

<u>Spring</u>	<u>Varsity</u>	<u>JV</u>	<u>Freshman</u>	<u>Modified A</u>	<u>Modified B</u>
Boys Baseball	1	1		1	
Boys Golf	1				
Boys Lacrosse	1	1			1
Girls Lacrosse	1	1			1
Girls Softball	1	1			1
Boys Tennis	1				
Boys Track	1				1 Co-Ed Team
Girls Track	1				1

PHILOSOPHY OF INTERSCHOLASTIC ATHLETES

Interscholastic athletics in the Honeoye Falls – Lima Central School District is a component of the health and physical education program and an integral part of the district's total education program.

Modified: The modified level prepares athletes for the JV level and beyond. The modified philosophy maximizes participation and playing time for students. It focuses on socio-emotional growth and basic sportsmanship. It should be understood that practices and/or games may be on Saturdays. At the modified level, reducing the number of student-athletes on a team may be necessary due to finances, safety or other situations.

Modified B: The modified B level is designed for and made available to students in grades 7 and 8.

Modified A: The modified A level is designed for and made available to students in grades 7, 8 and 9.

Freshman: The Freshman level is a high school team comprised of only ninth grade students.

Junior Varsity (JV): The JV level is designed for student-athletes who display the potential to become a varsity player and have shown visible commitment to the Honeoye Falls-Lima athletic program. Sophomores make up a majority of the team, although freshman and Middle School students who display the aptitude and skill level of a JV player are eligible for the team as well. The JV level places increased emphasis on physical conditioning and specified playing times. Playing at the JV level is a six day a week commitment with the ultimate goal of becoming a varsity athlete.

Varsity: The Varsity program is the highest level of competition and the culmination of our athletic program. Under the guidance of a responsible coach, it is the goal of our varsity program to practice good sportsmanship, while also preparing ourselves for the highest levels of competition and striving to win.

In most cases, varsity teams are made up of seniors and juniors. Under special circumstances and classification procedures, sophomores, freshman or middle school students can also be part of a varsity team. Squad size is limited on varsity teams, and cuts can be made based on attitude and skill level of players who are trying out. It should be understood by a varsity player and parents that a full commitment is necessary to their sport.

The student-athletes on our teams are representatives of our school and are expected to represent it in a positive manner. Student-athletes, coaches, parents and fans should recognize the importance of being a “good sport” when participating in or attending athletic contests, and treat our visiting team members, students and adult spectators as welcomed guests. Officials are the proper authorities to make decisions regarding rules. Their interpretations and decisions are to be accepted.

Section V Sportsmanship Policy

The Section V Athletic Association is committed to promoting the proper ideals of sportsmanship, ethical conduct and fair play at all interschool activities.

McQuaid

390 North to E Henrietta Rd Exit
Turn Right onto E Henrietta Rd
Turn Right onto Westfall Rd
Turn Left onto S Clinton St
School is on the Right after plaza

Midlakes

Boughton Hill Rd, turn Left onto Rt 332
Turn Right onto Rt 96, to Rt 488, turn Right
School is on the Right

Mt. Morris

Alphonze Lorenzo Park (Cross Country Running)
390 S to Mt Morris Exit
Turn Left onto Route 408
Cross RR Tracks to Light
Turn Right onto Main Street
(Just over Crest of Hill, Look for ARC Building/
Mills Mansion)
Turn Left onto Grove Street
Continue Straight Through Stop Sign
Park is at Top of Hill

Nazareth

390N to Lexington Ave
Turn Right onto Lexington
Turn Left onto Mr. Read Blvd
Turn Right onto Driving Park Blvd
Turn Left onto Le Grange Street

Newark

Boughton Hill Road, Turn Left onto Route 332
Turn Right onto route 96 into Phelps
Turn Left onto Route 88 – Main Street, Newark
Travel Around Sarah Coventry Park to the Light
Turn Right onto main Street
Turn Left onto W maple Ave
Turn Left onto Person Street
Turn Right onto Blossom

Newark Cross Country

Boughton Hill Road to Finger Lakes Race Track
Turn Right onto Route 96 to Phelps
Turn Left onto Route 88
Turn Right at Sarah Coventry Plant (Now BOCES
& Army Center)

North Rose

Clover Street
Turn Left onto Monroe Ave
Turn Right onto 590N
Take to Route 104E
Turn Right onto Route 414 in north rose
Turn Left onto Clinton Street (This is the 1st Left
after 414)
School is Approx 5 Miles on the Left

Palmyra-Macedon

Boughton Hill to the 1st Flashing Caution Light
Turn Left onto Victor-Holcomb Road
Turn right onto Main Street (the 1st Light)
Turn Left onto Church Street – This Turns into
Co Rd 9 (Victor-Egypt Road)
Turn Right onto Route 31
Follow Through Macedon into Palmyra
Turn Right onto Hide Parkway(1st Right After
Gas Station)
High School is Approx 1 Mile on the Right
Pal Mac Elementary School
Route 31
Turn Right onto Route 21
School is on the Left

Penfield

Quaker Meeting House road
Turn Right onto Route 251
Go Straight Through the Intersection in Mendon
Center
Turn Left at the “T” on Mendon Center Road
Go Through Pittsford
Turn Right Under Bridge onto Washington Street
Go Through East Rochester
Turn Right onto Linden
Turn Left onto Whitney (Changes to 5 Mile Line
Road)
Straight Through the main Intersection in Pen-
field
Turn Right at the next Light onto High School
Drive

Pittsford Mendon

Quaker Meeting House Road
Turn Right onto Rush Mendon Rd. (Rt 251)
Turn Right at Stop Sign in Mendon Center to
continue on Rt 251
Turn Left at 4-Corners in Mendon onto Route 64
School is on the Right after Thornell Road

Pittsford Sutherland

Clover Street
Turn Right onto Jefferson Road
Turn Left onto Sutherland

Red Jacket

Boughton Hill Road
Turn Left onto Route 332
Turn right onto Route 96
Turn Right onto Route 21
School is on the Right, approx 1 mile

Rush Henrietta Sperry High School

Clover Street
Turn Left onto Tobin road
Turn Left onto Reeves road
Turn Right onto Pinnacle Road
Turn Left onto Lehigh Station Road
School is on the Left

Greece Arcadia

390N to Latta Road Exit
Turn Right onto Latta Road and immediately get into Left Lane
Turn Left onto Island Cottage Road
School is on the Right

Greece Athena

390N to Vintage Road
Turn Left onto Vintage Road
Turn Right onto Long Pond Road
School is on the Right

Greece Odyssey

390N to 490 to the 104 Exit
Turn Right onto 104 (Ridge Road)
Turn Right onto Hoover
School is on the Left

Greece Olympia

390N exit at Vintage Lane, Exit #25
Turn Left off Exit Ramp
Turn Left onto Fetzner Road
Turn Left onto Maiden Lane
After Going under Expressway Overpass
School is on the Right

Harriett Hollister Park

Route 65 South to W Bloomfield, Cross Route 5 & 20,
Becomes County Road 37
Follow to Honeoye, Cross Route 20A
Continue on Co Rd 37 to the Park

Hilton

390 to 490 – toward Buffalo
To Route 531 Expressway to Union Street (259)
Turn Right into Hilton
Turn Right at Route 18 (East Ave)
School is on the Left, Approx 1 mile
Just after School, Turn Left onto Bennet Road
Take the 1st Left into the Parking Lot

Hornell

Route 15A South to Route 15 South
To Route 21 South to Route 36 South
Schools are on the Left

Irondequoit

Clover Street Left onto Monroe Ave
Right onto Route 590 N
Turn Left onto Titus Ave
Turn Right onto Cooper Road
School is on the Right

Irondequoit Pine Grove Ave School

Take Cooper Road past the High School
Turn Right onto Pine Grove Ave
School is on the Left

Keshequa

390 S to Mt Morris Exit
Take route 408 S to the Village of Nunda
At 4-way Stop, Turn Left onto Mill Street
School is on the Right

LeRoy

5&20 to Avon
Go Around the Circle & Down the Hill
Continue on Route 5 to the Village of Caledonia
At the Monument, Bear Left and Continue to LeRoy
Turn Left to go to the School
This is Before Crossing the Bridge & Before the Route 5 & 19 Signal Light
Leroy Football, Soccer, Etc
When coming into Leroy on Route 5, Turn Left at the 1st Light onto South Street
Follow Approx 1 mile to Hartwood Park

Letchworth

390S to Exit 8 – Geneseo
Turn Right onto Route 20A
20A & 30 will Join in Geneseo
go Through Cuylerville & Leicester
Stay on Them Until You Come to a 5-way Stop
Go Straight and Stay on route 39
Go Through Perry and into Castile
At the Flea Market, Turn Right onto 19A
After Left Curve, Pick Up School Road
School is on the Left

Livonia

15A South
Turn right onto Route 20A
Turn Left onto East Street
Turn Right at 1st Stop Sign
Turn Left onto Bulldog Blvd

Livonia Intermediate School

15A South
Turn Right onto Route 20A
Turn Left onto Commercial Street
Turn Left onto Branch Street
Follow through stop sign, down driveway

Marcus Whitman

5&20 to Canandaigua
Take the By-pass and Stay on 5&20 Towards Geneva
Turn Right onto route 247
Veer right onto route 245
Turn at 1st Right into School

We will oppose instances and activities which run counter to the best values of athletic competition in order to insure the well being of all individual players. We will expect acceptable standards of good citizenship and propriety with proper regard for the rights of others.

We are further committed to the belief that schools participating in interschool activities should be held responsible for the conduct of their players, coaches, faculty members and spectators. Conduct which is detrimental to the educational value of the athletic activities may be deemed just cause for the school's reprimand, probation, suspension from a particular sport or suspension from sectional activities.

INTERSCHOLASTIC TRAINING RULES**Mission Statement**

The mission of the HF-L Athletic Program is to provide opportunities for our students to strive for excellence by creating an educational and competitive experience within an atmosphere of sportsmanship. We believe that interscholastic athletics can and should enhance the character of our students. Athletics provide an educational opportunity in which students can learn essential life lessons. We believe the combination of athletics and academics enhances the quality of students' lives and expands their options for learning and growth. Participation is a privilege and carries with it certain responsibilities.

Educational Goals of Athletics

The New York State Education Department clearly identifies in their athletic mission that successful programs develop individual and team potential by promoting high standards of competency, character, civility and citizenship. New York State has stated that the 4 C's should be educational goals of a quality program. They are defined below:

Competence the demonstration of the needed level of knowledge and skill to sufficiently train and compete.

Civility is the demonstration of behavior that exemplifies appropriate respect and concern for others.

Citizenship is the demonstration of social responsibility as part of a "community".

Character refers to dispositions, values and habits that determine the way that person normally responds to desires, fears, challenges, opportunities, failures and successes. We use the phrase good character when those dispositions and habits reflect positive ethical values.

We expect our athletes to be a visible demonstration of these 4-C's as developed by the NYS Education Department.

We believe that athletes embrace the opportunity to earn honor and respect that participation and competition in interscholastic programs afford. In support of our district mission, athletics is committed to the development of values of respect for self and others that can be achieved through hard work, dedication and discipline.

PARTICIPATION VALUES/STANDARDS/REGULATIONS

Our Training rules are organized into two sections: Category 1 and Category 2.

CATEGORY I**1. Student Behavior**

It is the expectation that all students exemplify competence, civility, good citizenship, and good character at all times both in and out of school, as well as in and out of season. This includes but is not limited to the following examples:

- Demonstrating self-control and respect for others at all times. This includes teammates, coaches, opponents, and spectators.

- Respecting officials and other game personnel.
- Respecting others possessions and property.
- Accepting responsibility to set a good example for the community.

1.1 Examples of Category 1 violations include, but are not limited to the following:

- Truancy
- Insubordination
- Ejection from a contest
- Fighting
- Vandalism
- Illegal absence from school or classes

1.2 Consequences for **Category 1** violations will be communicated through individual team rules at the beginning of each season.

1.3 Any violation of Category 1 rules could result in a loss of participation and leadership positions.

CATEGORY II

2. Substance Abuse/Use

The use and/or possession of tobacco, alcohol, and illegal drugs are prohibited. In addition, the use of performance enhancing drugs is prohibited.

2.1. Parties/Gatherings/Other Events

If a student-athlete attends a party where alcohol or drugs are illegally present, the student-athlete must leave the party within a reasonable amount of time of learning that alcohol or drugs are present. A reasonable amount of time is defined as 15 minutes. Students are encouraged to contact a coach or administrator to establish their role in connection with the event. The purpose of the call is to protect students who have made the right choice from future allegations regarding the specific event.

2.2 Hazing

Hazing is defined as any activity that recklessly or intentionally endangers the mental health, physical health or safety of a student. Any hazing activity, whether by an individual or a group, shall be presumed to be a forced activity, even if a student willingly participates.

The athletic program does not condone any form of initiation or harassment, known as hazing, as part of any school sponsored activity. No student, coach, volunteer or district employee shall plan, direct, encourage, assist or engage in any hazing activity.

Suspected acts of hazing should be reported to the coach, athletic administrator, principal or other school administrator.

2.3 Harassment

Harassment in any form will not be tolerated. The term harassment includes but is not limited to slurs, jokes, or other verbal, graphic or physical conduct relating to an individual's race, color, religion, ancestry, sex, national origin, age or handicap/disability.

Complaints of harassment shall be investigated promptly, and corrective action shall be taken when allegations are verified. Confidentiality of all parties shall be maintained, consistent with the district's legal and investigative obligations.

Neither reprisals nor retaliation shall occur as a result of good faith charges of harassment.

Eastridge Ivan Green Elementary

(Lacrosse)

On Ridge Road, continue past the High School
Through the Intersection of Ridge & Culver
Turn Right onto Brown Road
School is on the Right

East Rochester

Quaker Meeting House Road to Rush Mendon Road
Turn Right onto Mendon Center Road, follow into
Pittsford
Go through the Village, Under the Overpass
Make an Immediate Right Turn onto Washington
Street
Turn Right onto Fairport Road – Route 31F
Turn Left onto Main Street
Turn Left onto Woodbine Street
School is on the left

Edison Tech

390N to the Lexington Exit
Turn Right onto Lexington
Travel 2 blocks
School is on the corner of Lexington and Colfax

Fairport High School

From Route 96, Turn Right onto Turk Hill Road
Turn Right onto Ayrault Road
School is on the Left

Fairport Martha Brown

From Route 98, Turn right onto Mosley Road –
Route 250
Turn Left onto Ayrault Road
School is on the Left

Fairport Minerva Deland

Clover Street, Turn Right onto Jefferson Road
Turn Left onto S Main Street (in Pittsford)
Turn Right onto Washington Road
Turn Right onto Fairport road, go Over the Canal
Turn Right at the 1st traffic Light after the Canal
Take to the End

Franklin

Clover Street, Turn Left onto Monroe Ave
Take 590 N to 104W
Travel Past the Mall, Exit at Carter/Hudson
Cross Carter, Turn Left onto Hudson
School is on the Left

Gates Chili

390N to Route 490W (Left Exit)
Take Route 33E Exit
Get into Left Lane and Turn Left onto Wegman
Road
Turn Right at Traffic Light
Approx 1/2 Mile

Genesee Community College

Route 5&20 to Caledonia
Turn Left onto Route 5 to Batavia
Turn Right onto Clinton Street
Turn Left onto 7 Springs Road
Turn Left onto College Road
College is on the Left

Genesee County Park

Route 5 & 20 through East Avon and Avon
Turn Left on to 20 W at the 5 and 20 Split
Continue on 20 past Route 36, Route 19, Route 63
Turn Left on to East Road
Look for Small Blue Sign
Turn Right onto Raymond Road
Approx 1 Mile to Park Entrance

Geneseo

Route 15A South to Lima
Turn Right on to Route 5 & 20
Follow through village of Avon, around circle,
Down hill, Turn Right on to Route 39
School will be on the Right

Geneva

5&20 into Canandaigua
At Light, Continue Straight, turns into Co Rd #4
At Traffic Light in Geneva, continue straight,
becomes North Street
School is on the Left, you will see Caution Lights
& School Signs

Geneva McDonough Park

Take 5 & 20 into Geneva
Turn Left onto Copeland Ave (Wegman's at the
Corner)
Take Copeland Ave to the End
Turn Right at Stop Sign, then a Quick Left onto
Nursery Ave
Take Nursery Ave to the End

Greece Arcadia

390N to Latta Road Exit
Turn Right onto Latta Road and immediately get
into Left Lane
Turn Left onto Island Cottage Road
School is on the Right

Geneva McDonough Park

Take 5 & 20 into Geneva
Turn Left onto Copeland Ave (Wegman's at the
Corner)
Take Copeland Ave to the End
Turn Right at Stop Sign, then a Quick Left onto
Nursery Ave
Take Nursery Ave to the End

Bath Veteran's Field (Baseball/Softball)

Take exit 38
Turn Right

Bishop Kearney

Clover Street N
Turn Left onto Monroe Ave
Turn Right onto 590N
To 104W
Exit at Goodman Ave North
Take Ridge Road East (Kings Highway)
Turn Left into Bishop Kearney School

Bloomfield School

Boughton Hill Road
To Route 64
Turn Left onto Main Street (just before 5&20)
Turn Right onto Oakmount Street (just past bus garage)
Turn Right into school complex

Brockport

Route 390N (after airport, stay in left lane)
Take 490W towards Buffalo
Exit Route 531 (Spencerport)
Go to the end of the expressway, Turn Right at signal light
Turn Left onto Route 31
Cross Route 19
Turn Right onto Hartshorn Drive
School is on the left

Brighton School

Route 65
Turn Left onto Monroe Ave
Turn Left onto Elmwood Ave
Turn Left onto South Winton Road
Middle School is on the Corner, High School is Next Door

Byron-Bergen School

Route 15A to Route 251 in Rush
Turn Left onto Route 251, take to the end
Turn Right onto Union Street
Turn Left onto North Road
Turn Right onto Route 19
Turn Left onto Town Line Road
Turn Left off town Line Road to get to school

Caledonia-Mumford

Routes 5&20W through Avon, continue straight into Caledonia
At monument, continue straight onto North Street
School is on Right

Canandaigua Academy

Routes 5&20
Take Buffalo Street Extension, cross Main Street (Route 332),
becomes Chapel Street
Turn Left onto East Street

Churchville-Chili

390N to 490W
Exit Union Street, 259 – Exit Number 4
Turn Right onto 259
Turn Left onto Buffalo Road
School is on the right at the top of a hill

Clarence Akron Falls Park

Take the thruway West to Exit 48A
Take Route 77 South to 5 West
Park will be 1.5 miles north of Route 5 on Route 93
Turn East onto Park View Drive to park

Clifton Springs

Boughton Hill Road
Continue on when it changes to Shortsville Road
Follow to Clifton Springs to Main Street
Turn Left onto Teft Ave
Turn Left onto Maple Street

Dansville (Track, Gym)

390S to 1st Dansville Exit
Turn Left at Stop Sign (Under Bridge)
Turn Right onto Route 36
Turn Left onto Maple Street
Turn Left at Stop Sign
School is on the Right Approx 1/2 Mile

Dansville (Baseball)

Turn right at the end of Maple Street
Go South on Route 63 to Morey Ave
Turn Left onto Morey Ave
Approx 3 Blocks to the Village Park

Dansville (Tennis, Football)

Go North on route 36 – Towards the village
Track/Stadium is Approx 1/4 Mile on Left after Hospital

Eastridge

Clover Street
Turn Left onto Monroe Ave
Turn Right onto 590
Follow Through Can of worms
Exit at Ridge Road, #11
Turn Left onto Ridge Road
School is on the Right

Athletes are encouraged to discuss freely with coaches, teachers, or administrators any harassment involving themselves or others.

2.4 Consequences

HF-L adheres to a four-tiered concept regarding consequences to violations of the athletic code. Four tiers of Consequences intend to facilitate the goals as an educational institution to alert and inform youth. In addition the consequences provide opportunity for students to learn from mistakes and be successful with future choices.

The training rules will be in effect from the beginning of the student-athletes interscholastic participation through the student-athletes high school graduation. The beginning of the season is defined as the first day of practice.

A violation of **Category II rules** will result in the following:

First Offense: The student-athlete will be suspended 25% of his/her regular scheduled events as stated at the beginning of the season.
Example- 16 scheduled games-25%= 4.

Second Offense: A second violation of these training rules will result in the suspension of the student athlete for 50% of scheduled events.

Third Offense: A third violation of these rules will result in the suspension from interscholastic athletics of that student for one calendar year.

Fourth Offense: A fourth violation of these rules will result in permanent suspension from all athletic programs for the duration of school career.

Notes:

- An event is defined as a regular scheduled game. Scrimmages are not considered an event.
- If the duration of the consequence goes beyond the end of the current season, it will carry over into the next season in which the student athlete participates. It will not effect the tryout for the next season.
- Any violation of Category II rules will result in loss of team captaincy and other leadership positions.

Self Referral-1st offense only

In recognizing the importance of the values of honesty and integrity, any first-time code violations that are self or family reported prior to district awareness will receive a reduction in penalty of up to 50%.

Educational Component

We are committed to providing resources for families when a substance abuse problem has been identified. As part of the educational component of the consequence phase, student-athletes may be required to complete a program to assist them in dealing with any issues that led to the violation of the training rules. The educational component may include any or all of the following:

- Substance Abuse Counseling
- Anger Management
- Community Service
- Other Intervention Services as needed

Investigation

Any student, student-athlete, parent, coach, school administrator and community member may choose to report a violation of the training rules violation orally or in writing to:

- Building principals
- Athletic administrator
- Teachers
- Coaches
- Counselors

Reported violations concerning student-athletes must be forwarded to the building principal and the Athletic Director immediately. An investigation shall begin immediately to determine the nature of such allegations.

Investigative Process

- The principal/assistant principal will be notified.
- The Athletic Director will interview the student-athlete as to the reason(s) for suspected violations in an effort to confirm or refute the allegations.
- There will be parental notification if the interview does not succeed in obtaining the confirmation or exoneration of the suspected violation.
- The Athletic Director will further investigate through interviews with those who may be aware of violations first-hand, those who may have limited knowledge of the violations, or those who may be involved with such violations.
- If in the Athletic Director's opinion, there is evidence of a violation, the appropriate consequences will be applied.

Honesty Provision

If, when confronted by the Athletic Director with a violation the student is honest, then the consequences shall be as set forth in these guidelines. If the student is untruthful he/she will additionally be in violation of Category 1 guidelines, and will receive a consequence in accordance with these rules.

Appeal Process

Each student athlete shall have the right to an appeal and hearing of the decision. The athlete will remain ineligible until the appeals process is complete. The following steps must be followed to initiate an appeal:

- The student-athlete must submit in writing to the Director of Athletics a request for an appeal, no later than 7 days after the day in which the decision is made.
- After the appeal has been received, a discussion will take place between the athlete and the Athletic Director. This will be considered the first step to resolve the appeal.
- If the appeal is not resolved, a review board will be formed to consider the appeal. The review board will consist of the following:
 - Assistant Superintendent
 - Director of Athletics
 - High School Administrator
 - Out of Season Coach
 - Current Coach
 - Teacher
 - Parent-not the parent of the student-athlete appealing the decision

DIRECTIONS TO SCHOOL ATHLETIC FACILITIES**Addison Middle School**

Route 390 N
Right at Exit 22
Right onto Lexington Ave
Right on to Colfax St
The school is at 655 Colfax St

Albion School

W Main Street to HF No 6 Road
Left onto East river Rd
Left onto Route 20
Right onto Route 63 (will go through Batavia)
Right onto Route 98 to Route 31
Right onto Route 31
Right into High School

Alexander

Route 5&20 to Avon
To 20 West
To Route 98 (25 miles from Avon)
Right onto 98 South to the stop sign in
Alexander continue to school
School in on the left,
Gym entrance is on the right side of building

Alfred University / Alfred Tech

390S to the 2nd Dansville Exit (Stoneybrook)
Take Route 36 S through Arkport
Take Route 17 W to Route 21 – Almond to
Alfred Station
Alfred University is on the Left
Alfred Tech is on the Right

Alfred Almond

15A South t 15 South in Springwater
Between Springwater and Wayland, will turn to 21S
In Hornell, pick up the 17 West Expressway
Take the 1st exit – Almond Exit
School is 1 mile on the right

Or

Route 15A
Turn right onto Route 20A
Left onto Route 15 in downtown Livonia
(Commercial Street)
Follow Route 15 to Dansville to Route 36S
Follow to Arkport
Take Route 17W to exit 33
Turn Left onto Karr Valley Rd
Approx 1/8 mile, turn Right onto Route 21
School is 1 mile on right

Aquinas

390N to exit 23 (Ridgeway)
Right onto Ridgeway
Right onto Dewey
School is 3/4 mile on the Right

Attica

Take 5&20 to Avon
Take Route 20 to Route 98 to Attica
Stay on Route 98
Turn Left on main Street (cross RR tracks)
School is on the right, approx 1 mile

Avon

Take 15A South to Lima
Turn Right onto 5 & 20 West to Avon
Turn Left onto Lacy Street
Turn Right onto Clinton Street

Barker School

Take 390N to 490W (Bear Left)
Watch for signs to Spencerport (Bear Right)
Follow to Spencerport, Exit at Union St (Route 259)
Turn left onto Union St
Turn left onto Route 104W
Turn onto Route 148N (Quaker Rd)
Follow to school

Batavia

Routes 5&20 to Caledonia
At monument, go left (Route 5)
Follow to Batavia
Turn Right onto Jefferson Ave (just past Wendy's
Restaurant)
Turn Right onto Washington
Go 1 block, turn Left onto State Street (street sign
may be missing)
School is approx 1/2 mile on right

Batavia Vendatta Stadium

From Route 5 in Batavia
Take Right onto route 98
Left onto Richmond Ave
Stadium will be on right

Batavia JFK Elementary (Freshman Baseball)

From center of Batavia
Turn Right across from Pizza Hut (Vine St)

Bath Haverling

Route 15A/15 S through Wayland to Route 390 S
(Left turn under bridge – this is also Route 15)
390 S becomes Route 17/15 E to Avoca – stay on
expressway
Get off at Exit 38 – Bath Hammondsport
Turn Left at stop sign (Route 54) at the bottom of
exit ramp into Bath
There will be RR Crossing just past Route 17/15 -
underpass
Go straight at traffic light (Route 54)
Turn Left onto Maple Hgts. – 3rd side street after
crossing Rt 415 (for Soccer, Football)
Turn Left onto Ellis Ave into School Entrance – 5th
side street- at white picket fence (for Basketball,
Wrestling, Volleyball)

Directions to school

Athletic Facilities



*Schedules are available online at:
highschoolsports.net*

- Every attempt will be made to complete the appeal process within 5 school days.
- 5 or 7 members must be present for an appeal to be heard.
- Both sides will present their case to the review board, and will receive, in writing, the decision of the review board within 10 days of the hearing. The student-athlete and a parent/guardian must be present during the hearing.
- Days are defined as school days.

Seeking Assistance

Students in need of help, and/or are experiencing circumstances that are inhibiting their ability to follow these guidelines are encouraged to contact school personnel to seek assistance.

Team Rules

Coaches may establish additional rules and regulations for their respective sports with the approval of the Athletic Director. These additional rules must be in writing to all team members and parents and explained fully at the start of the season. Copies of all additional team rules must be on file in the Athletic Office.

PRACTICES AND PROCEDURES

Coach

All coaches shall be New York State certified with current certification in first aid, CPR and AED (automated external defibrillator). Each coach is responsible for guiding their student-athletes through practices, scrimmages and games appropriate to their age and level of play. These activities are conducted so that the physical welfare, health and safety of the participants is protected and fostered. The coach teaches physical skills, moral values and proper ideals of sportsmanship, ethical conduct and fair play in accordance with the HF-L Athletic Philosophy.

Changing Sports

It is important that the student athlete go out for the right sport for him/her, particularly at the junior varsity and varsity levels. A student athlete may not change from one sport to another once a team has been selected, without permission from the Athletic Director. If he or she has been cut from one team, it is legitimate to try out for another sport.

Family Vacation

When parents and student-athletes choose to take their family vacations during sport seasons, it must be understood that the time missed by the student-athlete can affect team chemistry and personal conditioning. Student-athletes who miss practices or competition for any reason may have their position or playing time adjusted. Coaches shall make every effort to inform parents and student-athletes of the season schedule as far in advance as possible.

Fund Raising

In accordance with the HF-L Board of Education policy, fund raising activities may be carried out in school or with school sponsorship only under the policy and the practices and procedures established by the administration.

School-sponsored organizations (classes, teams, clubs, bands, etc.) must have administrative approval prior to commencing any fund raising activity, whether the activity is to be conducted in school or outside of school. School-related organizations (PTA, boosters, etc.) must obtain administrative approval prior to conducting any fund raising activity in the schools, on school grounds, or in the community in support of any school-sponsored organization or activity. Outside organizations must obtain administrative approval prior to conducting any organized fund raising activities in the schools, including distribution of printed materials through school channels, making announcements over the school public address systems, or placing collection boxes.

Gender Equality

The Honeoye Falls-Lima Interscholastic Athletic Program is committed to providing equitable opportunities for participation, equitable competitive experiences and equitable treatment for all female and male student-athletes consistent with the provisions of Title IX of the Educational Amendments of 1972.

Consistent with those provisions of federal law, equity between girls and boys programs is evaluated across the entire interscholastic program and across program levels (varsity, JV, modified) rather than on a team-to-team basis.

In-Season Activity

Opportunities exist for HF-L student-athletes especially at the junior varsity and varsity levels, to participate on non-school sponsored teams while participating on school sponsored teams. It should be to the understanding of the parent and player that their obligation to the school team is first above all other teams. Participation on a junior varsity or varsity team requires a considerable time commitment. It is the responsibility of the athlete to notify the coach when he/she is competing on another team. Each situation will be evaluated on a case by case basis. If there is a problem with scheduling or demands on the athlete, it is the athlete's responsibility to initiate the problem solving process outlined on page 8 in this handbook.

Playing Time

As the level of competition increases, the amount of time for every athlete to play in contests varies. It is the responsibility of the student-athlete to talk to individual coaches regarding this issue.

Playing Up

Student-athletes should expect to play on the team intended for their grade level. In certain situations student-athletes may be allowed to try out for a team above their grade level.

The Varsity Head Coach will recommend to the Athletic Director whether or not a student-athlete should be allowed to play "up". The following factors are considered:

1. Skill rating of the athlete completed by the coach
2. Maturity screening completed by physician
3. Whether or not other student-athletes will be displaced if a student is allowed to play up
4. The social-emotional maturity of the student
5. When a student-athlete is in 7th or 8th grade, the New York State Selection Classification Process below is followed

Problem-Solving Process

During the course of an athletic career, student-athletes may have questions or concerns that need to be discussed. A process has been established to ensure everyone is included in the communication loop. The student-athlete begins the process by talking to the coach. The protocol is as follows:

- Coach
- Athletic Director
- Assistant Superintendent
- Superintendent of Schools
- Board of Education

Scheduling Procedures

Every effort will be made to create schedules to limit the amount of travel time during the week. Non-league contests will be scheduled to provide appropriate levels of competition without sacrificing academic commitments.

HF-L SPORTS BOOSTERS

For over 20 years, the HF-L Sports Boosters has provided invaluable assistance to the sports programs within the District. The Booster's mission is clear, to promote the positive role of athletics in the community, to support the HF-L teams with equipment and services above and beyond those provided by the District, and to improve the communication between parents, athletes, the community and the school district.

Over the years, the Boosters have raised many thousands of dollars in contributions and reinvested it in our teams in numerous ways. Our support includes every team and sport, and has greatly enhanced each and every athlete's experience. Some notable contributions include:

- Rebuilding the football practice fields
- Protective fencing for the baseball/softball fields
- Wrestling mats
- New sound system & scoring table for the gym
- Swimming clock upgrades
- Cross trainer & treadmill for Wellness Center
- Uniforms and equipment for girls and boys basketball, baseball, lacrosse, cheerleading, softball and football
- Annual scholarship awards
- Shelters for the soccer/lacrosse fields
- Pop-up shelters for skiing and cross country
- Banners and trophies

Your Boosters also manage and direct many additional services, most notably The Chow Hut, which no HF-L game would be complete without! Many special events such as the annual soccer tournament, baseball tournament as well as county, Section V and State events are directly supported by Booster efforts. Of course, the terrific HF-L Cougars gear we all wear so proudly and the beautiful brick "Walk of Fame" are vital to our fundraising efforts.

As with any Booster organization, fundraising is our lifeblood. Through the generosity of the HF-L community, we have made great strides, but much work remains. We seek new, active members who are interested in helping shape the role of a district level athletic booster organization. Please volunteer your time and talents in support of HF-L's athletic teams and booster projects.

Please visit our website at www.hfclsd.org/sportsboosters/sportsboosters.php. Thank you for your generous support.

The officers for the 2005-06 school year are: Dan Schirmer, President; Dave Call, Vice President; Larry Abbott, Secretary, Lee Schneider, Treasurer.

Selection Classification

The Selection Classification Program is a process for screening student-athletes to determine their readiness to compete at a higher level of interscholastic athletic competition. The intent of this program is to permit the truly accelerated student-athletes the opportunity to participate safely at the appropriate level of competition based upon readiness rather than age and grade.

This program is designed to assess a student-athlete's physical maturation, physical fitness and skill so the student-athlete may be placed at the appropriate level of competition. This should result in increased opportunity, a fairer competitive environment, reduced injury and greater personal satisfaction. The Varsity Coach in each sport, in consultation with the Athletic Director, recommends individuals to be selectively classified.

Sportsmanship/Citizenship

Student-athletes, coaches, parents and fans must recognize the importance of being a "good sport" when participating in or attending athletic events. Remember to treat our visiting team members, students and adult spectators as welcomed guests. We will expect the same when we visit other schools. Officials are the proper authorities to make decisions regarding rules. Their interpretations and decisions are to be accepted.

Student Athlete Council

This committee is comprised of student-athletes from our varsity programs. In addition members of the coaching staff and administration serve to facilitate this group with discussions regarding athletic policies and procedures.

Team Selection

Unfortunately there are times a student-athlete may face a situation where he/she does not make the team. It is understood that this is a very difficult time for coaches, players and families. When this occurs, coaches will meet with students individually to explain to them why they were not selected.

Transfer Rule

Student-Athletes who change schools are subject to the NYSPHSAA's Transfer Rule and Regulations of the Commissioner of Education, 135.4 as it pertains to all transfer requests.

Transportation

Student athletes will be transported to and from away practices/contests by school authorized vehicles. In special cases, a parent may request to provide transportation for their child only. In such cases, the request must be made in writing in advance to the Athletic Director.

Uniforms/Equipment

It is the responsibility of the student-athlete to return uniforms and equipment issued to them. Students are charged replacement costs for any damaged or lost uniforms and/or equipment. The following steps

are used to collect uniforms and equipment:

1. A designated team collection time will be determined by the Head Coach
2. Coach will contact individual student
3. Coach will contact parent of student
4. Coach will submit name of student and missing equipment to the Athletic Director
5. Athletic Director will notify Central Office for billing purposes

HEALTH AND SAFETY

Athletic Trainer

The athletic trainer provides emergency service for student athletes and develops prevention strategies through appropriate training methods and physical conditioning programs under the supervision of the school physician. To ensure proper follow-up after an injury, the trainer consults with parents, the school nurse and/or the school physician.

The athletic trainer is available after school and can be contacted through the Athletic Office at 624-7070.

Medical Certification Process for Participation in Interscholastic Sports

1. Parents must complete the Athletic Program Permission Slip & Medical Recertification form within 30 days of the first day of practice and submit it to the school nurse at the student's school. A new form is required for each athletic season.
2. The school nurse will sign the form and recertify the student if the following criteria are met:
 - A current Student Health Appraisal Form, signed by the physician must be on file in the nurse's office or accompany the recertification form. The physical exam is valid for 12 months through the last day of the month in which the exam was conducted. In addition, if the 12 month period expires during the sport season, participants will be certified for the entire season.
 - Any injury or surgery must be resolved and a note of return to full activity signed by the physician must be on file in the nurse's office or presented to the nurse at the time of recertification.
 - If a student needs to take medication or have medication available during the school day and during sports participation, written physician and parent permission must be on file for the current school year in the nurse's office.
3. The yellow copy of the recertification form will be forwarded to the coach of the sport designated on the recertification form. The student will not be allowed to practice until the coach has the yellow copy signed by the school nurse.
4. If the student is unable to see his/her primary care physician, school physical exams are offered almost monthly (September-June) at both the High School and Middle School. Please call the school nurse to schedule an appointment. Physical exams are also offered in August on a "walk-in" basis. The summer letter from the Athletic Department will have the details.

Injuries

It is the student-athlete's responsibility to immediately report any injury to his/her coach. The coach will then complete an incident report. No student-athlete should be allowed to participate or play in an athletic contest if he/she is suffering from an injury.

The coach's responsibility is to see that injured players are given prompt and competent medical attention and that all details of the athletic trainer's or physician's instructions concerning the student's functioning as a team member are carried out.

Return to play after injury

If a student has a physician-attended injury or is absent from school or practice sessions, due to injury for five or more consecutive school days, he/she must have the approval of a physician before participating in a practice, scrimmage or game. This release must be filed with the building nurse. By volunteering to participate in school-sponsored athletic activity, a student and his/her parents assume the risks for injury to occur.

Participation by a student in athletic activities involves some degree of risk of physical injury. Such physical injury can occur in any type of sports activity, be it a contact or non-contact sport.

Insurance

Students who suffer accidental injury during any school sponsored and supervised activities are first covered under the parent's insurance. The school district's insurance is supplemental coverage that may provide a benefit after submitting it through your personal insurance.

The forms to access the supplemental coverage are available in each school nurse's office.

Section V Thunder & Lightning Policy

"Thunder and/or Lightning necessitates that all contests be suspended. The occurrence of either thunder and/or lightning is not subject to interpretation or discussion. If thunder and/or lightning is observed, all outdoor activities will be suspended immediately. Players and spectators shall be directed to a safe location. The officials and responsible authorities shall make every reasonable effort to resume and complete the contest, with full consideration of the weather and site conditions (as they affect safety and playing conditions). The official/coaches shall wait a minimum of 20 minutes from the time of the interruption before considering the resumption of play.

- A. If thunder and/or lightning is observed at the site of an outdoor contest by the officials, 30 or fewer minutes prior to the scheduled start of that contest, the official/coaches and the responsible school authorities shall not permit the contest to begin on that date until the weather has cleared or the conditions become playable.
- B. If thunder and/or lightning is observed at the site of an outdoor contest by the officials during the playing of the contest, the official/coaches shall immediately cease play for 30 minutes, then re-evaluate the situation. The rules of the particular sport shall determine whether the contest is "official" or must be resumed at a later date.