

Alexandria Central School Interscholastic Athletic Regulation

Commendable citizenship is a worthy aspiration and standard for all students at Alexandria Central. Our student-athletes are held to a high standard of behavior since they have the privilege of representing Alexandria Central.

It is expected that our student-athletes will carefully read the interscholastic athletic regulations. Once it has been carefully read, athletes will sign the document, indicating they are making a commitment to live up to the expected standards of behavior.

In addition to the Contract:

1. Each student/athlete will sign the appropriate team contract that establishes that team's regulations as determined by the coach and reviewed by the Athletic Coordinator and shared with the administration. Team contracts may not be all-inclusive regarding rules; disciplinary action, if necessary, begins with the coach's discretion.
2. ***Board Policy on Drugs, Alcohol, Tobacco, and e-cigarettes for violations that have been reported and proven to be true for incidents on and off school property will result in the following consequences:
 - A. First offense will result in the suspension for 3 games of the season as determined by the administration and a preliminary session with the ACS drug counselor. If three games do not remain in the present season, the suspension will continue into the athlete's next complete active season.
 - B. Second offense will result in a suspension from the team for 1/3 of the season as determined by the administration and additional sessions with the ACS drug counselor. If 1/3 of the games do not remain in the present season, the suspension will continue into the athlete's next complete active sport season.
 - C. Third offense: will result in a suspension from all athletic sports for the period of 1 calendar year from the date of suspension.
3. Any notification of an alleged violation must include the name of the person providing the information. Anonymous complaints will not be processed.
4. Students who are suspended from school (in school or out of school) may not practice or participate until they are eligible, as determined by the Superintendent.

5. A. Students who become ineligible must report to a structured study hall after school until 4:00 Monday through Friday and then report to practice. Once a student provides proof they are passing all subjects the student may fully participate in team activities including games. Student athletes may not participate in athletic contests prior to the end of the period of ineligibility or until they have proven they are no longer failing their classes. Attendance at games, sitting on the bench, is at the coach's discretion. Failure to report to structured study hall will result in extending ineligibility by the number of study halls missed.

B. All modified student-athletes must report to the after-school structured study hall 3:15 until practice begins unless opted out with parental consent and signed by the coach.

6. Students may drop a sport only with the written consent of the high school principal, coach, parent, and coordinator of athletics or before they become eligible for the first official game. Athletes who drop a sport without proper consent will not be allowed to participate for a minimum of 1/3 of the official contests in the athlete's next active sports Season.

7. ALL students must be on time and in attendance for a full day to participate in or attend any practice, game or team activity that day unless administrative approval due to a verifiable medical appointment, death in the family, religious observance, required court appearance, or another pre-approved scheduled appointment. Any extenuating circumstances must be approved by the High School Principal. Students must be present (in their classroom) at the beginning of their first-period class to be considered on time. Any dismissal, not covered in the above approval, prior to the end of the school day will be considered less than the full-day requirement.

8. On trips all students will ride the school bus. Exceptions are granted only when the parents have a written request signed by the principal and given to the coach. To transport your own child home after a contest parents/guardians must sign the athlete out with the coach.

9. Due process procedures for any disciplinary action imposed on a student/athlete is afforded through informal and formal opportunities in which the student/athlete and his/her parents will have the opportunity to discuss the factual situation underlying the threatened disciplinary action.

Informal: Conference with the Coach or Athletic Coordinators

Formal: Athletic Committee: Principal, Board Member, Athletic Coordinators, coach, student, parent, student council representative.

The Athletic Committee is activated only after the informal conference, and the meeting will be convened no more than five (5) school days following the informal conference.

Warning: Participation in Interscholastic Athletics can result in serious personal injury to a student.