

Hilton Cadets

Sportsmanship – Be a Cadet Fan



Athletic Handbook 2024-2025

For Coaches, Student Athletes and Parents

Jeff Wheaton, CMAA – Director of Health, PE & Athletics

Hilton Cadets

Sportsmanship... Be A Cadet Fan!

Dear Cadet Coaches, Student-Athletes and Parents,

Welcome to another fantastic year of Interscholastic Sports... Cadet Style!

The Hilton Central School Districts Athletic Department in cooperation with the Monroe County Athletic Conference and Section V believes that good sportsmanship is a major part of athletic competition. It is our goal to create a healthy, safe, and exciting atmosphere where good sportsmanship is encouraged. Please extend your respect to the officials, coaches, players, and other spectators.

High school athletics is an important part of the overall educational program. It affords students the opportunity to challenge themselves both physically and mentally. We believe athletic participation plays an integral role in our districts mission of "Maximizing the Potential of the Individual Learner". Athletes develop skills that they will use throughout their lifetime. Dedication, commitment, sacrifice, determination, perseverance, and teamwork will be important elements in successful seasons and also serve them well in whatever career path they choose.

Parents, Thank you! Your contributions to Interscholastic Sports over the years have not gone unnoticed. We invite you to stay involved and invite others to join you in supporting our student-athletes.

Most importantly, come out and enjoy a game! You will be seeing athletics at it's finest... Cadet Style.

Yours in sports,

Jeff Wheaton

*Jeff Wheaton, CMAA
Director of Health, PE & Athletics*

Interscholastic Athletic Department Information

How May We Help You...?

Director of HPE & Athletics: Jeff Wheaton
Office Professional: Marcey Garno
Athletic Coordinator: Tara Merino

Contact the Athletic Office
Telephone – 585-392-1000 ext. 2136
Fax – 585-392-1071
Email: jwheaton@hilton.k12.ny.us
Email: mgarno@hilton.k12.ny.us
Email: tmerino@hilton.k12.ny.us

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Our Philosophy

Interscholastic athletics is an important part of the overall educational program. It affords students the opportunity to challenge themselves both physically and mentally. We believe athletes develop skills that they will use throughout their lifetime. Dedication, commitment, sacrifice, determination, perseverance, skill development/refinement and teamwork. Those skills are important elements in successful seasons and serve individuals well throughout their lives.

Hilton's aim is to develop a competitive athletic program, but not lose sight of educational values such as sportsmanship, health and scholastic attainment. It is the nature of the athletic competition to strive for victory. However, the number of victories is only one criterion when determining the success of a season. Guiding the team and individuals to reach and exceed their potential is the ultimate goal.

Our Decision Making Filter

The filter that will be used to make all decisions in this World Class Interscholastic Athletic Program will be:

“What is best for the student-athlete?”

Our Vision

“Maximizing the Potential of the Individual Learner”

HILTON CENTRAL SCHOOL DISTRICT INTERSCHOLASTIC SPORTS

FALL

Cross Country	Boys/Girls Coed	V, JV, Mod B
Soccer	Boys & Girls	V, JV, Mod (2 boys teams, 3 girls teams)
Football	Boys	V, JV, Freshman, Mod B (2 teams)
Tennis	Girls	V, Mod
Volleyball	Girls	V, JV, Mod (2 teams)
Field Hockey	Girls	V, JV
Swimming	Girls	V, JV
Cheerleading	Girls	V, JV, Mod
Golf	Girls	V, JV (combined w/ Churchville-Chili)
Unified Bowling	Boys/Girls Coed	V

WINTER

Indoor Track	Boys/Girls Coed	V, JV
Basketball	Boys & Girls	V, JV, Mod (3 boys teams, 3 girls teams)
Bowling	Boys/Girls	V
Wrestling	Boys	V, JV, Mod B
Swimming	Boys	V, JV
Swimming	Coed	Mod B
Ice Hockey	Boys	V
Cheerleading	Girls	V, JV, Mod

SPRING

Tennis	Boys	V, Mod A
Softball	Girls	V, JV, Mod A, Mod B
Baseball	Boys	V, JV, Mod A & Mod B
Lacrosse	Boys & Girls	V, JV, Mod B
Track	Boys & Girls	V, JV, Mod B
Golf	Boys	V
Field Hockey	Girls	Mod B
Unified Basketball	Boys & Girls	V
Flag Football	Girls	V

Interscholastic Athletic Program Philosophy by level

Varsity

The varsity level of athletic competition is the culmination of each sport's program. Obviously, the goal at the varsity level is to prepare to win and to strive for victory in each contest. However, it is also important to know there is focus on team play and sportsmanship.

A sound attitude and an advanced level of skill are prerequisites for a position on the varsity team. The number of participants on any given team is based on the needs to conduct appropriate practices and to play the contests. Further, the number of roster positions is relative to the student-athlete's acceptance of their individual roles in pursuit of the team's goals. It is to be understood that the dedication and commitment needed to participate on a varsity team needs to be taken seriously. Practices and contests require a six-days-a-week commitment, with an understanding that this commitment is often extended into vacation periods throughout the school year. A specified amount of playing time at the varsity level is never guaranteed.

Junior Varsity

At the Junior Varsity level, the emphasis continues to be placed upon team play, sportsmanship, physical conditioning, and refinement of basic skills. These two programs prepare student-athletes for the varsity level of competition by working towards an achievement of balance between team and player development and striving for victory. At this level, the outcome of the contest becomes a consideration. Adequate playing time for all team members is strongly encouraged, however a specified amount of playing time is never guaranteed.

Modified

The Modified A level is primarily designed and made available to student-athletes in Grades 7, 8 and 9. This program prepares student-athletes for the junior varsity level of competition by placing emphasis on sportsmanship, learning athletic skills and game rules, fundamentals of team play, socio-emotional growth, physical conditioning, and healthy competition.

Our goal is to maximize participation and playing time for student-athletes. However, if the number of students trying out for the team creates a situation that is difficult to manage, poses a safety problem, or is problematic because of facility considerations, reducing team size by "cutting" may be necessary. Ultimately, the number of teams and size of the team rosters in any sport will be determined by the availability of league schedules, financial resources, qualified coaches, and suitable facilities.

3.

Recertification and Physicals

Hilton Athletics is excited to announce that we are now offering the convenience of online registration (re-certification) for sports clearances through [ArbiterSports](#).

ArbiterSports is a secure registration platform that provides you with an easy, user-friendly way to register for our programs, and helps us to be more administratively efficient and environmentally responsible. When you register through ArbiterSports, the system keeps track of your information in your ArbiterSports profile. You enter your information only once for each family member for multiple uses and multiple programs.

In order to participate in sports, a current physical and immunization record must be on file with your child's health office. The date of the exam must be within one year of the month when the sport season begins.

All pertinent information surrounding recertification and physicals is located on the Athletics page of the Hilton Central School District web page.

Cuts

Unfortunately, there are times a student-athlete may face a situation where he/she does not make the team. When this happens, coaches will meet with each of the students individually to explain to them why they did not make the squad. It is understood that this is a very difficult time for coaches, players, and families. We feel these meetings are vital so that there is a good understanding of why this decision was made.

Preseason Meetings – “Congratulations – Your child made the team!”

One of the most important ingredients for a successful sport season is effective, open and appropriate communication between the coach, parents and student-athletes. In order to ensure that communication takes place, preseason meetings are scheduled by the Athletic Department at the beginning of each sport's season. Topics of these meetings include athletic department policies, individual team expectations and rules, the health and safety of the student-athlete and a variety of other subjects. Attendance at these meetings is required for coaches and student-athletes. Likewise, the parents are invited and strongly urged to attend.

Practice Sessions

Student-Athletes are expected to attend all scheduled practice sessions and games unless excused by the coach in conjunction with the parent. The importance of practice is clearly stated in the philosophy statements. It is also important to note that fall practices for Junior Varsity and Varsity teams usually begin in the second or third week of August. Please plan accordingly.

Questions or Concerns

From time to time during the course of an athletic career in our school, parents may have questions or concerns that need to be discussed. To appropriately address these questions or concerns we have established a protocol, or if you will, a chain of command to be followed to make sure we have everyone included in the communication loop as follows:

- Your Child
- Coach
- Athletic Director
- Superintendent of Schools
- Board of Education

Sportsmanship

Student-Athletes, Coaches, Parents, and Fans must recognize the importance of being a “Good Sport” when participating in or attending athletic contests. Remember to treat our visiting team members, students, and adult spectators as guests and 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. Remember that an athletic contest is only a game and should be treated as such for the well-being of players, coaches, school, official, fan or community. Please be a ...”Cadet Fan.”

4.

Sports and the Athletic Program

Athletics are an integral part of a well-balanced education program. Therefore, the Board supports within its resources a broad sports program with equal access for both males and females, with emphasis on maximum participation, through interscholastic and intramural activity.

The interscholastic athletic program shall conform to the Regulations of the Commissioner of Education as well as the established rules of the New York State Public High School Athletic Association and the State Education Department.

Eligibility for interscholastic athletic competition requires that students:

- Provide written parental/guardian consent;
- Pass satisfactorily the medical examination administered by the school physician; and
- Meet the requirements for interscholastic competition as set forth by the Commissioner's Regulations and the New York State Public High School Athletic Association.

Student Athletic Injuries

No student-athlete should be allowed to practice or play in an athletic contest if he/she is suffering from an injury. The diagnosis of and prescription of treatment for injuries is strictly a medical matter and should under no circumstances be considered within the province of the coach. A 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.

No student-athlete will be allowed to practice or compete if there is a question whether he/she is in adequate physical condition.

A physician's certificate may be required before a student-athlete is permitted to return to practice or competition.

Safety

The District will take reasonable steps to see that physical risks to student-athletes participating in interscholastic athletic programs shall be kept at a minimum by:

- Requiring medical examinations of participants.
- Obtaining appropriately certified and/or licensed officials to coach all varsity, junior varsity, and modified games.
- Ensuring that equipment is both safe and operative within approved guidelines.

Supervision

The coach in charge of the sport must supervise student-athletes. Coaches are responsible for:

- Supervision of the locker room.
- Supervision of student-athletes at the end of practice. This may entail bus duty, or making sure student-athletes have transportation home.

Athletic Placement Process

The Athletic Placement program is a process for screening student-athletes to determine their readiness to compete at a higher level in interscholastic athletic competition than their current grade level. **The intent of this program is to permit the truly accelerated student-athletes the opportunity to participate safely at an appropriate level of competition based upon readiness rather than age and grade.** This program has been designed to assess a student-athlete's physical maturation, physical fitness, and skill, so the student-athlete may be placed at a level of competition which should result in increased opportunity, a fairer competitive environment, and greater personal satisfaction. Also taken into consideration is the socio-emotional maturity of each student-athlete.

The Varsity Coach of each sport recommends to the Athletic Director those student-athletes who should be considered for this process.

Requests directly from parents or student-athletes will not be honored.

5.

Transfer Rule

As part of Section V, it needs to be very clear we intend to strictly follow the NYSPHSAA's Transfer Rule and the Regulations of the Commissioner of Education, 135.4 as it pertains to all transfer requests.

Athletic Eligibility Policy For Extra-Curricular Activities

Purpose

The faculty, staff, administrators, and the Board of Education of the Hilton Central School District believe that extracurricular involvement is an integral part of a student's total educational program, as it forms a connection between the student and the school community and nurtures each student's special interests and abilities. However, the commitment required for participation in many activities could, in some cases, prove detrimental to the academic goals and achievements of some students. Therefore, an academic eligibility policy has been developed to ensure students' academic success in order to participate in extracurricular activities.

Activities Involved

Extracurricular Participation is defined as involvement in any non-credit bearing, school sponsored organization or activity that occurs over a period of time. This policy does not include one-time activities such as dances, proms, balls, and banquets. These activities will be addressed in the student handbook. A student may try-out for an activity at any-time however, he/she must follow the policy as it applies after the try-out period.

Initial Eligibility

Any student who has failed one or more classes at the latest interim or marking period (progress report or report card), whichever occurred immediately prior to the activity is on probation or ineligible to participate. **For the purposes of determining eligibility for fall, the final grades from the previous year will be used. Any passing grades obtained in summer school will supersede final grades from June.** Student athletes who have been declared academically ineligible shall have the right to appeal for extenuating circumstances to the Director of Athletics. An appeal will be heard as quickly as possible upon the written request being initiated from the student. Students will be allowed only one (1) appeal during their school career, grades 7-12.

Definition of a Probation Student

1. If a student has failed **one** class during any five-week grading period he/she will be placed on **Probation**:
 - A student placed on **Probation** may continue to participate in all activities and will be monitored over a five-week period by means of an eligibility update form.
 - The student must follow the remediation plan to be eligible to participate in practices, meetings, performances or games.
2. A student will maintain eligibility if the five-week update indicates that he/she is no longer failing **one** class.
3. If the student is still failing **one** class at the end of **Probation** (five week period), he/she will become ineligible (remaining two weeks). The following will apply:
 - A student declared **Ineligible** may still practice or attend meetings, but is **not** permitted to participate in games or performances. The student must follow the remediation plan to participate in the practices or meetings.
 - Students will remain **Ineligible** until the next marking period or interim progress report period.

Definition of an Ineligible Student

1. If a student has failed **two** classes during any five-week grading period he/she will become **Ineligible**:
 - A student declared **Ineligible** may still practice and attend meetings with his/her team but is **not** permitted to participate in games or performances during the next three weeks of the eligibility calendar.
 - The student must follow the remediation plan to be eligible to participate in practices, meetings, performances or games.
 - **A student will regain his/her eligibility when their run around sheet indicates that he/she is no longer failing more than one class.**
 - If the student is still failing **one** class at the end of his/her **ineligibility** (three week period), he/she will be placed on **Probation**, (following the guidelines stated above) for the remaining two weeks.

Definition of an Ineligible Student

1. If a student has failed **three** classes during any five-week grading period he/she will become **Ineligible**:
 - A student declared **Ineligible with three failures** may **not** practice and/or attend meetings with his/her team and is **not** permitted to participate in games or performances during the next three weeks of the eligibility calendar.
 - The student must follow the remediation plan to help regain his/her eligibility.
 - A student will regain his/her eligibility if the three-week update indicates that he/she is no longer failing **one** class.
 - If the student is still failing **one** class at the end of his/her **ineligibility** (three week period), they will then be placed on **Probation**, (following the guidelines stated above) for the remaining two weeks.

Student Responsibilities

- **Class Attendance** – Every student-athlete must attend classes regularly and on time. Student-athletes will be governed by any and all policies regarding medical and academic eligibility that are in place in the district as approved by the Board of Education.
- **Team Practices and Games** – All team members are expected to attend all practices and games unless excused by the coach. To be excused, the student-athlete must be in direct contact with the coach prior to the practice or game from which the athlete wishes to be excused. Team members will not be excused from athletic contests or practices for work-related reasons. Parents and student-athletes are required not to schedule non-emergency appointments during practice and game time. Unexcused absences will result in disciplinary action by the coach.
- **Absences and suspensions** – All student-athletes must be in attendance by **10:30 am** on the day of practice or contest unless otherwise legally excused. If a student is in In-School Suspension or Out-of-School Suspension, he/she will not participate in that day's practice and/or contest.
- **Squad Morale** – Any student-athlete whose attitude, in the opinion of the coach and the Athletic Director, has an adverse effect on the squad morale may be dismissed from the team.
- **Dismissal After Athletic Contests** – Each team members is expected to stay until the end of the contest. Dismissal will be made by the coach.
- **Transportation** – Buses are provided for all away contests. Student-athletes are expected to ride the buses to and from away contests unless there is an extenuating circumstance. In that case, alternate means of transportation must be requested in writing and approved by their coach.
- **Care of Equipment** – All student-athletes are responsible for equipment issued to them and will be subject to replacement costs of any equipment that has been assigned to them and lost or damaged.

Athletic Trainer

The Athletic Trainer holds a bachelor's degree and possesses a valid certificate from the national Athletic Trainer's Association. Further, the trainer is certified in cardiopulmonary resuscitation and standard first aid.

The Athletic Trainer may apply the principles, methods and procedures for managing athletic injuries, which shall include the preconditioning, condition and reconditioning of an individual who has suffered an athletic injury through the use of appropriate preventive and supportive devices, under the supervision of a physician. Athletic training includes instruction to coaches, athletes, parents, medical personnel and communities in the area of care and prevention of athletic injuries.

Duties and Responsibilities

Deliverer of Emergency Care

- Provides initial evaluation of athletic injuries and gives initial first aid as appropriate, contact parent or guardian and establishes necessity to refer the athlete to other medical personnel.
- In collaboration with other health services personnel, established emergency action procedures.

Manager of Health Care Pertaining to Athletic Injuries/Illness

- Athletic Trainer assists school health personnel in providing appropriate follow-up procedures for injured student-athletes who may require medical care.
- Maintains records on student-athlete participation-related injury and illness data, and cooperates with school nursing personnel in the sharing of data.
- After consultation with the training physician and in collaboration with school health personnel, assists in the development of a plan to restore an injured student to full participation status, supervises exercises necessary to attain that status, evaluates the effectiveness of the plan and reports progress to teachers, coaches and health care professionals.
- In collaboration with the school health personnel and the training physician, gather necessary medical clearance as required under school policy.
- Advises students in the proper use of braces, taping and other devices used to prevent re-injury or future injury.
- Supervises the strength and conditioning programs for injured student-athletes who have approval to resume workouts.
- Instructs the student's family on procedures that can be implemented in the home to prevent injury or prepare the student-athlete to return to full participation.
- Provides instructions in strength and conditioning programs both during the season and during the off-season to maximize the readiness of our student-athletes and to minimize the likelihood of athletic injuries.

Hilton Central School District Student/Athlete Code of Conduct and Training Rules

As a student athlete in the Hilton Central School District, I will:

- Attend all scheduled classes.
- Perform to the best of my ability, working hard for team and personal success, while remembering that performing well and supporting teammates is more important than winning.
- Refrain from using, possessing, being under the influence of alcohol, illegal drugs or tobacco products since they are health hazards and detrimental to my physical and mental well-being, preventing me from performing at my best.
- Observe all training rules, curfews, and eligibility standards established by the school and my coaches.
- Show respect for myself and my teammates.
- Show respect for teachers, coaches, nurses, administrators, and other school employees in my school, and for the game officials, and opposing athletes and coaches.
- Play the game fairly, strictly observing written rules and decisions of game officials and coaches.
- Be a role model of good conduct in school, at practice, at games, and within the community because I am a highly visible member of the student body.
- Refrain from disrespectful, profane, and vulgar gestures and language.
- Attend all practices throughout the season unless excused.
- Respect facilities and equipment in our school and in schools I visit. I will not remove or damage anyone's personal effects or athletic equipment.
- Care for issued equipment and uniforms properly, returning all articles at the end of the season.

A. Chemicals: Tobacco, Alcohol, Drugs and any other substance use

In order to maintain proper conditioning and excel at all times, student-athletes must refrain from the use of and the association with tobacco, drugs, and alcohol. All rules set forth in this section are cumulative over the entire course of an athlete's career. The use or possession of tobacco products, illegal drugs, chemical substances, e-cigarettes and pipes, or alcoholic beverages is prohibited. This includes any possession or use of such products on or off school property. The posting of any words or pictures that resemble or imply an admission of possession or use of tobacco, alcohol, or illegal drugs by a student athlete may be constituted as a violation no matter when the posting occurred. This includes, but is not limited to texts, tweets, postings on social networking sites such as Facebook and others.

Corrective Action Plan (as per Student-Athlete Code of Conduct)

First Offense:

Student, Athletic Director, and Coach Conference
Phone call and letter from Athletic Director to parents
Referral to substance abuse specialist
A minimum of 10% of future contests, not to exceed 20% of next contests
Full participation at all practices
Attendance (in street clothes) at all contests

Second Offense:

Student, Athletic Director, and Coach Conference
Phone call and letter from Athletic Director to parents
Referral to substance abuse specialist
A minimum of 20% of future contests, not to exceed 40% of future contests
May not practice or participate with the team for 5 days
After 5 days, full participation at all practices
After 5 days, attendance (in street clothes) at all contests

Third Offense:

Student, Athletic Director, and Coach Conference
Phone call and letter from Athletic Director to parents
Suspension from all athletic participation for a time-period of 60 days up to 1 year
Participation in formal program could warrant earlier consideration for reinstatement.
Forfeiture of eligibility for end of season award

B. Behavior

Inappropriate behavior, as defined by the **Hilton CSD Code of Conduct** and any involvement with police including accusations and/or arrests during the calendar year, (in and out of school) will result in disciplinary review and the student athlete will be subject to suspension and/or dismissal from their athletic team.

Social Media:

Student-Athletes who use cell phones, websites, email, or any other form of social media as a means of communication are expected to do so responsibly. Inappropriate social media postings can have a disruptive impact on the morale and success of a team. Any posting that contains any of the following items may result in disciplinary consequences:

1. is designed to harass or bully students and/or school personnel, or violates the Dignity for All Student's Act
2. is a form of hazing
3. displays photos that display drug, alcohol, or tobacco use
4. nude/sexually-oriented/indecent photos/images or altered pictures
5. contains sexually explicit, profane, lewd, indecent, or defamatory language
6. contains derogatory language regarding school personnel or other students
7. any other posting that may be disruptive or detrimental to the team

C. Bullying/Hazing

Bullying in any form as defined by the **Hilton CSD Code of Conduct**, includes initiation to a team in a way that is degrading. New York State's Dignity for All Students Act states that all students have the right to attend school in an environment free of discrimination and harassment, including but not limited to conduct, verbal threats, intimidation or abuse based on a person's actual or perceived race, color, weight, disability, sexual orientation, gender (including gender identity or expression), or sex. Any instances of this will result in a disciplinary review and the student athlete will be subject to suspension and/or dismissal from their athletic team.

Hazing is defined as intentionally or recklessly engaging in conduct during the course of another person's initiation into or affiliation with any organization, which creates a substantial risk of physical injury to such other person or a third person and thereby causes such injury. It is also considered hazing, even when physical injury does not occur, if a person intentionally or recklessly engages in conduct during the course of another person's initiation into or affiliation with any organization, which creates a substantial risk of physical injury to such other person or a third person. Any type of action that forces a specific student and/or group of students to perform an action in order to be initiated or be affiliated with a team can be considered hazing. Any acts of hazing are strictly prohibited and could result in dismissal from a team or in some circumstances subject the perpetrator to arrest.

The Athletic Director reserves the right to evaluate the severity and consequences of any issue involving a member of an activity, club, organization, or team at any time.

Honesty Provision

If a student-athlete comes forward and freely admits to the Athletic Director a violation of the Training Rules and agrees to complete the educational component, the consequences would be reduced up to 25%.

Self-Referral- "Safe Zone"

Any code violations that are self or family reported prior to district awareness of the violation will result in up to a 50% reduction of the normal corrective action plan during the season. Out of season, referral will result in the need to complete the educational component before the student athletes next season begins.

Procedures

Upon receiving a report of an Interscholastic Sports Rule violation, the following procedures will be followed:

- Validation of Report
- Discussion with student-athlete
- Determination of Consequences
- Notification of Parents and other relevant agencies when warranted (ie Monroe County Sheriff)

**Definitions/Interpretations
(Consequence Timelines)**

In-Season

If a student athlete is in-Season, the corrective action timeline begins immediately. If the duration of the consequence goes beyond the end of the current season, it can carry over into the next season that they participate. The beginning date for calculating this carry-over would be the official practice start date of that particular season.

Out-of-Season

There will be an alternative corrective action plan for incidents that occur outside of the student's participation within the sport or activity. The student athlete must successfully complete the educational component to participate in the sport in the following season.

Educational Component

As part of an educational component of the corrective action phase, Student-Athletes MUST enroll in a program to assist them in wellness choice to the violation of the Athletic Code of Conduct if applicable. This educational component may include the following:

- **Substance Abuse Program**
- **Smoking Cessation Program**
- **Anger Management**
- **Community Service**
- **In-School Service**
- **Other Intervention Services as needed**
- **Hilton Parma Drug Intervention and Community Intervention**

Appeal Process

Should there be a need for an appeal, an Athletic Hearing Committee, comprised of the Athletic Director, a Varsity Coach, Building Administration, and a Counselor will be convened to hear the appeal.