

# Worcester Central School

## Athletics

Home of The Wolverines

"Making A Difference  
In The Lives of Our Students"



Parent /Athlete Handbook

2024-2025

### Contact Personnel

|                           |                      |
|---------------------------|----------------------|
| Superintendent of Schools | Mr. Tim Gonzales     |
| Elementary Principal      | Ms. Katie Sill       |
| Secondary Principal       | Ms. Melissa Leonard  |
| Athletic Director         | Mr. Chris Kaltenbach |
| Maintenance/Facilities    | Mr. Glenn Jaquish    |
| Transportation Director   | Mr. Eric Haley       |

To contact any of the above school personnel call

607 - 397 - 8785

Or check the School Website

[www.Worcesterscs.org](http://www.Worcesterscs.org)

## Introduction

Congratulations on deciding to become a participant in the Worcester Central School Athletic Program. We welcome you into our family which represents a longstanding tradition of athletic excellence and sportsmanship.

As you are probably aware, athletics have a powerful appeal for young people, especially those in their formative years. As a result of that appeal, interscholastic athletics can be used as a positive force in helping to mold our students into contributing citizens of our community, to prepare them for future challenges, and as a means to improve our overall school program in general. Through a successful athletic program there can be many benefits realized, including the building of school spirit, strengthening of community relationships, and establishing student pride. In addition, for the individual student that competes, it offers the opportunity to develop high level character traits such as critical thinking, integrity, leadership, camaraderie, goal setting, the development of a positive work ethic and self-esteem. However, it must be emphasized that while the interscholastic program is an integral part of the overall learning experience, it is only one segment of the entire educational program at Worcester Central. The primary educational program of course revolves around academic performance. We all acknowledge that the foremost or first commitment of our students is to their family interests, but after that, student athletes are always expected to make academics their number one concern, followed by athletics as the next highest priority. The Athletic Program is always secondary to the Academic Program.

# The Program

The athletic program at Worcester Central School is one of many extra-curricular activities that are made available to students of grades seven through twelve. It is organized under the direction of the Board of Education and the Superintendent (and Building Principal). The program is directly coordinated by the Athletic Director.

The Board of Education approves the selection and hiring of all coaches. The Head coach or Varsity coach has responsibility for the direction and structure of the program for that sport and should work closely with the J. V. and modified coaches to create a cohesive program.

Of course, due to the very nature of athletics, every school wants to have a team that is successful, and that winning is a desired goal. However, it is not the only goal and, "winning at any cost" is not supported by our program. Equally important to the notion of winning is the demonstration of sportsmanship of the highest caliber. Being a good sport does not ask athletes to diminish their effort, only to temper it with compassion, self-control, and good sense.

We encourage all our athletes to play hard and play fair.

## Who Can Play?

### ALL ATHLETES MUST MEET THE FOLLOWING CONDITIONS

#### PRIOR TO PARTICIPATION IN A PRACTICE OR GAME

- 1) A COMPLETED PARENT PERMISSION FORM MUST BE ON FILE WITH THE ATHLETIC DIRECTOR.
- 2) A COMPLETED TRAINING RULE / SPORTSMANSHIP CONTRACT MUST BE ON FILE WITH THE ATHLETIC DIRECTOR
- 3) A COMPLETED MEDICAL RELEASE FORM MUST BE ON FILE WITH THE ATHLETIC DIRECTOR.
- 4) A SATISFACTORY PHYSICAL EXAMINATION FOR THE CURRENT YEAR MUST BE ON FILE WITH THE SCHOOL NURSE.
- 5) MUST MEET ALL STANDARDS TO PARTICIPATE AND THE CRITERIA OF A BONAFIDE STUDENT AS REGULATED BY NYSPHSAA.

## Advanced Placement Process

ANY ATHLETE IN GRADE 7 OR 8 MUST HAVE COMPLETED THE ENTIRE A.P.P. PROCESS PRIOR TO PARTICIPATION.

Participation is open to all students grades 7 -12. Athletics is an optional program which students are free to accept or reject. Modified teams traditionally at Worcester follow a "no-cut" policy, meaning that all that try out for the team will be accepted as a team member, assuming they meet the above criteria. Currently, we have modified sports for both boys and girls in soccer, basketball, baseball and softball. The modified program is designed to offer the opportunity to engage in a more highly organized and competitive experience than would be found in intramurals or on the playground, but not as involved as the J. V. or Varsity levels. It is expected that while a competitive program such as this will not always guarantee each member equal participation in contests, it will provide participation by as many student athletes as possible.

The J. V. and Varsity teams may from time to time have to make the difficult decision to cut players in order to achieve team numbers that are manageable and support the best framework for team goals. Each coach will determine the number of athletes for their team and establish a criterion on which choices of team members will be made. The athletes that are trying out for the team should be aware of the fact that cuts will be made prior to the commencement of the practice sessions and what coaches will be evaluating.

Seventh and eighth grade students may be chosen to try out for teams on the J. V. or Varsity level only by qualifying for Advanced Placement classification. This process is to be used for talented athletes. It is not expected that many student athletes would be chosen to participate in this program. The Athletic Director must be notified of a candidate for APP classification then the regulations as per NYSPHAA must be administered. Those regulations are established by NYSPHSAA and are available from the Athletic Director.

“Success is the peace of mind that is a direct result of self-satisfaction in knowing you did your best to become the best that you are capable of becoming.”

John Wooden



# ATHLETICS CODE OF CONDUCT

2024-2025 School Year

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**Athlete Expectations:** Participation in Interscholastic Athletics is a privilege not a right. As an athlete, you are a representative of the Worcester Wolverine Athletic Program, the School District, as well as our community. You are expected to show respect to school officials, team members, and officials of other schools, referees, spectators and other interested observers of our program.

**At the culmination of each athletic season/year, the Varsity Club hosts a Sports Awards Ceremony. Varsity, JV, and Modified athletes will be honored for exemplifying the following characteristics:**

|                        |                         |                           |
|------------------------|-------------------------|---------------------------|
| <b>Sportsmanship</b>   | <b>Athletic Ability</b> | <b>Team Play</b>          |
| <b>Cooperation</b>     | <b>Honesty</b>          | <b>Competitive spirit</b> |
| <b>Self-discipline</b> | <b>Leadership</b>       | <b>Respect</b>            |

These are all qualities that athletes who participate in the Worcester Wolverine Athletic Program should strive to achieve.

To be a part of the Worcester Central School Athletic program, all athletes must agree to the following rules which apply at all levels of participation:

1. No use of alcohol, illegal drugs, cannabis, or tobacco. Nor shall you be in a location where such activities are occurring.
  - a. FIRST OFFENSE
    - i. Any student who violates this policy will be ineligible to participate in the next four scheduled contests or a period of two weeks. During this time the athlete will be expected to attend (but not participate in) practices and games.
  - b. SECOND OFFENSE
    - i. Any student who violates this policy a second time, will be ineligible to complete the season in which the second infraction occurs and forfeit the privilege of participating in athletics for a calendar year.
2. They should get appropriate rest and nutrition as well.
3. Athletes must attend all scheduled practices and games, unless excused by the coach or due to injury or illness. Absences not approved by the coach may result in suspension from participation. Students must be in attendance a full day in order to participate in practice or games. Absences for educational or health related purposes are exceptions providing that documentation is provided to the school. In an emergency, contact a school administrator, athletic director, or team coach.
4. Athletes must complete the entire sports season; if an athlete intends to quit a team during the season, they are required to meet with the current team's Head Coach or current Athletic Director. During this meeting the Athlete and Coach will discuss the reasons for quitting. If in agreement with the decision, both the Head Coach or Athletic Director and athlete are required to complete the Season Termination form (Coaches will have access to form). If the athlete does not meet with their coach or Athletic Director, receive approval **and** complete the form together, **they will not be allowed to compete in the next athletic season** (example: An Athlete quits soccer without meeting/approval, the athlete is ineligible to participate in any school sport during the immediate winter sports season).
5. Athletes that are in the Nurse's office during the day for more than two class periods will not be eligible to participate in activities that day.

6. Athletes must take proper care of all school equipment and uniforms; payment is required for equipment not returned. Any athlete who fails to return a uniform or pay for the replacement of the uniform is ineligible to participate in the following sport's season until he/she does so.
7. All athletes must dress in an appropriate manner for all practices and games as determined by their coach.
8. Awards are issued only to those athletes who complete the season in good standing. Athletes who are dropped from the team, or quit prior to the last contest, are not eligible for awards. Athletes who fail to return their practice and/or contest equipment and uniforms are ineligible for awards.
9. Athletes must respect all coaches, game officials, and athletes of their team and the opponents. Athletes will demonstrate good sportsmanship and refrain from the use of profanity. They will follow the directions of their coach and cooperate with the members of their team. **Unacceptable behavior on or off the playing fields or courts (i.e. in the classroom) may also result in disciplinary actions by the Athletic Director, Coaches or Administration.**
10. Hazing/Harassment/Bullying:
  - a. The Worcester Central School Athletic Department is committed to providing athletic programs free from discrimination, harassment, bullying, and/or hazing for all students and staff members. Athletes who engage in any of the above-mentioned behaviors will be subject to disciplinary procedures as per school policy. Worcester athletes will always act in a manner that ensures their safety as well as the safety of others.
11. All injuries, minor or otherwise must be reported to the coach as soon as possible. Student athletes may be seen by the Bassett Athletic Trainer.
12. Any student that is suspended full or half days, either In-school or out, are ineligible to attend or participate in games or practices.
13. Transportation to contests is provided by the school district. Students must ride the team bus to all athletic events. Exceptions can be made in extreme cases with a note from the athlete's parent/guardian, signed by a building administrator in advance. If a parent/guardian is providing transportation home from an away contest he/she must sign out with the coach. Athletes may not sign out to anyone else without approval from an administrator prior to (the day before) leaving for the contest.

## **Disciplinary Actions**

If an athlete violates team or school rules or fails to uphold the accepted team standard of behavior, disciplinary actions may be taken by the coach. If the discipline measure involves suspension of the player from the team, a review of the incident in question will be conducted by the Athletic Director. Disciplinary measures for students are listed in the WCS student handbook provided to all students and parents.

## Transportation

All members of athletic teams are required to travel to and from events with the team in vehicles provided by the school district. In some instances, parents may wish to have their son or daughter return home with them from a game. In such an instance the parent must sign the release form provided by the coach or provide a written note stating that they will be responsible for the return of their son/daughter. No athletes will be allowed to ride with any other persons unless the Superintendent or Building Principal has granted permission 24 hours prior to the team leaving Worcester Central School. All team members are expected to conduct themselves in a means that will assure the safety of all passengers. All bus safety rules are in effect.

## Practice Guidelines

Athletes are expected to attend all practice sessions designated by the coach. However, if you are absent for all or part of a day, you may not participate in practice that day. A practice schedule established by the Athletic Director is available to all coaches and players in advance. Coaches may schedule practices on Saturdays and vacation days. Each athlete should notify their coach whenever they cannot attend a practice. Generally, practice sessions last from 1 to 2 hours, and are rotated when the gym is the practice space required for all teams. Unexcused absences may result in dismissal from the team. Please plan vacations accordingly.

## Injuries/Insurance

Parents and athletes both should be aware that the sports that are offered at Worcester Central all involve physical contact, and that participation always involves some degree of risk. While the coaches will attempt to do all that is possible to ensure the safety and wellbeing of our athletes, an athletes' participation still may result in serious injury or possibly even death.

Each Athlete must have a medical physical prior to participation. These physicals are offered free of charge through the school each year in the Spring. Athletes must report any injury or illness to their coach as soon as possible after its occurrence. The coach must then file an injury report with the district nurse. If an athlete receives medical attention by a physician, they must obtain a signed medical release before they can participate in either a practice or game. If medical attention is required, the school district does have accident insurance; however, all expenses incurred from an athletic injury must first be submitted to the parent's insurance company for payment. Any balance will then be submitted to the school insurance program. Each coach must fill out an injury report and return it to the school nurse. Any athlete suffering symptoms of a concussion must follow the protocol procedure for concussions prior to resumption of participation.



# Dominic Murray Sudden Cardiac Arrest Prevention Act

The [Dominic Murray Sudden Cardiac Arrest Prevention Act](#) is a new law as of July 1, 2022. This law requires schools, students, and parents/guardians have information on sudden cardiac arrest risks, signs, and symptoms. Please note that sudden cardiac arrest in children and youth is rare. The incidence of sudden cardiac death (SCD) on the playing field is 0.61 in 100,000.<sup>1</sup>

Sudden Cardiac Arrest (SCA) is an emergency that happens when the heart suddenly stops working. SCA can cause death if not treated immediately, and even with treatment death may occur. Immediate treatment is cardiopulmonary resuscitation (CPR) and use of an automatic external defibrillator (AED). All public schools must have a staff member trained in the use of CPR and AED in school and at all school athletic events.

Preventing SCA before it happens is the best way to save a life<sup>[1]</sup>. Both your family health history and your child's personal history must be told to healthcare providers to help them know if your child is at risk for sudden cardiac arrest. Ask your child if they are having any of the symptoms listed below and tell a healthcare provider. Know your family history and tell a healthcare provider of any risk factors listed below.

## **The signs or symptoms are:**

- Fainting or seizure, especially during or right after exercise or with excitement or startled
- Racing heart, palpitations, or irregular heartbeat
- Dizziness, lightheadedness, or extreme fatigue with exercise
- Chest pain or discomfort with exercise
- Excessive shortness of breath during exercise
- Excessive, unexpected fatigue during or after exercise

## **Student's Personal Risk Factors are:**

- Use of diet pills, performance-enhancing supplements, energy drinks, or drugs such as cocaine, inhalants, or "recreational" drugs.<sup>[2]</sup>
- Elevated blood pressure or cholesterol
- History of health care provider ordered test(s) for heart related issues

## **Student's Family History Risk Factors are:**

- Family history of known heart abnormalities or sudden death before 50 years of age
- Family members with *unexplained* fainting, seizures, drowning, near drowning or car accidents before 50 years of age
- Structural heart abnormality, repaired or unrepaired
- Any relative diagnosed with the following conditions:
- Enlarged Heart/ Hypertrophic Cardiomyopathy/Dilated Cardiomyopathy



- Arrhythmogenic Right Ventricular Cardiomyopathy
- Heart rhythm problems, long or short QT interval
- Brugada Syndrome
- Catecholaminergic Ventricular Tachycardia
- Marfan Syndrome- aortic rupture
- Heart attack at 50 years or younger
- Pacemaker or implanted cardiac defibrillator (ICD)

SCA in students at risk can be triggered by athletic activities. To decrease any chance of SCA in a student, the [Interval Health History for Athletics](#) must be completed and signed by a parent/guardian before each sports season unless a physical examination has been conducted within 30 days before the start of the season. This form has questions to help identify changes since the last physical examination or health history was completed. School personnel may require a student with health or history changes to see a healthcare provider before participating in athletics.

Finally, the law requires any student who has signs and symptoms of pending SCA be removed from athletic activity until seen by a **physician**. The physician must provide written clearance to the school for the student to be able to return to athletics.

Please contact the State Education Department's Office of Student Support Services for questions at [studentsupportservices@nysed.gov](mailto:studentsupportservices@nysed.gov) or 518-486-6090.

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[1] Maron BJ, Doerer JJ, Haas TS, et al. Sudden deaths in young competitive athletes: analysis of 1866 deaths in the United States, 1980-2006. *Circulation* 2009;119:1085-92. 10.1161/CIRCULATIONAHA.108.804617

[2] [SCA Prevention Toolkit – Eric Paredes Save A Life Foundation \(epsavealife.org\)](#)

## Concussion procedures

The health and safety of the Worcester student athlete is of the ultimate concern. No student will be allowed to play in a contest or practice if any concussion symptoms are evidenced.

All coaches must take a Concussion management course every two years to maintain certification.

Any student athlete that demonstrates any concussion symptoms must follow the return to play protocol established by Worcester Central School. Each sport has a return to play procedure, but ultimately must be cleared by the School Medical Officer. The following form is to be administered to the student athlete in conjunction with the return to play protocol.

The Athletic Director, coaches, the school nurse and the medical officer will coordinate the return to play procedures.

*Worcester Central School*® Concussion management

198 Main Street, Worcester, NY 12197

607-397-8785 [www.worcestercs.org](http://www.worcestercs.org)

## Return To Play – Step Checklist

**Before commencement** of this checklist, the student must have obtained clearance from the **School Medical Officer** to begin procedural return.

Student name \_\_\_\_\_ Grade \_\_\_\_\_

The following checklist must be administered to the student at the conclusion of each step:

Administrators of questions are to record student answers regarding symptoms using the following scale:

0 = none    1 or 2 = Mild    3 or 4 = Moderate    5 or 6 = Severe

| Stage | 1 | 2 | 3 | 4 | 5 |
|-------|---|---|---|---|---|
|-------|---|---|---|---|---|

### Symptom

- Headache
- "Pressure in the head"
- Neck pain
- Nausea or vomiting
- Dizziness
- Blurred Vision
- Balance problems
- Sensitivity to light
- Sensitivity to noise
- Feeling slowed down
- Feeling like "in a fog"
- Just "don't feel right"
- Difficulty concentrating
- Difficulty remembering
- Fatigue or low energy
- Experiencing Confusion
- Drowsiness
- Trouble falling asleep
- More emotional than usual
- Irritability
- Sadness
- Nervous or anxious

[illegible]

### Signatures

Signatures Student/ Athlete

Administrator of checklist

School Nurse

Date \_\_\_\_\_

Stage 1 \_\_\_\_\_

\_\_\_\_\_  
Administrator of Check

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Stage \_\_\_\_\_

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Stage 3 \_\_\_\_\_  
Stage 4 \_\_\_\_\_

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Stage 4  
Stage 5

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Stage 6 RETURN TO PLAY AUTHORIZATION

Date \_\_\_\_\_

**School Medical Officer**

# CHARACTER COUNTS!

Student Athletes should always act in a fashion which makes our community proud. Together we are Wolverine strong! The Six Pillars of Character which are the basis for the Character Counts Awards recently begun by section IV are excellent guidelines to such behavior, both on and off the athletic fields and courts.



## TRUSTWORTHINESS

Be honest in communications and actions • Don't deceive, cheat or steal • Be reliable — do what you say you'll do • Have the courage to do the right thing • Build a good reputation • Be loyal — stand by your family, friends, and country • Keep your promises.

## RESPECT

Treat others with respect • Be tolerant and accepting of everyone, despite the many differences we may have • Use good manners, not bad language • Be considerate of the feelings of others • Don't threaten, hit or hurt anyone • Deal peacefully with anger, insults, and disagreements.

## RESPONSIBILITY

Do what you are supposed to do • Always try to do your best • Persevere • Use self-control • Be self-disciplined • Think before you act • Be accountable for your words, actions and attitudes • Set a good example for others • Choose a positive attitude • Make healthy choices.

## FAIRNESS

Play by the rules • Be open-minded; listen to others • Don't take advantage of others • Treat all people fairly •

## CARING

Be kind • Be compassionate and show you care • Show Empathy • Express gratitude • Forgive others and show mercy • Help people in need • Be charitable and altruistic.

## CITIZENSHIP

Do your share to make your home, school, community and greater world better • Cooperate • Get involved in community affairs • Stay informed; vote • Be a good neighbor • Obey laws and rules • Respect authority • Protect the environment • Volunteer.



## Game Behavior

All athletes are expected to adhere to the sportsmanship standards set forth by Worcester Central School, the Tri-Valley League, and Section IV. Any participant that violates those standards may be subject to dismissal from the athletic program. Spectators that violate the standards of good sportsmanship may be removed from the premises and may forfeit future privileges of attendance.

## Emergency Closings

If school is closed for an emergency (such as a snow day), all games and practices will be canceled for that day. Note there may be special or unique circumstances that will allow for the event to occur as scheduled.

## Awards and Honors

All student athletes will receive a certificate for their participation in the athletic program. Some athletes are also honored through League and Sectional considerations. An awards banquet is held each season to give recognition to Varsity and J.V. athletes who participated on the teams throughout the year. Parents and friends are always encouraged to attend the athletic banquets.



Enjoy your athletic experience at Worcester Central School!

While sports seasons always seem too short, the memories you make at WCS last a lifetime!



## “The Parent Partnership”

Athletics plays a very special and important role in the lives of the young men and women who participate on interscholastic sports teams. Athletics helps to build and mold character and instills in each individual a sense of worth. They assist young people to develop an attitude of "I can" rather than "I can't" and helps them to understand that problems are not insurmountable obstacles, but as a challenge to be met and conquered. The athletic department at Worcester Central School realizes that you as parents are indispensable partners in this process. You are the ones that provide much of the inspiration for success, show enthusiasm and provide encouragement at just the right times, and always seem to be there when we most need support for our programs. Without your support and care, our task as coaches would be impossible!

When a student decides to go out for a sport, he or she may do so for a variety of reasons. For some it is individual glory and accomplishment, but for most students however, what motivates them to play is a sincere love of a sport, a desire to participate with others that also love the sport, and a chance to experience a collective sense of accomplishment by reaching team goals. Regardless of the reasons or motivation, it is clear that in order to be successful in reaching their goals, athletes require proper training and guidance. The truth remains clear that they cannot do it alone!

This is where you as parents and we as coaches come in, for the price of success is work, very hard work, and the student athlete soon finds out how true this is. They will sometimes come home to you from our practice sessions dirty, sore, tired and occasionally frustrated. Encourage your child to talk with you about practice and the challenges that they've accepted. Reinforce in those conversations the work ethic that you use in your everyday affairs, it is probably the same one that we are trying to instill at Worcester Central, that being to keep trying until you reach success.

As coaches and parents, we must also realize that athletics is played with the mind and the body. It is imperative that we build strength in both areas. We believe that athletes cannot function well in athletics and neglect academics, they are inseparable partners. Therefore, it must be a key part of the parent - student - coach relationship that academics is focused on as the top priority in their school experience, and strongly linked to their participation in athletics. The ability to think and solve problems is as big a part in athletics as it is in math class. Hall of Fame basketball coach Bob Knight says that in sports "the mental is to the physical as four is to one".

Another key aspect of athletics is training and conditioning of the athletes. It is imperative for the health and wellbeing of your child that coaches are given every opportunity to prevent serious injury or even death from occurring. Again, we need your assistance. Always advise coaches concerning health conditions or problems that your child may be experiencing. Your child may say, "don't tell the coach because he or she won't play me in the next game". That in fact might happen, but it is such a better choice than risking an injury that could affect the rest of your child's life. The letdown of not playing in a game will pass after time, but a serious injury or death will long be remembered! Our players, who are your sons and daughters, are just too important to us to take the chance.

We as coaches want your child to be in the best condition possible for competition. This includes proper nutrition, adequate rest, abstinence from alcohol and non-prescription drugs. As parents you need to reinforce the training rules set by the district and support an environment that promotes good health.

Finally, it is obvious that we as coaches are dependent on you as the parent to model the characteristics of good sportsmanship. This includes assisting your child through difficult losses and exciting victories and teaching them to deal effectively with the highs and lows they encounter from each, help your son or daughter to understand that failure in competition is only a stepping stone to improvement, and not a permanent obstacle to success.

As you can see, being an athlete involves many components, none of which are easily dealt with by student athletes. That is why parents and coaches must form a partnership with the common goal of helping student athletes to develop sound minds and sound bodies and to have fun participating in interscholastic competition. With your support as parents, the hard work of the athletes, the training and guidance of the coaches, and the support of the community, it is a partnership that can't fail. If we all do our part through perseverance, commitment and understanding, how can we help but be successful.

### Parental Support The Key to Peak Performance

The role that parents play in the life of an athlete has a tremendous impact on their experience. With this in mind, we have taken some time to write down some helpful reminders for all of us as we approach the upcoming seasons.

#### 1. Keep sports in its proper perspective:

Sports should not be larger than life for you. If your child's performance produces strong emotions in you, suppress them. Remember your relationship will continue with your children long after their competitive sports days are over. Keep your goals and needs separate from your child's experience.

#### 2. Support the program:

Be an avid fan, be exemplary in sportsmanship.

#### 3. Support and root for all players on the team:

Always be positive towards all players. Remember, your child's self-esteem and game performance are at stake. Be supportive, cheer, be appropriate. To perform to the best of his abilities, a player needs to focus on the parts of the game that they can control (his fitness, positioning, decision making, skill, aggressiveness, what the game is presenting them). If he starts focusing on what he cannot control (the condition of the field, the referee, the weather, the opponent, even the outcome of the game at times), he will not play up to his ability. If he hears a lot of people telling him what to do, or yelling at the referee, it diverts his attention away from the task at hand.

4. Do not attempt to coach from the stands.:

Your job is to support, not to instruct. Leave this to the coaching staff. Such actions will distract your child from properly concentrating in practice and game situations and performing in the manner that the coach dictates.

5. Encourage your child to talk with the coaches:

If your child is having difficulties in practice or games, or can't make a practice, etc., encourage them to speak directly to the coaches. This "responsibility taking" is a big part of becoming an athlete. By handling the off-field tasks, your child is claiming ownership of all aspects of the game - preparation for as well as playing the game.

6. Monitor your child's stress level at home:

Keep an eye on the player to make sure that they are handling stress effectively from the various activities in his life.

7. Monitor eating and sleeping habits:

Be sure your child is eating the proper foods and getting adequate rest.

10. Help your child keep his priorities straight:

Help your child maintain a focus on schoolwork, as well as sports. Once your child has made a commitment to sports, help him or her to fulfill their obligation to the team

11. Have fun:

That is what we all will be trying to do!





# The Responsible Athlete

Being a member of a Worcester athletic team is the fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition has been developed by the hard work of many people over the years. As a member of an interscholastic squad at Worcester you have inherited a great tradition. Your actions will reflect not only on those who you are associated with now, but those who have contributed so much to our school in the past.

Some of our athletes have gone on to collegiate participation, others have set league and sectional records. Because of this fine tradition, a challenge is set for you to work hard and to make sure that your actions reflect the standards that have been set by those who have gone before you.

You will be asked to make sacrifices that will benefit yourself, your team, your school, and your community. At the same time pressure peer groups will try to diminish your commitment. You will have to learn how to say "NO". In the long run, you and your family will be proud of the sacrifice and dedication that you have put forth to be a member of our athletic teams. You have the opportunity to make yourself a better individual, take advantage of it, and it will be truly a gratifying educational experience. The greatest successes of athletic competition are achieved through hard work, dedication and discipline, and are rewarded with the development of fond memories and team, as well as personal achievements.

## Practice the 3 R 's Of Responsibility

### RESPONSIBILITIES TO YOURSELF

The most important of these responsibilities is to broaden yourself and develop strength of character. You owe it to yourself to get the greatest possible good from your high school experience. Your studies, your participation in other extracurricular activities as well as in athletics, prepare you for your life as an adult.

### RESPONSIBILITIES TO YOUR SCHOOL

Another responsibility you assume as a squad member is to your school. Worcester cannot maintain its position as having an outstanding school unless you do your best in whatever activity you wish to engage in. By participating in athletics to the maximum of your ability, you are contributing to the reputation of your school. Whether you are directly participating in an event, practicing, or just out and about in the community, you are always carrying the title of Worcester Central School Athlete and it is your responsibility to uphold all that it means. The answer to what it means lies in the following description of a Worcester Central School Athlete: "It is what many youngsters dream of being and what every alumnus of the athletic program looks back upon with great pride, that he or she once was."



## RESPONSIBILITIES TO OTHERS

You have a responsibility to your parents to always do the best that you can. When participating on an athletic team, we sometimes feel that we have failed if we have not won. By trying the best that you can and following all the rules set up by your squad, you can feel justifiably proud of yourself no matter what the win-loss record dictates.

You have a responsibility to your coach and teammates to eliminate the "disease of me" and put the needs of the team first. Feel confident that every day you are making a significant contribution to the team through your dedication and work ethic. Every component of a team is critical, whether you are a starter or last off the bench. Team success cannot be achieved fully without everyone's efforts. The frustration of sacrifice is always wiped out by team success. Younger students look up to you and it is your responsibility to set a good example for them. They will copy a lot of things that you do just to be a member of your group. They need attention and guidance, so always take a few minutes to encourage them in whatever way possible. What you do and the model will always speak in deafening roars over what you merely say. Go beyond what others have accomplished and create new footprints towards higher levels of success, so that others can follow.

# GO WOLVERINES!

