

Buffalo Seminary Mission

Buffalo Seminary educated college-bound young women from diverse backgrounds in vigorous and participatory environment that emphasizes developments of character, intellectual independence, creativity, service, and leadership for life. Buffalo Seminary Strikes to make each girl proud of her ability to shape society rather than to be controlled by it and to awaken each student to the opportunities available to women.

Athletic Philosophy

Buffalo Seminary's athletic philosophy is an outgrowth of our school's mission. The program emphasizes excellence, commitment, participation, and the cultivation of the whole person.

A SEM athlete will grow as an individual while learning the values of teamwork, sportsmanship, competition, responsibility, and dedication. As a Red-Tailed Hawk she will have the chance to play, to improve, to be excellent. She will try hard and she will be challenged.

The athletic department provides each student with a sense of belonging, while encouraging every student to achieve her personal best as a team member or individually in the pursuit of health and fitness.

NONDISCRIMINATION POLICY

Buffalo Seminary is a culturally and religiously diverse, college preparatory day and boarding school for young women in grades 9-12. Athletic participation is granted without regard to race, religion, ethnic or national origin.

ATHLETIC PROGRAM

Buffalo Seminary offers the following sports:

Fall:

- Varsity Field Hockey
- Varsity Soccer
- Cross Country
- Swimming
- Golf

Crew
Sailing

Winter:

JV and Varsity Bowling
Squash
Fencing
Basketball
Ice Hockey
Indoor Track and Field

Spring:

Varsity Lacrosse
Tennis
Crew
Sailing

Tryouts:

Try-outs for teams are held prior to the season. Information concerning try-outs for the fall season is mailed home over the summer and posted on the school's athletic website. Students interested in try-outs for winter and spring season sports should check with the athletic office, however, team meetings will take place to provide this information. Student-athletes will be encouraged to try out for various athletic teams.

Junior Varsity Level

The Junior Varsity Level (JV) of competition is for those athletes who are preparing for play at the Varsity level. Practices for junior varsity are held up to five days a week and are mandatory. This is a competitive level of play and playing time is not guaranteed during every game. We emphasize skill development, commitment, and teamwork at this level.

Varsity Level

The Varsity Level of competition is for those athletes who perform at the highest level. All grade levels may be included on the team if they have showed an advanced level of skill. Practices are held five or six days a week and all practices are mandatory. This is the highest level of competition and playing time is awarded to athletes at the discretion of the coach. This level gives athletes the opportunity to enhance individual and team skills.

REQUIREMENTS FOR PARTICIPATION

Prior to a student's participation in any try-out, practice, or contest with a team, she must supply the athletic department with the following items:

- Current physical completed by a physician/nurse practitioner (good for one year.)
- Health Forms, required both by the school and New York State Law, provide up-to-date information on student health and immunizations. The form also allows, by parent consent, for treatment to be given to a student in the event of an emergency.
 - All academic eligibility requirements have been satisfied

SCHOOL ATTENDANCE

It is the expectation of the school that a student attend all her classes when school is in session. Parents are expected to call the school office by 8:30am if the student will be absent for any reason. Parents should make every attempt to schedule appointments and family activities when they do not have an athletic contest.

Student may not play in a game or practice on a day she has been absent from school for a full part of the day. In order to be eligible to participate in these activities, a student must report to school by 10:30 a.m. and be in attendance for the remainder of the day. Exceptions: Funeral (verified by administration), doctor, dental, (written verification from professional), or permission of the administration.

Attendance at Practices and Games:

Attendance at all practice sessions and games (including tournament and vacation periods) for all team members are mandatory with the only exception being a school approved trip. If an athlete is committed to participating in a school trip, it is the athlete's responsibility to inform the head coach prior to the beginning of the season, or within 48 hours of the announcement of the school trip.

Athlete's who will be absent or tardy for a practice or game for reasons that are not school related must speak to the head coach prior to the practice or game missed. It is the responsibility of the athlete to inform the head coach of any missed practice or game.

No unexcused absences from practices or games are permitted.

Game Schedule and Changes

Schedules for all team contests can be viewed on the following web-site:

<http://www.buffaloseminary.org/athletics> Every attempt will be made to announce schedule

changes due to inclement weather by 1:00 p.m. on the date of the change. In the event of an official school closing, all scheduled events, contests and practices are automatically cancelled.

ELIGIBILITY

Academics

Buffalo Seminary encourage participation in athletics. Participation in athletics is a privilege and not a right. Academics comes first over any athletic activity and we encourage that student-athletes maintain good academic standing.

A student earning two or more D grades, or one F grade, will be put on Academic Probation. A student-athlete on academic probation may be denied participation if the Academic Review Committee feels that participation is compromising academic achievement.

Age Restriction

A student shall be eligible for interscholastic competition in grades 9,10, 11 and 12 until her nineteenth birthday. If the age of nineteen years is reached on or after July 1 the student may continue to participate during the school year in all sports. If the student reaches nineteen years before July 1 she is ineligible for all sports.

NCAA ELIGIBILITY

To be eligible to play college sports at the Division I and II level, prospective student athletes must:

- Complete and sign a NCAA clearinghouse student release form.
- Have an official transcript mailed from any other high school attended. Have SAT scores sent to the NCAA clearinghouse.
- Complete the NCAA Amateurism Certification Questionnaire.

DIVISION III These requirements do not currently apply to Division III colleges, where eligibility for financial aid, practice and competition is governed by institutional, conference and other NCAA regulations.

Note: If a student is interested in participating in an NCAA Athletic Program, Director of College Counseling, Molly Greene must be notified. NCAA eligibility is contingent on courses taken during high school.

TRANSFER STUDENTS

Monsignor Martin High School Athletic Association Transfer Rule

1. A transfer student-athlete who transfers as a Freshman or Sophomore is eligible two weeks after her registration, provided she has registered during the first fifteen days of the semester and, with the exception of the fall sports season, further provided that such transfer has been made within the first fifteen day of the relevant sports season as specified by the NYSCHSAA Sports Standards. In regard to the fall sports season, a Freshman or Sophomore transfer student-athlete must be registered before September 1st and have completed and submitted the Transfer Notification Form.
2. A transfer student who Transfers as a Junior is ineligible for a period of one calendar year from the date of registration with regard to any sport in which she competed on an interscholastic basis at her previous school during the school year preceding the transfer and without regard to the level of participation in that interscholastic sport at the previous school. A transfer student-athlete will be deemed a Junior if she is registered as a Junior on or after September 1st of that school year; an incoming Junior's registration at a new school prior to September 1st will result in that student-athlete being deemed a Sophomore for the purpose of eligibility. A Junior transfer student-athlete must be registered before September 1st and have completed and submitted the Transfer Notification Form.
3. A transfer student-athlete who transfers as a Senior is ineligible for any sport in which she competed on an interscholastic basis at the previous school during the school year preceding the transfer and without regard to level of participation in that interscholastic sport at the previous school. A Senior transfer student-athlete must be registered before September 1st and have completed and submitted the Transfer Notification Form.
4. Regardless of grade level, in the event a transfer student-athletes transfer is necessitated by the relocation of the student's residences, or change of custodial parent residence, the school may request in writing a notification of the eligibility rules set forth above. In order to seek a notification under the paragraph, a transfer student-athlete must be registered before September 1st and have completed and submitted the Transfer Notification Form and also submit appropriate documentation in support of the notification request.

Exemptions to the Rules

- Transfer student-athletes whose previous student was boarding school shall be eligible immediately for interscholastic competition at a new school.
- A bona fide foreign exchange student may be granted one year of eligibility during the student's first year of residence provided that the student is a participant in an established foreign exchange program.
- Transfer student -athletes whose previous school has closed or ceased to operate may transfer to another school of her choice and shall be eligible immediately for interscholastic competition in her new school.

TRANSPORTATION

Buffalo Seminary typically provides all transportation to athletic contests and off campus practices. All team members are required to travel to events provided by the Athletic Department. Students who have permission to ride with another student as granted on their health/permissions form that was turned in at the beginning of the school year, may do so. If a student does not have permission but wishes to ride with another student we need written or verbal communication to the coach by a parent prior to the event. Athletes are expected to conduct themselves in a proper manner on all bus trips.

EQUIPMENTS AND RESPONSIBILITY FOR PROPER CARE

All athletes are responsible for the equipment issued to them during the course of the season. **The athletic department does not issue additional uniforms if a student forgets theirs on game day.** Equipment must be returned at the end of the season, and prior to the next season or graduation. Athletes failing to turn in all issued equipment, or returning equipment damaged through misuse, are responsible to pay the current replacement cost. You will not be allowed to try out for or play on a team during the next season until you have returned or paid for the replacement of uniforms and equipment. Failure to return uniforms and/or equipment will affect an athlete's graduation status and the athlete would be ineligible for any athletic award.

CONDUCT AND EXPECTATIONS FOR STUDENT-ATHLETES, OTHER STUDENTS AND SPECTATORS

1. Code of Behavior

As a member of the Monsignor Martin Athletic Association, Buffalo Seminary agrees to uphold bylaws and standard set forth by the New York State Department of Education, the Monsignor Martin Girl's Athletic League, and Buffalo Seminary. Student athletes at Buffalo Seminary must adhere to the following:

- No student-athlete will possess or consume alcoholic beverages at any time or place during the sport season.
- No student-athlete will possess, sell or use illegal drugs at any time or place during a sport season.
- No student-athlete will possess or use any tobacco products.
- No student athlete will use prescription drugs without consent of a physician and or/parents at any time during the sports season.
- Student-athletes will follow all rules and regulations as stated in the Buffalo Seminary Handbook.
- Student-athletes will adhere to all rules and regulations as stated in each team's player contract. This contract is to be signed by the player and at least one parent or guardian. Failure to follow team, school, league, or state rules will result in disciplinary action up to, and including removal from a team

2. Sportsmanship and Fair Play

Visiting team members, students, and adult spectators are guests to be accorded all the courtesy and consideration that a friendly, well-mannered and well-intentioned host would normally give. The visitors, in return, are to act as invited guests, using Buffalo Seminary facilities with care and respecting rules and customs of the home school.

Officials are the proper authorities to make decisions regarding rules and their interpretation; these decisions should be accepted.

Spectators, student athletes, and coaches must recognize that their conduct plays an important role in establishing the reputation of their school and their positive actions can relate directly to the success of their teams. Sportsmanship is one of the fundamental reasons for having an athletic program. The following are a few guidelines on how to build good sportsmanship:

- Learn the rules of the game so you can become an intelligent player, spectator or critic.
- Support your team enthusiastically but with consideration and respect for the opponents.
- Accept the decision of the game officials as final and not to be questioned.
- Applaud fine play by the visiting team as well as your own.

- Be considerate of an injured visiting team member.
- Be courteous of the visiting team members and spectators before, during and after the game - in the school and in the community.
- Be mature in your behavior. Throwing things, making loud and meaningless noises is inexcusable for high school students and adult spectators.
- Discrimination of athletes (i.e.: foul shooter, server, kicker, batter, etc.) with personal comments, obscene language, noisemakers, etc. is unsportsmanlike conduct.
- Cooperate and follow the directions of school officials.
- Try to make good sportsmanship a habit in your school.
- Remember, as a spectator you represent your school as much as any team member.
- Be considerate of your fellow spectators.
- Remain in the bleachers until the game has officially ended.

Injuries and Accident Forms

Any injury sustained by an athlete during practice or during a game is to be reported immediately to the coach. This is the responsibility of the student athlete. The coach will then complete an accident form and submit it to the athletic director. Athletes with an illness or injury sustained in an athletic event or any other activity which requires a visit to the doctor, hospital, or primary care facility must receive written clearance by a physician in order to return to participation in athletic activities. Written clearance by a physician to return to participation must be submitted to the athletic director and/or coach.

COMMUNICATION

If non-emergency issue or concern, we encourage our student-athletes to communicate with the coach or team captain(s). We advise waiting a day to calm down and think things through before contacting a coach. After that, the student-athlete should meet with the coach to discuss concerns. If the concern remains unresolved, the parents may then meet with the coach. If the concern is still not resolved, the parent or student-athletes should contact the Athletic Director. Remember that coaches make decisions based on what is best for the team and all student-athletes involved.

Communication parents should expect from the coach/moderator

1. Philosophy of the program
2. Locations and times for practices and contests
3. Special team requirements (fees, special equipment, off season programs, etc.)
4. Injury procedure
5. Any disciplinary action

Communication coaches should expect from athletes

1. If a problem arises, athletes will meet with their coach first to try to resolve the difference.

Communication coaches should expect from parents

1. Personal concerns expressed directly to the coach
2. Notification of schedule conflicts

Concerns appropriate to discuss with coaches

1. Ways for your daughter to improve
2. Behavioral/Disciplinary actions taken

Concerns NOT appropriate to discuss with coaches

1. Playing time
2. Team strategy
3. Play calling
4. Other students

