

## NYSPHSAA SECTION VIII CROSS COUNTRY

### PERMISSION SLIP

EXECUTIVE DIRECTOR

Nina Van Erk

BOYS COORDINATOR

Adam McKenzie

516 524-0468 cell

GIRLS COORDINATOR

Neal Levy

516 330-4590 cell

Dear Parent/Guardian:

Congratulations! Your son/daughter \_\_\_\_\_ has qualified to represent Section VIII at the NY State Cross Country Championship on Nov 14<sup>th</sup>, 2015. The meet is being held this year at Chenango Valley State Park (153 State Park Road, Chenango Forks, NY 13746). The team from Section VIII will be staying at the Double Tree by Hilton Binghamton (225 Water Street, Binghamton, New York, 13901, 607-722-7575)

He/she is to be highly commended for achieving this goal and we are all proud of his/her accomplishment.

**Buses will be leaving promptly from Great Neck South HS (341 Lakeville Rd, Great Neck, NY 11020) on Friday Nov. 11<sup>th</sup> at 9:00 AM. Arrive by 8:45 AM the latest!**

#### **CHECK LIST FOR THE BUS:**

- 1. Permission Slip**
- 2. Code of Conduct Forms**
- 3. \$20 cash-** This is for the section dinner
- 4. BRING YOUR OWN LUNCH! The bus will not be stopping for lunch.**
- 5. School issued uniforms-Team uniforms must be identical.**

- There are receipts for anyone who asks.
- **All other meals (except Saturday breakfast) are the responsibility of the athletes.**
- Saturday-There are concession stands at the meet.
- Athletes may purchase programs and meet merchandise on their own.

#### **Saturday November 12<sup>th</sup>**

\*The buses will depart back to Great Neck South High School, after the final awards ceremony (approximately 2 PM). Buses will make one stop before arriving back at Great Neck South High School. Athletes will call with an accurate arrival time.

Most likely by 7-8 PM, depending on traffic. **NEW: AWARDS WILL BE GIVEN FOLLOWING EACH RACE, NOT AT THE END**

#### TRIP RULES

- All athletes are under the direct supervision of the Section Coordinators and the Bus Supervisors.
- All athletes are part of the Section 8 Team and if unable to attend must notify the coach as soon as possible.
- This honor was achieved through hard work and you are expected to continue this effort and comply with the following section and state rules:
  - No alcoholic beverages, no smoking, no illegal substances.
  - No inappropriate behavior. No boys in girls' rooms or vice-versa. Adhere to time schedule and curfews.
  - No large radios, only personal type devices.
  - All travel arrangements, including rooming arrangements must be adhered to.
- Athletes must travel with the transportation provided by Section 8.

PERMISSION SLIP  
NYSPHSAA CROSS COUNTRY CHAMPIONSHIP  
2016

I HAVE READ THE PERMISSION SLIP AND CODE OF CONDUCT AND AGREE TO HAVE MY CHILD \_\_\_\_\_ ABIDE BY THE RULES SET FORTH BY THE NYSPHSAA AND SECTION VIII.

PARENT SIGNATURE \_\_\_\_\_

PARENT CELL PHONE \_\_\_\_\_

COACHES SIGNATURE \_\_\_\_\_

COACHES CELL PHONE \_\_\_\_\_

ATHLETES SIGNATURE \_\_\_\_\_

ATHLETES CELL PHONE \_\_\_\_\_

DATE \_\_\_\_\_

**PARENT RELEASE FORM  
EMERGENCY MEDICAL CARE**

Your son/daughter has qualified to participate in a NYSPHSAA Championship. In order to ensure he/she receives the proper medical care as needed you must provide the health information below. By signing this form you are authorizing the school's coach or administrator, or tournament official to act on your behalf in authorizing emergency medical, dental, surgical care and hospitalization for your son/daughter in your absence.

Thank you for your cooperation.

(Athlete Name) \_\_\_\_\_ (Birthdate) \_\_\_\_\_

(Address) \_\_\_\_\_ (Phone) \_\_\_\_\_

(Parent/Guardian Name) \_\_\_\_\_ (Address) \_\_\_\_\_ (Home&Business phone) \_\_\_\_\_

(Athlete's School) \_\_\_\_\_ (Principal) \_\_\_\_\_ (School phone) \_\_\_\_\_

(Who to contact in case of emergency, other than parent/guardian) \_\_\_\_\_ (Phone) \_\_\_\_\_

(Family Physician) \_\_\_\_\_ (Phone number) \_\_\_\_\_

(Allergies or special conditions) \_\_\_\_\_

*I have read and understand the above parent release form. I do hereby authorize the care referenced above for my child, and I do further release the NYSPHSAA and its agents from any claim whatsoever on account of care authorized pursuant to this emergency medical care release form.*

(Parent/Guardian Signature) \_\_\_\_\_ (Date) \_\_\_\_\_

**Code of Conduct**

**For Regional & Championship  
Competitions**



**Responsibilities and Guidelines for  
Athletes and Coaches Participating in  
Regional and Championship Contests**

**An athlete will not be allowed to participate  
without this form completed!**

### **Introduction**

Any New York State Championship must achieve a standard of Excellence which places it beyond criticism either from an organizational or educational point of view. In essence, each championship represents all of New York scholastic sports and if, for any reason, something disrupts a championship, then the impact of such disruption will be felt by the NYSPHSAA, Inc. and its member schools. What appears at present to pose the greatest threat is the misbehavior of athletes or the lack of supervision responsibilities by coaches while attending such championships.

### **Code of Conduct for Athletes**

1. Use of alcoholic beverages, tobacco products and other drugs (unless prescribed by a physician) will not be tolerated.
2. All curfews and bed checks will be adhered to as set up by the supervisor or coach in charge.
3. Athletes are responsible for their conduct in regard to public property such as: hotel rooms, transporting vehicles, field and courts, locker rooms, etc. Athletes or the school that they represent will be held financially responsible for any damage that they incur.
4. Hotel rooms will be inspected by the supervisor and the occupants of each room prior to the occupying of each room and again before check-out.
5. Athletes must use transportation authorized by their section and school to and from the event.
6. There will be no gambling of any kind.

### **General Guidelines**

1. Athletes should stay in groups when traveling or sightseeing. **DO NOT TRAVEL ALONE** or leave the group.
2. Athletes should make sure the supervisor/coach knows where they are, who is with them, and when they will return when leaving the general area of the contest.
3. Dress for all trips should be neat, clean and socially acceptable. Athletes are representing their Section as well as their own school district. All actions reflect on these institutions.

### **Violation - Penalties**

If an athlete violates an established rule, the coach or supervisor in charge has the responsibility of disciplining the athlete using the following guidelines:

1. If the violation is prior to the contest or event, the athlete will not be allowed to compete in the contest or further contests. The Section and home school will be notified and a recommendation from the Section for disciplinary action will be given.
2. If the violation is after the contest or event, the home school will be notified and a recommendation from the Section for disciplinary action will be given.
3. If a situation becomes intolerable, the parents and school will be notified immediately and arrangements will be made to transport the athlete home, at Section/school expense, and in the custody of a Section/school representative. If proper action is not taken by the home school, sanctions may be imposed by the Section and/or State Association against the athlete or school district.

*I have read and understand the Code of Conduct.*

Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

### **Coaches/Supervisors Responsibilities**

1. Enforce Code of Conduct for athletes. Discipline violators on the spot. Report problems to supervisors and send written reports to the Section and home school district.
2. Set curfews and bed checks and implement them.
3. Be responsible for athletes from departure point of trip until trip is completed and ensure that all athletes have transportation to their home.
4. Conduct room checks and inspection of hotel room with occupants of each room prior to the night's stay, and check/inspect each hotel room after the night's stay. Report any damage, which will be the responsibility of the occupants of the room.
5. Submit Hotel Report form to hotel.
6. Make sure all parent signature slips are in and emergency information is complete.
7. Notify proper authorities in cases of serious injury to athletes.
8. Know where athletes are at all times.
9. Abstain from the use of alcohol and controlled substances (unless prescribed by a physician). If violated the protocol/possible penalty is: 1) the school and Section will be notified, 2) documentation of the incident will occur, and 3) a recommendation from the Section for disciplinary action will be given.
10. Abstain from gambling of any kind.

*I understand my responsibilities to my athlete(s) and expectations of my behavior.*

Coach/Supervisor Signature \_\_\_\_\_ Date \_\_\_\_\_

### **CONSENT FOR USE OF PHOTOGRAPHY FOR PUBLICITY OR ADVERTISING PURPOSES**

I do hereby consent to the use of my photographs in association with any production, media, or news events for the New York State Public High School Athletic Association.

I understand that the New York State Public High School Athletic Association may use my photographs or stories in publications, press materials, web sites, and print and television advertisements promoting the New York State Public High School Athletic Association, its philosophies, and programs.

I hereby irrevocably consent to and authorize the use and reproduction by you, or anyone authorized by the New York State Public High School Athletic Association, of any and all photographs which you have taken during this sport season of me, negative or positive, for any purpose whatsoever, without compensation to me. All negatives and positives, together with prints shall constitute the property of the NYSPHSAA, solely and completely.

*I hereby consent to the use of my photograph(s). (sign only if 'yes')*

Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

# **Itinerary for Section VIII Cross-Country**

## **NY STATE Championship-Chenango Valley Park-11/11-11/12 2016**

### **Friday November 11<sup>th</sup>, 2016**

8:30 AM Bus arrives at Great Neck South High School (341 Lakeville Rd, Great Neck, NY 11020)  
Bus departs shortly thereafter

Bus departs to: Chenango Valley State Park 153 State Park Road, Chenango Forks, NY 13746)

**\*\*Athletes will bring their own lunch on the bus\*\***

**The bus will stop for a quick bathroom break**

The athletes will jog and learn the course in preparation for Saturday's competition

Approx: 2:30 The bus will depart to Double Tree by Hilton Binghamton  
225 Water Street, Binghamton, New York, 13901  
(607) 722-7575

Upon arrival, the coaches and athletes will check in and prepare for dinner

Approx. 5:30 PM- Team dinner at hotel

After the dinner a meeting regarding the plan for the weekend: Time Schedules, bib numbers, section t-shirts etc will be distributed.

9:30 PM All athletes in their rooms for the remainder of the evening  
Lights out shortly thereafter

### **Saturday November 12<sup>th</sup>, 2016**

6-9 AM Breakfast: The hotel offers a hot and cold buffet breakfast.  
**Breakfast Buffet provided by the hotel (full assortment of breakfast items)**

7:00 AM Girls bus will depart for Chenango Valley State Park for the day's competition

9:00 AM Boys bus will depart for Chenango Valley State Park for the day's competition

2:00 PM Both buses will depart back to Great Neck South High School, and will stop for a meal  
The driver will coordinate with the bus supervisors the time and location.  
Approximate time of return around 7-8 PM

2016

Awards Procedure

Chenango Valley State Park As of 6/7/16

Opening Ceremony

8:45

Race Schedule

Awards Schedule

Girls B 9:00

Girls C 9:30

Girls D 10:00

Girls A 10:30

Boys B 11:00

Boys C 11:30

Boys D 12:00

Boys A 12:30

10:00 Awards Girls B

10:30 Awards Girls C

11:00 Awards Girls D

11:30 Awards Girls A

12:00 Awards Boys B

12:30 Awards Boys C

1:00 Awards Boys D

1:30 Awards Boys A

# Chenango State Park Cross Country Course

## Overview

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5000 meters

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Run mostly on the Golf Course at Chenango Valley State Park (153 State Park Rd. Chenango Forks, NY 13746) and on connector trails and paths...flats and rolling terrain with challenging up hills at approximately 2240 m, 3950 m and 4500m.

The start is on Fairway # 1...flat for 155 m to a slight right turn and down into a hollow for 40 m before coming up to cross the rolling terrain of # 2 fairway. From the # 2 green to the 2240 m mark is mostly flat with a gradual downhill after 1.1 miles and a steeper 75 m downhill going down to # 3 green. Now a fairly steep uphill / paved golf cart path of 260 m towards the # 2 green. 2500 m is even with the second sand trap.

Rolling terrain crossing the #2 fairway towards the cut through to the # 10 fairway. Crossing the # 10 fairway to the 2 mile mark is flat. From just past the 2 mile to the # 4 fairway is approx. 150 m downhill on a park maintenance access road. Now a slight turn right to diagonally cross # 4 fairway. Turn left, 55 m downhill, then right onto the towpath road (River Road on one map). 300 m flat along the gravel and grass towpath before turning right towards the # 5 green. At this turn you are at 3950 m (the lowest elevation point on the course and are starting your ascent towards the finish). Approximately 160 m uphill to the flat 5th fairway then through a slight uphill to behind the # 4 green. Turn left 60 m downhill, cross in front of # 16 green to a steep 55 m uphill to behind the # 17 tee box.

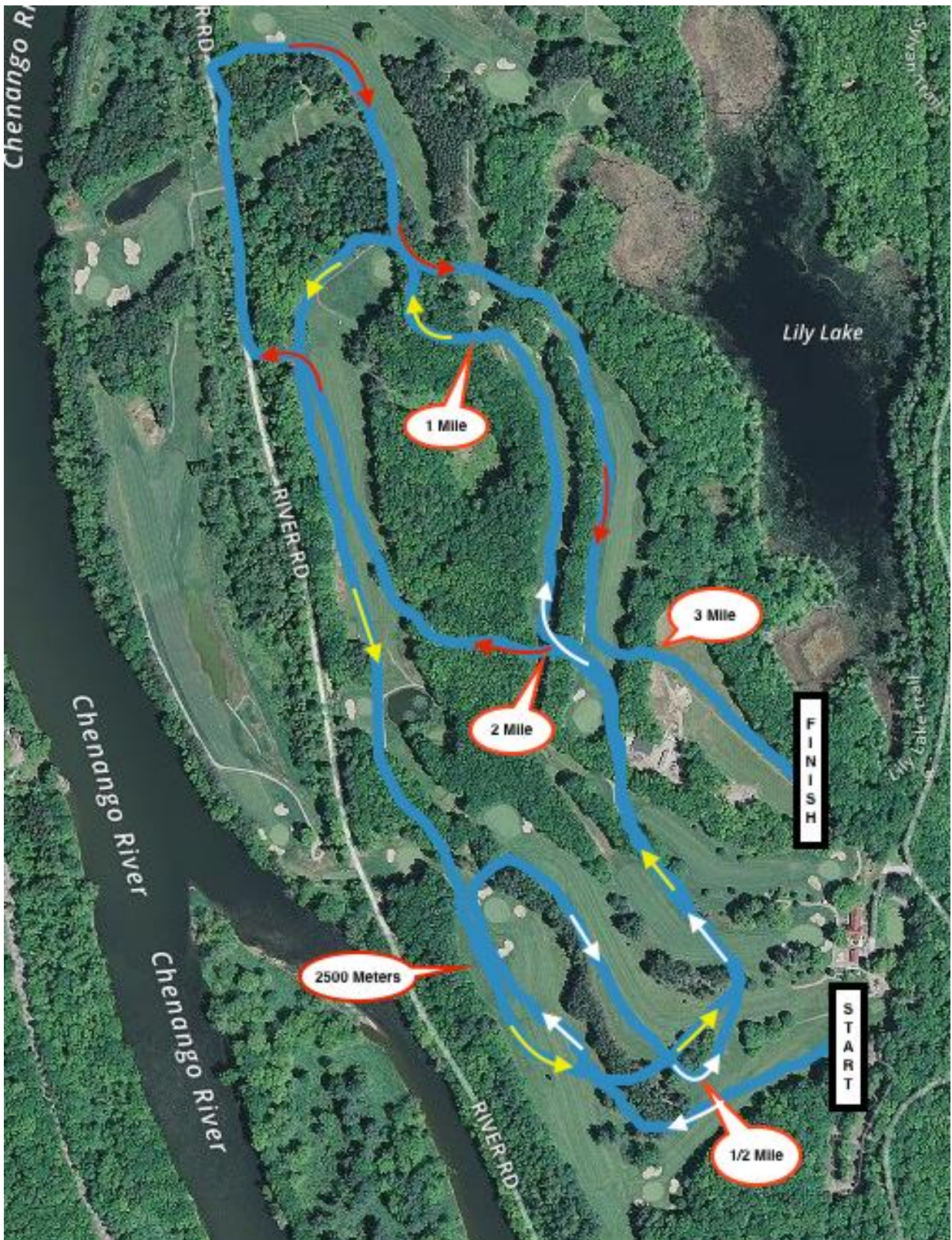
From here the final 600 m of the course is relatively flat to the finish.

Some history and points of note:

The major portion of Chenango Valley State Park was constructed in the 1930's as a project of the Civilian Conservation Corps. The tow path that you run on is next to the "old" Chenango Canal connecting the Erie Canal (near Utica) to the North with the Susquehanna River (near Binghamton) going through Pt. Crane. (

More info on CV State

Park and other NYS Parks at [www.nysparks.com](http://www.nysparks.com)).





# TRANSPORTATION POLICY FOR STATE CHAMPIONSHIPS

1. Section VIII will supply transportation to and from State Championships.
2. Each and every participant representing Section VIII is required to travel by the transportation provided by the Section.
3. No sports coordinator (or his/her designee), coach or supervisor has the authority to release the student/athlete from traveling on the transportation provided by the Section.
4. **Exception:** In the event that a student/athlete requests not to travel by Section sponsored transportation, the following procedure **must be followed:**
  - a) The student/athlete must submit a written request to be released to the custody of their parent/guardian to his/her coach stating the reason for not traveling with the Section and signed by the parent/guardian.
  - b) If the coach **approves** this request, he/she will submit the request to the district director, building director and building principal for their written **approval**.
  - c) Once the request is approved in writing by those administrators listed in b), the coach will submit this written approval to the Section Sports Coordinator(s) (or his/her designee) with a copy to the Executive Director.
  - d) This then relieves the Section and its sports coordinator(s) or designee of being liable for making a decision he/she cannot control.

**SECTION VIII EMERGENCY WAIVER OF TRANSPORTATION POLICY**

I am the father, mother, guardian of \_\_\_\_\_.

I hereby request that permission be granted to transport my son/daughter \_\_\_\_\_

to/from an intersectional (State) competition on \_\_\_\_\_

(Date)

I am fully aware that it is the policy of Section VIII of the New York State Public High School Athletic Association that students be transported to and from such activities on the transportation provided by the Section. I hereby agree that I will be fully responsible for and hold the Section harmless for any damages including injuries to \_\_\_\_\_ which may arise as a result of transporting him/her to or from this Intersectional or State competition.

Sport \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_

Approved by:

Coach \_\_\_\_\_

Building Athletic Director \_\_\_\_\_

District Athletic Director \_\_\_\_\_

Principal \_\_\_\_\_

**SUBMIT TO SPORT COORDINATOR AND OFFICE OF EXECUTIVE DIRECTOR PRIOR TO DEPARTURE.**

FAX # 997-2916