

Code of Conduct
2010-2011 School Year

Dear Parents and Student Athletes,

This brochure is presented to you because your son has indicated a desire to participate in interscholastic athletics. Your family's interest in this phase of our school program is gratifying. We believe that participation in sports provides a wealth of opportunities and experiences which assist students in their education.

We, who are concerned with the educational development of students through athletics, feel that a properly controlled, well organized sports program meets the student's needs for self expression, mental alertness, and physical growth. It is our intent to maintain a program that is sound in purpose and will further each student's educational maturity.

When you and your child sign up for one of our athletic programs, we feel that your family has committed to certain responsibilities. This brochure will acquaint you with some of the specific policies that are part of our well organized program of athletics.

The athletic program is governed by the regulations established by the Commissioner of Education's basic code for extra-class athletic activities.

Christian Brothers Academy is a member of the New York State Public High School Athletic Association, the Athletic Council of Section Two and our league affiliation is with the Big Ten Athletic Conference. All Christian Brothers Academy personal, coaches, students, and parents are expected to follow the rules set by these organizations, especially those rules pertaining to eligibility, competition, and sportsmanship.

If there is anything I can do to make your participation in interscholastic athletics a better learning experience, please feel free to contact me at my office at 452-9809 ext. 115

Sincerely

Rich Scully
Director of Athletics

PRINCIPLES OF THE INTERSCHOLASTIC PROGRAM

We believe interscholastic athletics serve as a miniature model of life; they provide opportunities for students with regard to responsibility, fair play, cooperation, concern for others, leadership, respect for authority, good citizenship, loyalty, and tolerance. Winning games has often been considered the measure of success. However, we feel that this is not so. This is not to say that the will to win is not important. It is very much a part of the total development of an athlete. However, of considerably greater importance are the development of the person, and the affording of each student the opportunity to fulfill his or her potential. Thus, the athletic program which is centered on the welfare of the students is a vital part of the total Christian Brothers Academy curriculum. To utilize fully the potential of athletics for educational enrichment, the interscholastic athletic program:

- A. Is regarded as an integral part of the total educational program and conducted so that it is worthy of such regard.
- B. Supplements rather than serves as a substitute for basic physical education programs and intramural athletic programs.
- C. Is subject to the same administrative control as the total educational program.
- D. Is conducted so that the physical welfare and safety of participants is protected and fostered.
- E. Is conducted in accordance with the letter and spirit of the rules and regulations of the league, state, and national athletic associations.

ATHLETIC TRAINING RULES

During the season of participation, an athlete is prohibited from:

1. The use or possession of alcohol, tobacco (including snuff, chewing, and smokeless tobacco) and illegal drugs.
2. Illegal behaviors including and comparable to the hosting of participation in drinking/drug parties, stealing, vandalism, or assault.
3. Hazing in any form, including initiation, which is degrading a strictly forbidden by NYS law.
4. Poor academic performance causing ineligibility.
5. Any violation of the Christian Brothers Academy student handbook that results in an external suspension.

PENALTIES:

Upon verification by a school official the penalties outlined below will take effect after any school suspension is applied.

A. First Offense:

A minimum of 2 games of a ten game schedule or 4 games for a 10 or more game schedule and a one year probationary period. Counseling will be suggested and if accepted and continued to completion, the game suspensions will be reduced in half. The student will attend all practices and contests and abide by all team standards. **If illegal substance(s) are involved the disciplinary process will began with Step B.**

B. Second Offense:

An immediate suspension for the remainder of the season and one year probation from that date. In order for a student to try out for a sport during this probationary period, he must be involved a counseling program.

C. Third Offense:

One year suspension from all Athletics.

TEAM STANDARDS

In addition to observing regular school policies that are in effect at all times, an athletic must:

1. Attend all practices and contest unless excused by the coach.
2. Never provoke, cause, or engage in a fight.
3. Never engage in any activity which may cause criticism of his team or school.
4. Never be disrespectful to officials or coaches.
5. Follow the rules and guidelines set by the coach.
6. Never taunt or embarrass an opponent, accept victory with grace and defeat with dignity.

PENALTIES:

Coaches will impose an appropriate penalty and notify the Athletic Director. Continued violations of team standards will result in dismissal from the team. Fighting or attempting to engage in a fight will warrant disciplinary action by the administration which could lead to immediate suspension from all contests.

We will be enforcing the Athletic Attendance policy

ATTENDANCE POLICY

Participation in an activity or sport is but one part of a student's education. A student who is absent from school for any reason, other than educationally excused (field trip), on the day of the contest/practice will be ineligible to participate on that day. It is understood that students will be present in school at the latest, by 9:00 Am., in order to participate in a game/practice that day. Students who arrive after 9:00am must submit a note to the Main Office as follows:

Medical Reason (doctor, dentist, etc.)- note from physician

Court Appearances/Family Emergency- note from parent/guardian

Student-athletes are expected in all classes, the Athletic Director will enforce the attendance policy.

Regarding teams that compete during vacation periods: Winter/Spring: The coach will determine, prior to the season, if there will be practice and competition over the vacation period. If a student is planning on being away during these periods it could preclude him from participating in this sport. The team attendance policy will be announced before tryouts begin. **If a student makes the team and leaves for a vacation it is possible he will not be part of the team when he returns from vacation.**

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ELIGIBILITY

According to the NYSPHAAA Regulation, a student shall be eligible for interscholastic competition provide he is a bona fide student, enrolled in the first fifteen days of the semester, is registered in academic courses, has passed a physical exam, and is in regular attendance of school. The State also sets minimum number of practices before a student becomes eligible for each sport.

DROPPING OFF A TEAM:

1. If you quit a team (after the teams are selected), you cannot go out for another sport during that season, unless permission is gained from both coaches and athletic director.
2. If you are cut from a team and want to try out for another sport during that season, permission must be gained from the coach of the second option and athletic director.
3. If you quit a team that you have made (where cuts are involved) without a valid reason (academics, injury or some hardship) you will not be allowed to compete in any other sport that season. You will also be prohibited from trying out for that individual sport the following year. These situations will be reviewed by the athletic director and school administration.

ACADEMIC INELIGIBILITY

The following guidelines have been instituted as a procedure for remediation the situation where a student must forfeit his eligibility due to poor academic standing.

1. When a student has failed any combination of courses (full or half-credit) that total up to **two full Carnegie units** of credit, he will be ineligible to participate in athletics and/or activities.
2. The student's period of ineligibility will begin on the day he receives a report card indicating that he has two credits in failures.
3. The student is ineligible for any interscholastic competition for at least the next two weeks. During this two-week period, it is expected that the student will make every effort to remediate the failing credits and to put all his academics in good order. The student may continue to practice with the team during this period of ineligibility but may not compete in any contest.
4. After the two-week period, the student will receive an academic probation survey form from the Academic Office. The student is to bring this to each of his teachers whereupon they will communicate the student's academic status. If the teachers report that the student is in good academic standing, his eligibility is restored, and he may compete in all contests. If academic progress has not been made, and then he remains ineligible until the end of the marking period, he may practice but not enter competition.

SELECTION CLASSIFICATION

Students in grades 7 and 8 who are **exceptional athletes** are provided an opportunity to try out for the Freshmen, Junior Varsity, or Varsity teams. These **exceptional athletes** must meet the Commissioner of Education and Christian Brothers Academy's guidelines pertaining to selection classification. Students must have the following documentation:

1. A proper physical approving the athlete for participation at the requested level of competition.
2. Parental permission.
3. He must meet or exceed the criteria set in the selection classification performance tests.

The test comprises of various physical components and will be administered by the athletic director or his representative. Any student that fails to meet the criteria can re-take the test the following week.

DURATION OF COMPETITION

A student shall be eligible for senior high school athletic competition in a sport during each of four consecutive seasons of such sport commencing with the student's entry into the ninth grade and prior to graduation. A pupil reaching the age of 19 before July 1 may not participate during that school year.

Transfer Rule: A student transferring into Christian Brothers Academy without a corresponding change of address must complete the transfer papers and have the transfer approved by the Section Two Transfer Committee. Documents can be obtained from the admissions office or the athletic office.

SPORTS PHYSICALS

All students planning on trying out and participating in a sport must have a current physical on file in the school health office. The sports physical is in force for one calendar year. Parents must also complete the medical update form and return it to the school nurse prior to the start of the season. Physicals by a private physician are permitted but the health form needs to be completed. Parents are also required to complete the parent permission form and submit that to the health office prior to the start of the season. Physical forms and permission forms can be obtained in the health office, main office and athletic office. A free physical can be received at Access Health Systems, 776A Watervliet/Shaker Rd. Phone (782-2200.)

RISKS IN SPORTS

Participation in sports involves a certain degree of risk for injury. Such physical injury can occur in any type of sports activity and vary in nature. Athletic injuries can run from minor injuries such as scrapes and bruises or more serious injuries such as fractures, dislocations, concussions, paralysis, and even death.

INJURIES AND INSURANCE

It is extremely important to immediately report any injury to your coach and school health office. Medical expenses resulting from any injury must first be submitted to your own insurance carrier and any remaining balance can be submitted to the school accident insurance carrier. Accident forms can be obtained in the health office, main office, and athletic office.

SPORTS MEDICINE

Christian Brothers Academy has a part-time athletic trainer on staff. Days and times are given to the teams during the season. We also have affiliation with RJN Associates on Whitehall Rd. in Albany. A referral would be required to cover expenses at RJN.

TRANSPORTATION

Students will be transported to and from all away contest by school authorized vehicles. In some situations students will be allowed to drive themselves to contest (example: playing at Saratoga on Saturday and you live in Ballston Spa) Parents may transport their student home upon notification to the coach. Students will not be allowed to travel with someone other than their parent/guardian without parental approval.

N. C. A. A. REQUIREMENTS

Any student enrolling in a Division I or II College or University and is interested in participating in athletics must meet specific eligibility requirements. The general requirements are as follows:

Division I*

Graduate from high school

Have a **2.5** grade point average (based on a 4.0 scale) in a successfully completed core curriculum of at least **14** academic courses.*

4 years of English

2 years of mathematics (Algebra I or higher)

2 years of natural/physical science (1 year of lab if offered by high school)

1 year of additional English, math, natural/physical science.

2 years of social science.

3 years of additional course (from any area above or foreign language, non-doctrinal religion/philosophy).

SAT scores are calculated on a sliding scale according to the GPA. This information may be obtained from the NCAA Clearinghouse, check the NCAA website for forms and additional data.

The NCAA Initial-Eligibility form must be completed and may be found in the guidance office.

Division II

Graduate from high school with a GPA of 2.00 (based on 4.00 scale) and a combined SAT math and verbal score of 820, and 13 core courses.

Division III

These requirements currently do not apply to Division III colleges, where eligibility for financial aid, practice, and competition are governed by institutional, conference and other NCAA regulations. Financial aid at this level is based on the student's financial needs.

ISSUING OF SCHOOL UNIFORMS AND EQUIPMENT

It is the responsibility of the athlete to turn back to the coach all clothing and equipment issued during the season. Failure to do so will result in the athlete paying the replacement cost for the missing articles. Athletes not paying for the articles will forfeit the right to receive any additional school uniforms or equipment for the next sports season. Report cards and transcripts will not be issued until all obligations are cleared.

LOCKERS

It should be understood that the locker is the property of the school and the administration reserves the right to examine it, and its contents at any time with reasonable cause. **Each student is expected to keep the locker secured and not to share the combination with other students. CBA will not be responsible for lost or stolen items.** Athletic team lockers should not be used for physical education classes. A school lock is required and can be purchased in the school book store or at the athletic office. These lockers need to be cleared at the end of each sport season. The date the locks are to be removed and the contents cleared will be announced. The school is not responsible for any items left in the lockers after this announcement.

CBA VARSITY CLUB

The CBA Varsity Club is a fund raising association that is made-up of representatives from the individual sports. The goal is to help assist the athletic department by providing funds for trips, coaching clinics, special equipment, and awards. All families are invited to become members. Information is distributed at the beginning of each school year. The Varsity Club operates through the Development Office.

SECTION TWO SPORTSMANSHIP POLICY

Learn and understand the rules of your sport. Play hard, play to win, but play fairly within the rules. Do not allow your temper to distract you from the fundamentals of good sportsmanship. Maintain self-control. Respect your opponent. Never taunt. Congratulate him at the end of the contest. Acknowledge good play. Respect the integrity and judgment of officials. Never question the decision of an official. Be an example for your school, teammates, and opponents.

A player who is disqualified from a contest for unsportsmanlike conduct by an official is prohibited from playing in the next scheduled contest. If this is the last contest of the season, the suspension carries over to the next sport the student participates.

A player who strikes or otherwise physically assaults an official will be subject to an extended suspension from athletic competition. A physical confrontation with an official is any incident in which a player either strikes, bumps, or otherwise physically intimidates an official prior to, during, or after a contest or game.

CODE OF CONDUCT FOR SPECTATORS

1. Spectators are an important part of the games and are encouraged to conform to accepted standards of good sportsmanship and behavior.
2. Spectators should at all times respect officials, visiting coaches, players, and cheerleaders as guests.
3. Enthusiastic cheering for one's own team is encouraged.
4. Booing, whistling, stamping of feet and disrespectful remarks should be avoided.
5. There will be no ringing of bells, sounds of horns, or other noisemakers at indoor contest during play.
6. Pep bands or school bands, under the supervision of school personnel, may play during timeouts, between periods, or at halftime. Bands must coordinate their play so as not to interfere with a cheerleading squad on the floor or field.
7. The throwing of debris, confetti, or other objects from the stands is prohibited. Offending individuals will be asked to leave the premises.
8. During a free throw in basketball, all courtesies should be extended.
9. Spectators should encourage each other to observe courteous behavior. Improper behavior should be reported to school authorities.
10. Spectators will observe the rules of the local school concerning smoking, food and drinking consumption, littering and parking procedures.
11. Spectators will respect and obey all school officials and supervisors at athletic contests.

PARENT SUGGESTED GUIDELINES

1. Be positive about your son's participation. Avoid the phrase "We have a game tonight" **He** is the player and **you** are the spectator.
2. Show appreciation for good play by both teams.
3. Learn the rules of the game in order to become a better-informed spectator.
4. Don't coach from the stands.
5. Avoid remarks about other players; their families are sitting next to you.
6. Set the example when there is a bad call, don't over react.
7. Avoid comments about the coaches; their families are also in the stands.
8. Avoid critiquing your son's performance right after the game, let him enjoy the win or cope with the loss.
9. Stay in the spectator areas.
10. Any aggressive behavior directed at officials, players, spectators or coaches will be cause for immediate ejection from the contest site. The administration will review the situation and possibly request that the individual no longer attend athletic contest.

COMMUNICATION GUIDELINES FOR STUDENT/PARENT/COACH

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide great benefit to our students. As parents, when your son becomes involved in our program, you have a right to understand what expectations are placed on the athlete. This begins with clear communication from the coach of your son's program.

Communication you should expect from your son's coach

1. Philosophy of the coach and program
2. Expectations the coach has for your son, as well as the entire team.

3. Locations and times of all practices and contests.
4. Team requirements, i.e. Special equipment, off-season training etc.
5. Procedure should your son become injured during practice or competition.
6. Disciplinary actions(s) that may result in the denial of your child's participation.

Communication Coaches Expect from Parents

1. Concerns expressed directly to the coach only after the student has talked to the coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concern in regard to a coach's philosophy and/pr expectations.
- 4.

As the athletes become involved in the programs, they will experience some of the most rewarding moments of their lives. It is also important to understand that there also may be times when things do not go the way you and your child wish. At these times, discussion with the coach is encouraged.

Appropriate Concerns to Discuss With Coaches

1. The treatment of the athlete, mentally and physically.
2. Ways for the athlete to improve.
3. Concerns about behavior or academics.
- 4.

It is very difficult to accept your child's not playing as much as you may hope. Coaches are professionals and they make judgment decisions based on what they believe to be the best for all students involved. As you have seen from the list above, certain things can and should be discussed with your child's coach. Other things, such as those listed below are left to the discretion of the coach.

Issues Not Appropriate To Discuss With Coaches

1. Playing time.
2. Team strategy and/or play calling.
3. Other student-athletes.

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following should be followed to help promote a resolution to the issue of concern.

Procedures to Follow To Discuss A concern With A Coach

1. Student-Athlete to contact the coach first in attempt to resolve the situation. Call and set up an appointment with the coach.
2. If resolution is not reached the parent is to contact the coach to set up an appointment with the coach.
3. If coach can not be reached call the Athletic Director Office at 452-9809 ext.115.
4. **Please do not attempt to meet with a coach before or after a contest or practice. These can be emotional times for both parent and coach. Meetings of this nature do not promote resolution.**

The Next Step

What Can A Parent Do If The Meeting With The Coach Did Not Provide A Satisfactory Resolution?

1. Call the Athletic Office to set an appointment with the AD. The parents/guardian, coach and Athletic Director will meet to discuss the problem.
2. At this meeting the appropriate next step can be determined.

We hope the information provided will help make you and your child's experience with our athletic program less stressful, more enjoyable and as well rewarding.

DIRECTORY OF IN SEASON PHONE EXTENSIONS:

Athletic Director-----115
 Health Office-----128

FALL

Football-----602
 Soccer-----601
 Cross Country-----603
 Golf-----600

WINTER

Basketball-----600
 Wrestling-----601
 Indoor Track-----602
 Hockey-----603

SPRING

Baseball-----600
 Lacrosse-----601
 Outdoor Track-----602
 Tennis-----603

INTERSCHOLASTIC SPORTS AND LEVEL OF PLAY

SPORT	VARSITY	J. VARSITY	FRESHMEN	MODIFIED
BASEBALL	X	X		X
BASKETBALL	X	X	X	X
BOWLING	X			
CROSS COUNTRY	X	X	X	X
DRILL TEAM	X			
FOOTBALL	X	X		X
GOLF	X			
HOCKEY	X			
INDOOR TRACK	X	X	X	X
LACROSSE	X	X		X
OUTDOOR TRACK	X	X	X	X
RIFLE	X			
SKI TEAM	X			
SOCCER	X	X	X	X
TENNIS	X			
WRESTLING	X	X		X

Hockey practices and contests are at the Albany County Hockey Facility across from the Albany Airport.

Bowling is held at Playdium Lanes on Ontario Street in Albany.

Golf is played at the Colonie Town Course on Counsel Rd., Colonie.

HOW TO GET THERE

League Schools:

ALBANY HIGH

700 Washington Ave. Albany, (454-3986)

From I-90, exit 24 to I-90 east, get off at the Washington Ave. exit, and continue east (left) onto Washington Ave. Travel about one and ½ miles into Albany. Pass North Main Avenue, school is on the right side. Coming from the east, take I-90 west, exit on Everett Rd. Go to Central Ave. (Rt. 5) turn left, go to North Main Ave. Turn right, and go to Washington Ave. turn left.

AMSTERDAM HIGH

Saratoga Ave. Amsterdam (843-4932)

Traveling east or west. Take I-90 exit at exit 27, bear right off the ramp, cross the river into the city, and take Rt. 30 north. Pass the hospital on the left, proceed to Miami Ave., and turn right, the school is ¾ mile on the left.

To Lynch Middle School (FOOTBALL)

I-90, exit 27, bear right off ramp onto Rt. 30 north. Cross the river, bear left on the overpass up the hill. At the Stewart's take a left, the school is at the end of the street on the left.

BISHOP MAGINN

99 Slingerlands St. Albany (463-2247)

Take I-90 to exit 23 (Albany) Pass thru the toll booth and bear right up the ramp. Turn left, crossing over the highway. Take the first right then the next left. Cross over 2nd Ave. and follow street to the intersection, the school across the intersection on the left. From the east or north, take 787 south until the end of the highway, stop light. Cross the intersection, this is Hoffman Ave. go to Second Ave. turn right. Go to Slingerlands turn left, school is one block on the right. The American Legion baseball field is at the intersection of Hoffman and Southern Blvd.; this is where the JV baseball team plays Bishop Maginn.

CATHOLIC CENTRAL

625 7th Ave. Troy, 235-7100

From Albany: Take 787 north to Cohoes, turn right onto 112th Street Bridge, cross over the river, proceed to 7th Ave. Turn left onto 7th Ave. school is at 116th Street on the right.

From the North: Take I-87 to alternate Rt. 7 east, take 787 north, and follow the directions above.

From west: take I-90 east (Boston) to 787 north and follow the directions above.

LASALLE INSTITUTE

174 Williams Rd. Troy, 283-2500

From Albany: Take 787 north to Troy/Menands exit. Cross the bridge and stay right. At the traffic light turn right onto Morrison Ave. Proceed to Rt. 4, turn right, pass Hudson Valley Community College on the left, go to Williams Rd. and turn left, the school is on the left.

From north of Troy: Take I-97 to Rt. 7 Troy exit to 787 north and follow the directions above.

From west of Albany: Take I-90 east (Boston) exit at 787 north and follow the directions above.

From south of Albany: Take I-90 north to exit 23, stay on 787 north to Troy/Menands exit.

***Hockey games are played at HVCC facility.

NOTRE DAME BISHOP GIBBONS

2600 Albany St. Schenectady, 393-3131

From the North: take I-87 south to Rt. 5 west exit, proceed west on Rt. 5 until RT. 155 approx. 3 miles, large intersection Mobil Gas on left, turn left and proceed to Albany Street (1 mile) turn right onto Albany street. School is approx 2-3 miles on the left side.

From the west: take I-90 to exit 25 (Schenectady 890), pass thru exit and take 890 west to Rt. 7 east exit. Get off ramp and go to the lights, turn right, school is a short way on the right side.

From the east: Take I-90 east to exit 25 (Schenectady 890) follow the directions above.

SCHENECTADY

The Plaza, Schenectady, 370-8185

From Albany, west or south: Take I-90 west to exit 25 (Schenectady 890) Take 890 west to exit 6 Michigan Ave. Proceed up the ramp and turn right onto Michigan Ave. Stay on this street for 5-6 lights until Rugby Rd. Turn left and turn right onto Phoenix. The school is at the end of Phoenix.

From the North: take I-87 to Rt 7 west Schenectady. Follow Rt. 7 west to Union Street, stay on Union Street until McClellan (Rt. 146) turn right, next street is Rugby. Turn left and take right onto Phoenix.

Alternate route from north: Take Rt. 146 south to Niskayuna and Schenectady, this becomes Balltown Rd.

Stay on 146 until you pass Niskayuna HS on the left. Turn right at Nott Rd. the school is on the left about 1 and ½ miles.

TROY HIGH

1950 Burdett Ave. Troy, 271-5335

From Albany or south: Take 787 north to Green Island exit. Turn right off the ramp and go to the lights. Turn right over the bridge, when crossing the intersection of River Rd. get to the right and follow this road up the hill through the RPI campus until you come to Burdett Ave. Doyle Middle school is in front of the intersection. The modified basketball teams play here. Turn right on Burdett for the high school it is immediately on the left.

From North: take I-87 to Rt. 7 east Troy, pass over the Collar City Bridge, go up the hill about 6 lights, Burdett Ave. is on the right, turn right; two lights and the schools are on the left side.

From west: I-90 east to 787 north, Green Island exit and follow the directions above.

GARDNER-DICKINSON MIDDLE SCHOOL

Modified sports only:

From Albany and south 787 north to South Troy exit, stay in the right hand lane, cross the bridge, turn right onto Morrison Ave. Go to route 4, turn right, pass Hudson Valley, and turn left onto Williams Rd. Go past LaSalle until you reach Winter Street, turn left, ½ mile turn right onto East Ave., the school is up the hill.

From the west: take I-90 east to 787 north and follow the directions above.

From the north: take I-87 south to Rt. 7 east (Troy) exit onto 787 south to South Troy exit and follow the directions above.

To Blecker Stadium (Albany) (Football, Soccer and baseball for Albany High and Bishop Maginn)

From the west: I-90 east (Boston) exit at Everett Rd. turn right on the ramp, get into the left lane, proceed to Rt. 5 (Central Ave.) turn left at light. Go approx. one and ½ miles on Central Ave. At the V intersection of Central Ave and Clinton Ave., bear left onto Clinton Ave. Blecker Stadium is on the left.

From the north: I-87 to I-90 east; follow the directions above.

From the south: I-90 to exit 23 (Albany) pass through the tolls booth and stay on 787 north, get off at I-90 west, exit at Everett Rd. turn left off ramp and follow the directions above.

From the east: I-90 west to Everett Rd. and follow the directions above.

To Central Park Schenectady (Home baseball field for Schenectady and Notre Dame Bishop Gibbons)

From East and west and south: Thruway to exit 25 (Schenectady) 890 to Rt. 7 exit (Troy) stay on route 7 east until you reach Goff Rd. Turn left the fields are down the road on the right.

From the north: Take I-87 to Rt. 7 exit for Schenectady. Follow Rt. 7 west to Goff Rd. turn right on Goff Rd.

Twin Town Fields in Troy: Baseball for LaSalle

From Albany west and south: I-90 to 787 north to South Troy exit, turn right onto Morrison Ave. go to Rt. 4 turn right, pass HVCC and turn left at Williams RD. Fields are across from LaSalle Institute.

From north: I-87 to Rt7 east to 787 south to South Troy exit and follow the directions above.

Non-league schools:

BALLSTON SPA

480 Garrett Rd. Ballston Spa, 884-7172

I-87 North to exit 12 (Ballston Spa) take Rt. 67 west about 3 miles to the intersection of RT. 50, cross Rt. 50, 1/8 mile turn left onto Garrett Rd.

BETHLEHEM CENTRAL

700 Delaware Ave. Bethlehem 439-4921

From Albany: Take Delaware Ave. to Delmar, pass Delmar shopping center, the Four Corners and continue through the town on Delaware Ave., the school is past Cherry Ave. on the left.

From North and West: take I-87 to I-90 east, exit at the Slingerlands exit, turn right at the light onto New Scotland Rd. Go to the next set off lights (Cherry Ave.) turn left. Cross Kenwood Ave and go to the next light at Delaware Ave. Turn right and the school is on the left.

From east: take 787 to I-90 west, exit at the Slingerlands exit, and follow the directions above.

COLUMBIA

Luther Rd. East Greenbush, 477-5140

From Albany take I-90 east to exit 9, turn right off the ramp to Rt. 4, go to the first traffic light and turn left onto Luther Rd., go under I-90, school is on the left.

GLENS FALLS

10 Quade Street, Glens Falls, 792-6564

I-87 north to exit 18 (Corinth) take a right off the ramp, about 1 mile turn left on LaRose St., 2-3 blocks is the school.

GREENWICH

Gray Avenue, Greenwich, 692-9542

Take I-87 north to exit 14, take RT. 29 east, cross the Hudson River and follow Rt. 29 to Greenwich. Turn left on Church Street, left on Gray St. and the school is straight ahead.

GUILDERLAND

From Albany and east: take Rt. 20 (Western Ave.) to Rt. 146, turn left onto Rt. 146(South) go 2 miles into Guilderland Center, turn left on School Rd., the school is on the left.

From the north: take I-87 to the end, turn right on Rt. 20 and follow the directions above.

HUDSON

I-90 east (Boston) follow to the Hudson exit, take Rt. 9 south into Hudson. Pass several shopping areas, turn right on to Jordon Blvd. (Cumberland Farms on the corner) Proceed until you see Gallo's Florist, school is on the left.

NYS Thruway: south, get off at the Catskill exit take Rt.23 and cross the Rip Van Winkle bridge. Turn left onto Rt. 23B north to Hudson. You will enter Hudson on 3rd Street. Continue through the city, cross Warren and Columbia streets. Turn right at State St. Take this to 4th street and proceed past the middle school to the high school.

JOHNSTOWN

2 Wright Drive, Johnstown, 762-7636

From Albany: take NYS Thruway west to exit 28. Turn left on Riverdale Drive and take this to the bridge. Turn right over the bridge and turn left at the light onto Main Street. Proceed to the next light and turn right onto RT. 30A (by a Stewarts's) and follow this road to Johnstown. Turn left at South Perry St., then left on Main Street, 4 traffic lights turn right on Wright Drive and follow the signs to the school.

****Knox Field located on South Perry St. one block from RT30A.

NISKAYUNA

1626 Balltown Rd., Niskayuna, 382-2531

From Albany and east and south: take I-87 to Rt. 7 exit, take Rt. 7 west for 6-7 miles bear right at the fork onto Union Street to RT146 north (Balltown Rd.) a right turn. Stay on Balltown Rd. the school is on the right side about one mile.

From the north: take I-87 to exit 9 (Clifton Park) Rt. 146 south. Stay on this going thru Rexford across the Mohawk River, about two miles and the school is on the left.

QUEENSBURY

99 Aviation Rd., Queensbury, 793-8811

From Albany: Take I-87 north to exit 19, turn left off the exit the school is the 2nd building on the right.

SARATOGA HIGH SCHOOL

238 West Circular St. Saratoga Springs, 583-4780

From Albany and south east and west: take I-87 north to exit 13N, get on Rt. 9 north and proceed for a few miles until you reach the New York State Park, the Museum of Dance is on the left turn left onto West Fenlon St. Go past the traffic light and turn right onto West Ave. The school is on the right.

SCOTIA-GLENVILLE

1 Tartan Way, Scotia, 382-1237

From Albany, east and south: Take I-90 west to exit 25 (Schenectady) take 890 west to Scotia exit, turn onto RT. 5 west to Scotia, turn north onto RT147, the school is on the left about 8/10 of a mile.

From the north: take RT50 south into Scotia, cross the overpass then under a railroad bridge. Turn right on 5th Street across from Cornell True Value Hardware. Proceed to the end and turn right onto Sacandaga RD., two blocks and the school is on the left.

SHAKER

445 Watervliet/Shaker Rd., Latham, 785-5511

Take I-87 to exit 5, turn left onto Rt. 155 east, proceed about 2 miles crossing Rt. 9, the school is on the left.

SHENENDEHOWA

970 RT146. Clifton Park, 371-1123

Take I-87 to exit 9 (Clifton Park) turn left off the ramp onto RT146 west, go past Clifton Country Mall, turn left at the light for Moe Rd., turn at the first right and the school is on the left.

SOUTH GLENS FALLS

42 Merritt Rd. South Glens Falls, 792-9987

Take I-87 north to exit 17N, follow RT. 9 north, take the first left after the 2nd traffic light onto Merritt RD. ¼ mile down the road is the school.

PARENT PERMISSION FORM

Please circle the sports that you will try out for (or are considering to try out for) during the school year. By signing and returning this form you are indicating that the guidelines have been read and you understand all expectations and accept all responsibilities of being a student/athlete at Christian Brothers Academy.

Fall:	Football	Soccer	Cross Country	Golf
Winter:	Basketball	Wrestling	Hockey	Indoor Track
	Bowling	Ski Team	Rifle	
Spring:	Baseball	Lacrosse	Tennis	Outdoor Track

Student/Athlete _____

Date _____

Parent/Guardian _____

Please return this form to the Health Office immediately. You may not try out for the sport unless this form and a current physical are on file in the Health Office.