

Central Greene School District Athletic Handbook – Students

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Dear Parent and Student Athlete:

The purpose of this letter is to welcome your son/daughter into our 2018-2019 sports program. We want your son/daughter to have an enjoyable experience not only participating in the sport of their choosing, but also with other members of the team and their coaches.

Attached is a copy of our student athletic handbook for you to read regarding athletic scholarships, NCAA guidelines, eligibility, physical examinations, attendance, hazing, lettering, and other guidelines that have been set forth by the Central Greene School District.

Please review the enclosed information and familiarize yourself with the district's policies and procedures. Upon completing a review of the information, each participant and parent/guardian is to sign this notice (located at the back of the handbook) that acknowledges they have read the athletic manual. Please have your son/daughter **return this form to their respective coach prior to the beginning of the first day of practice.**

If you have any questions or concerns regarding the athletic program, please do not hesitate to call me in the athletic office 724-852-1050.

Good luck this year and GO RAIDERS!!

Sincerely,

Justin Stephenson

Justin Stephenson
Assistant Principal/ Athletic Director

CENTRAL GREENE SCHOOL DISTRICT ATHLETIC OVERVIEW ATHLETICS

The interscholastic sports program consists of fifteen (15) varsity teams, nine (9) junior varsity teams and nine (9) junior high/middle school programs. All of these groups compete in the Pennsylvania Interscholastic Athletic Association (P.I.A.A.) District 7, commonly known as the Western Pennsylvania Interscholastic Athletic League (W.P.I.A.L.).

Baseball: This spring sport is offered for boys and is comprised of a varsity, and junior varsity teams.

Basketball: In the fall, this sport is offered to 7th/8th grade girls at MBM.

In the winter, competition includes boys/girls varsity, junior varsity, and Junior High (boys).

Cheerleading: This sport is offered at the 7th/8th grade levels as well as the varsity level during the fall and winter sports seasons.

Cross Country: This fall sport is offered to both boys and girls at the varsity, and level.

Football: This fall sport is offered at the 7th/8th grade, varsity, and junior varsity levels.

Golf: This fall season sport is offered to boys' and girls' at the varsity level.

Softball: This spring sport is available for girls' and is offered to 7th/8th graders as well as the junior varsity and varsity age groups.

Soccer: In the fall, soccer is offered to both boys and girls at the 7th/8th, junior varsity and varsity level.

Track: In the spring, both boys and girls will take part in this athletic contest at the varsity level. Track is also offered to middle school students in 7th and 8th grades in the spring.

Volleyball: The fall is the girls' season for competition at the varsity and junior varsity levels. Middle School volleyball is offered to girls in grades 7th and 8th during the spring sports season.

Wrestling: Wrestling is offered as a winter sport and includes teams at the junior high (7th, 8th, and 9th) and varsity levels.

Rifle: In the winter, Rifle will be offered to all students 9-12th grade as a team sport.

CENTRAL GREENE SCHOOL DISTRICT ATHLETIC MISSION STATEMENT

The Central Greene School District attempts to provide an interscholastic athletic program that will allow its students the opportunity to derive all benefits that participation in competitive sports offer. The administration, staff, and community are committed to building a solid athletic program, and to maintaining a high level of integrity throughout its athletic program.

It is the mission of the Central Greene School District Athletic Department to challenge all student athletes to achieve success and a sense of self-esteem through participation in competitive athletics. Students are encouraged to develop responsibility and commitment, an understanding of the importance of teamwork, and respect for self and others.

SPORTS PHYSICAL EXAMS

The Central Greene School District Athletic Training Staff in conjunction with Cornerstone Care will provide pre-participation physical exams, at no cost, for high school and middle school athletes' participation during the FALL, WINTER and SPRING sports seasons. Dates and times for physicals will be announced and displayed in schools and newspapers prior to physical date.

Under PIAA By-Laws, all athletes must have a physical examination by a licensed physician before beginning practice. Student/athletes must acquire ONE comprehensive physical per year in order to be eligible for interscholastic sports competition. **Physicals must be received after June 1, prior to the start of the school year.** Students are required to have a physical exam/re-examination for each sport in which he/she participates if they have been injured prior to the start of that particular season. No athlete will be permitted to participate in interscholastic athletics for the Central Greene School District until the PIAA Pre-Participation Physical Packet has been completed. This packet can be found at <http://www.piaa.org/assets/web/documents/2006-07%20Comprehensive%20Physical%20Form.pdf>.

The physical packet MUST be signed by a physician and parent where appropriate. Furthermore, all information MUST be completed in its entirety. You may obtain a physical from your personal physician; however, if you choose to do so, you are still required to have all forms turned in on time.

****No student will be permitted to participate in a sport without a completed physical that falls within the desired guidelines.****

PLEASE NOTE THERE WILL BE NO MAKE UP PHYSICALS PROVIDED BY THE DISTRICT.

CENTRAL GREENE SCHOOL DISTRICT COACHES CODE OF ETHICS

The function of a coach is to properly educate students through participation in interscholastic competition. The interscholastic program is designed to enhance academic achievement and should never interfere with opportunities for academic success. Each child should be treated as though they were the coaches' own and their welfare shall be cared for at all times. In recognition of this, the National Federation Interscholastic Coaches Association (NFICA) Board of Directors has adopted the following guidelines.

- The coach must be aware that he/she has a tremendous influence, either good or bad, in the education of the student athlete and, thus, shall never place the value of winning above the value of instilling the highest desirable ideals of character.
- The coach must constantly uphold the honor and dignity of the profession. In all personal contact with the student athletes, officials, athletic directors, school administrators, the state high school athletic association, the media, and the public, the coach shall strive to set an example of the highest ethical and moral conduct.
- The coach shall take an active role in the prevention of drug, alcohol, and tobacco abuse and under no circumstances should authorize their use.
- The coach shall promote the entire interscholastic program of the school and direct his/her program in harmony with the total school program.
- The coach shall be thoroughly acquainted with the contest rules and is responsible for their interpretation to team members. The spirit and letter of rules should be regarded as mutual agreements. The coach shall not try to seek an advantage by circumvention of the spirit of the letter of the rules.
- Coaches shall actively use their influence to enhance sportsmanship by their spectators, working closely with cheerleaders, pep club sponsors, booster clubs, and administrators.
- Contest officials shall have the respect and support of the coach. The coach shall not indulge in conduct that will incite players or spectators against the officials. Public criticism of officials or players is unethical.
- Before and after contests, rival coaches should meet and exchange friendly greetings to set the correct tone for the event.
- The coach shall not exert pressure on faculty members to give student athletes special consideration.
- It is unethical for coaches to scout opponents by any means other than those adopted by the league and/or state high school athletic association.

I. STATEMENT OF PHILOSOPHY

A. The Central Greene School District believes that a dynamic program of student athletics is vital to the educational development of the student.

B. Athletics plays an important part in the life of the Waynesburg Central High School and Margaret Bell Miller school students. Young people learn a great deal from their participation in interscholastic athletics. Lessons in sportsmanship, teamwork, competition, and how to win and lose gracefully are an integral part of each team in our athletic program. Athletics play an important part, too, in helping the individual student develop a healthy self-concept as well as a healthy body. Athletic competition adds to our school spirit and helps all students (spectators as well as participants) develop pride in their school.

Before any program of direction can operate effectively, a philosophy should be set down to provide a preview of the ultimate ends to be achieved and the guidelines within which accomplishment is to progress.

The major objective of the athletic program is to provide wholesome opportunities for students to develop positive habits and attitudes.

Leadership should be of the highest quality so as to exemplify to the participants the desired type of behavior to be developed from the athletic program. Measurement of leadership success should not be in terms of the victory and defeat record, but rather in the personality development factors that are an outgrowth of the major objectives of the athletic program.

The athletic program will conform to the policies of the school district. At no time should the program place the total educational curriculum secondary in emphasis; the program should constantly strive for the development of well rounded individuals, capable of taking their place in modern society.

C. We believe that the opportunity for participation in a wide variety of student selected activities is a vital part of the student's educational experiences.

Such participation is a privilege that carries with it responsibilities to the school, to the activity, to the student body, to the community, and to the students themselves. These experiences contribute to the development of learning skills and emotional patterns that enable the student to make maximum use of his or her education.

D. The interscholastic athletic program shall be conducted in accordance with existing Board of School Directors policies. While the Board of School Directors takes great pride in winning, it does not condone "winning at any cost" and discourages any and all pressures, which might tend to neglect good sportsmanship and good mental health. At all times, the athletic program must be conducted in such a way so as to justify it as an educational experience.

E. A comprehensive and balanced athletic program is an essential complement to the basic program of instruction. The athletic program should provide opportunities for students to further develop interests and talents in sports.

Participation in athletics should provide many students with a lifetime basis for personal values for work and leisure activities. Every effort should be made to support the activities program with the best facilities, equipment, and with the most qualified staff available. Coaches, directors, and sponsors should teach the specific skills necessary for improvement in athletics and provide guidance in the development of self realization, good sportsmanship, cooperation, leadership, ethical behavior, and an appreciation for the importance of practice.

The ultimate goals of the athletic program should be: (1) to realize the value of participation without overemphasizing the importance of winning, and (2) to develop and improve positive citizenship traits among the programs' participants.

II. ADMINISTRATIVE ORGANIZATION

Chain of Command

- A. Board of School Directors:** The Board of School Directors is responsible to the residents of the District and is the ruling agency for the Central Greene School District. It is responsible for interpreting the needs of the community and requirements to the professional organization. Additional responsibilities include:
- a. Developing policies in accordance with state statutes and mandates in accordance with the educational needs and wishes of the people.
 - b. Approving means by which professional staff may make these policies effective.
 - c. Evaluating the interscholastic athletic program in terms of its value to the community.

- B. Superintendent of Schools:** The superintendent is responsible to administer the schools according to adopted policies of the Board of School Directors, rules and regulations of the State Department of Education, and in accordance with Pennsylvania Public School Code of 1949. It is his/her duty to establish a definite school athletic policy and to have an understanding of that policy. The superintendent shall represent the school district as its chief executive officer and its foremost professional educator in its dealings with other school systems, social institutions, and businesses.
- C. Principal:** The principal is the official representative of the school and is directly responsible for the general attitude of the student body and the conduct of the athletic affairs by the athletic director and the coach. By delegation and by established precedent, the school principal is the official school representative in matters dealing with Waynesburg Central High School Athletics and conference affiliations. The principal is solely responsible for any official action taken by his/her school.
- D. Athletic Director:** The primary responsibility of the athletic director is the administration and supervision of the interscholastic athletic program in the Central Greene School District. The athletic director's duties will be those described in his/her job description and any others as designated. He/she will provide the leadership necessary for the day-to-day operations of the athletic department.
- E. Head Coaches:** All head coaches shall be responsible to the athletic director for the total operation of their respective sports programs. Head coaches will be responsible for the normal duties required of interscholastic competition, those duties described in the coach's job description, and/or any duties delegated by the athletic director.

III. PIAA CONSTITUTION AND GUIDELINES – ATHLETIC COURTESY

Concussion/Cardiac Rule: All Head, Assistant, and Volunteer Coaches must take the NFHS Concussion and Cardiac informational Quiz. All coaches must have this done before the first official day of practice of **THEIR SEASON**. Failure to do so will result in strict punishment by the PIAA.

Coaches Principles/ First Aid Course Rule: It is now mandatory that all Volunteer and Paid Coaches must complete the Coaches Principles and the First Aid Courses within 2 years. This rule began in July of 2016 for all of the coaches who were active that time. For all coaches who were approved or hired after that point, their clock began with their hire or approval date. Please see Mr. Stephenson if you have any questions.

A. Ethics in High School Athletics

The Code of Ethics pertaining to high school athletics is to be regarded not only as recommendations but also as rules governing the conduct of schools, the coach, officials, athletic directors, principals, and the public.

Section 1. Athletics should foster good sportsmanship. It is the privilege and duty of every person connected with athletics to exemplify these principles in his own actions and earnestly advocate them before others.

1. The rules of the game are to be regarded as mutual agreements, the spirit or letter of which no honorable person would break. The stealing of advantage on sport is theft.
2. No advantages are to be sought over others except those in which the game is understood to show superiority.
3. Unsportsmanlike or unfair means are not to be used, even when they are used by opponents.
4. Visiting teams are to be honored guests of the home team and should be treated as such.
5. No action is to be taken nor course of conduct pursued which would seem unsportsmanlike or dishonorable if known to one's opponent or the public.
6. Remember that the student spectator represents his school the same, as does the athlete.
7. Any spectator who continually evidences poor sportsmanship should be requested not to attend future contests.
8. Decisions of officials are to be abided by, even when they seem unfair.

9. Officers and opponents are to be regarded and treated as honest in intention. In games when opponents conduct themselves in an unbecoming manner, and when officers are manifestly dishonest or incompetent, future relationships with them should be avoided.
10. Good points in others should be appreciated and suitable recognition given.
11. The practice of "booing" is regarded as discourteous and unsportsmanlike.

IV. ATHLETIC SCHOLARSHIPS AND RECRUITING

Student athletes should conduct a meeting with their high school coach(es) at the end of your junior season. Let your coaches know that you are very interested in participating in college athletics and discuss your potential as an NCAA Division I, II, or III player. Do not be afraid to ask for their help. Your coach will help you, but there are limitations as to how much he/she can do. There are over 3000 colleges and universities that offer athletic programs. Contacting each and every one of them is impossible for your coach.

Levels of Play:

1. National Collegiate Athletic Association (NCAA)

- NCAA Division I. This is the highest level of play and they offer the most scholarships. These are the large schools with large student populations.
- NCAA Division II. Smaller specialty schools that provide scholarships as well as financial aid grants.
- NCAA Division III. No athletic scholarships but many high school graduates receive academic scholarships, financial aid, grants, and jobs on campus, also known as work-study programs.

2. National Association of Intercollegiate Athletics

NAIA can give athletic scholarships as well as other benefits to enable a player to attend school.

3. National Junior College Athletic Association (NJCAA)

Financial aid is provided for the cost of tuition and books. If you are not ready physically or mentally to attend a 4-year college, then a junior college that offers athletic programs may be the answer.

Are you good enough to participate at the college level? Build support groups that can give you good sound advice that would consist of your parents, coaches, principals, athletic director, and community members that have participated in college athletics that have seen you play. There is no substitute for the college playing experience. These people know what it takes to play at the next level.

Once you have set your goals for college athletics, begin to market yourself. You can only be offered a college scholarship if a college coach or scout has an opportunity to see you play. This is where you need to begin to market yourself to the colleges of your choice.

1. Go to the guidance office, athletic office, or the Internet and obtain addresses of the colleges that you would be interested in.
2. Prepare a letter to be sent to the college coaches
3. Prepare a resume of your career
4. Prepare a highlight tape and game tape to send with the resume (be sure to label your game tape with the appropriate information – name, jersey number, address, school name, etc.).

Send the information before your senior season. The best advice would be to send it immediately after the signing of the last recruiting season ahead of you. The majority of the colleges will send you a questionnaire; complete it and return it to the colleges immediately.

If you are an outstanding student, you will have opportunities to obtain athletic and academic scholarships. Many of the top academic universities have stringent minimum academic entrance requirements where many athletes cannot qualify.

Talk with your guidance counselor/coach to obtain the names of academic universities in which you may obtain an athletic scholarship. This is a great opportunity for you if you are an outstanding student.

It is suggested that you attend a summer camp to increase your chances of being noticed. You will have the opportunity to perform in front of the college coaching staff for four or five days. Your high school coach or the athletic director can help you obtain information for summer camps.

If all else fails, you have the opportunity to walk on at the college of your choice and have the chance to earn a college scholarship later. It is very feasible to walk on a team and earn a partial or full scholarship for your remaining years if you become a starter.

College coaches are looking for all around athletic ability first. They look for coordination, speed, jumping ability, size, and strength. College coaches recognize that superior all-around athletes are usually good at a variety of sports. Just by participating in different sports, you are showing scouts that you have some unique gifts – unique because most young athletes can barely excel at one sport, much less two or three. If you are a standout at two or three sports, then you are a special talent.

V. GUIDE FOR COLLEGE-BOUND STUDENT ATHLETES

As Athletic Director, the best advice I can pass along if you plan to compete athletically at the college level is to start asking questions.

Find out if you're on track to meet the academic eligibility and core-course requirements of the college/university you wish to attend. See what the graduation rate of the athletics program is at and that the athletes in your sport are meeting graduation requirements at the colleges in which you are interested. Ask what academic support services are available and how academic progress is tracked. And finally, ask yourself, "Will I be happy here if I never compete?" Selecting a college/university is a big decision. The more data and information you collect before deciding, the better off you will be.

You'll notice that not one of those questions deals with the athletics side of being a student-athlete. Instead of focusing on which college can lead to a career in the pros, consider that:

- **There are nearly one million high school football players and about 500,000 basketball players. Of that number, about 150 make it to the NFL and about 50 make an NBA team.**
- **Less than 3% of college seniors will play one year of professional basketball.**
- **The odds of a high school football player making it to the pros at all – let alone having a career – are about 6,000 to 1; the odds for a high school basketball player are 10,000 to 1.**

Take a hard look at these numbers and think about what will matter in the long run – **A COLLEGE EDUCATION.**

There is another question you probably have: What is the NCAA?

The Association was founded in 1906. It is made up of 1,200 schools classified in three divisions (Division 1 has 302 schools; Division 2 has 247; and Division 3 has 357). Schools in Division 1, which is divided into two divisions for football (Division 1-A and Division 1-AA), compete at the major college level.

The National Collegiate Athletic Association
700 W. Washington Street
PO Box 6222
Indianapolis, IN 46206-6222

All Packages: 1802 Alonzo Watford Sr. Drive
Indianapolis, IN 46202
Phone: 317-917-6222
Fax: 317-917-6888

A guide for College-bound student athletes and their parents may be obtained by logging on to www.ncaaclearinghouse.net.

**CENTRAL GREENE SCHOOL DISTRICT
ATHLETIC DEPARTMENT**

Young people learn a great deal from their participation in interscholastic athletics. Lessons in sportsmanship, teamwork, competition, and how to win and lose gracefully are an integral part of each team in our athletic program. Athletics play an important role, too, in helping the individual student develop a healthy self-concept as well as a healthy body.

A student's physical and mental health is just one of many concerns that the administration, coaches, and teachers have for your child's total well being. **Although there is no set policy against a student participating in more than one sport during any given season, we believe that students should play only ONE sport during the fall, winter, and spring sports seasons.** This is largely due to the grueling practice and academic workload for high school students. Students must remember that they are students first and athletes second. Trying to do too much will affect a student's health and also his/her academic and athletic performance.

VI. COMMUNICATIONS

Administrators:

Mr. Bob Stephenson High School Principal 724-852-1050
Mr. John Lipscomb Middle School Principal 724-852-2722
Mr. Justin Stephenson Assistant Principal/ Athletic Director 724-852-1050
Ms. Leslie Artkowsky Athletic Secretary 724-852-1050

Coaches and the athletic director are responsible for communicating information regarding the athletic program to parents. Parents are responsible for understanding the athletic program's rules, regulations, and requirements and the coaches' expectations.

Communication/Information Coaches Should Provide to Parents:

- Eligibility and playing criteria
- Coach's expectations of players and their parents
- Locations and times of all practices and contests
- Team requirements (i.e. special equipment, off-season conditioning, etc.)
- Team rules and guidelines
- Lettering requirements
- Disciplinary procedures
- Information regarding procedures to contact coaches

Communication / Information Parents Should Provide to Coaches:

- Notification of any schedule conflicts well in advance
- Specific concerns in regard to the coach's philosophy and/or expectations
- Information regarding student injuries and medical condition

Appropriate Concerns for Parents to Discuss with Coaches:

- Treatment of their child
- Ways to help their child improve
- Concerns about their child's behavior

Issues NOT Appropriate to Discuss with Coaches:

- Playing time / positions / assignments
- Team strategy
- Play calling
- Other student athletes

Procedures for Discussing Parental Concerns:

- Parents should not confront coaches or engage in discussion with coaches, either in person or via telephone, immediately before or after a practice or on a game day. **Discussions during times of high emotions do not promote resolution of issues.**

- Parents may discuss concerns with coaches via the telephone or request a meeting with the coach.
- If a parent meeting is desired, the parent should call the coach to schedule an appointment in advance.
- If the coach cannot be reached, the Athletic Director should be contacted to schedule the meeting.
- If the meeting with the coach does not provide satisfactory resolution, the parent may schedule an appointment with the Athletic Director to discuss the situation.
- Coaches may also schedule a meeting with the Athletic Director to discuss issues with parents.
- If the situation is still unresolved, additional meetings with appropriate administrators may be scheduled.

VII. STUDENT PARTICIPATION IN EVENTS

When a student becomes a member of a team or group, he/she is committing to all the rules and expectations of that team/organization and coach/advisor. These rules, regulations, and expectations are published prior to the season and signed by the student and his/her parents/guardians at that time. Full participation in extracurricular activities by any student requires skillful time management and prior planning for involvement in multiple events and activities.

This is part of the skills and advantages that participants develop and nurture through membership in extracurricular activities.

Acknowledging that students by nature of their youth and inexperience are still developing life skills which include time management and prioritization of responsibilities, the Board of School Directors, administration, and coaches shall encourage each extracurricular activity participant to strive to achieve the highest academic as well as athletic standards as an individual and as a team.

All coaches and sponsors will reinforce the premise that the student has the responsibility to maintain sound academic standings. If, during the course of planned season activities, a situation develops which places an academic activity at risk, it is the **student's responsibility** to bring this issue to the attention of their **immediate team head coach or sponsor** with a proposed resolution **prior to the start of the activity**.

Full participation and attendance at all competitions, practices, and events is expected of all participants. In the event of an extreme personal or family emergency and/or a conflict with academic demands, at the request of the parents/guardians and with the approval of the immediate team head coach or athletic director participation may be excused or abbreviated. This may only be arranged at the discretion of the team head coach or athletic director prior to the event. The head coach or athletic director may also grant these exceptions when the schedule presents an undue burden or academic strain on the students as a result of competitions/events being scheduled on two or more consecutive school evenings. **All arrangements must be made prior to the start of the event or competition.**

VIII. ELIGIBILITY

A. Age

Maximum Age Rule: A pupil shall be ineligible for interscholastic athletic competition upon attaining the age of nineteen (19) years, with the following exception:

If the age of 19 is attained on or after July 1, the pupil shall be eligible, age wise, to compete through that school year.

B. Attendance

In order to be eligible to participate in any interscholastic athletic contest, a pupil must have been regularly enrolled in a secondary school and in full time attendance thereafter. A pupil is eligible only at the school at which he/she is enrolled.

Students will be ineligible to participate in any activity or sport if he/she has missed more than **twenty (20) school days during a semester**, unless the absence is verified by a doctor's written excuse.

Students must attend **at least one (1) full period on the day of the practice to be eligible to participate in that practice. To participate in an event/contest, students must be in school by 11:30 a.m. of the same day of the event/contest and spend at least 3 and one half hours in school.**

How Absence Affects Eligibility: A pupil who has been absent from school during a semester for a total of twenty (20) or more days shall not be eligible to participate in any athletic contest until he has been in attendance for a total of forty five (45) school days following his/her twentieth (20th) day of absence, except where there is a consecutive absence of five (5) or more school days due to confining injury, death in the immediate family (as defined in Section 1154 of the Public School Code of 1949, as amended), court subpoena, or quarantine, or an absence of five (5) or more school days due to the same confining illness, such absence may be waived from the application of this rule by the District Committee.

Attendance at summer school does not count toward the required forty-five (45) days. Absence from school for an entire semester, or for several semesters, shall disqualify a pupil for the same period as stated in this section. Fifteen (15) days or more of enrollment in a semester in any secondary school shall count as one semester of membership. Attendance at summer school does not count as a semester or part of a semester.

C. Parental Consent

A pupil shall be eligible for practice or participation in each sport only when there is on file with the athletic training staff a certificate of consent, which is signed by the student's parent or guardian. The only valid certificate of consent is the P.I.A.A. Parent's Certificate. **NO ATHLETE WILL BE PERMITTED TO PLAY UNLESS THIS CERTIFICATE IS TURNED IN TO THE ATHLETIC OFFICE OR ATHLETIC TRAINER.**

D. Completion of Sports Physicals

Requirement: The Central Greene School District follows the guidelines of the Pennsylvania Interscholastic Athletic Association (P.I.A.A.) in requiring that all athletes participating in interscholastic competition have a pre-participation physical examination.

This exam must occur no earlier than June 1st for all sports. Starting in June 2008, one Comprehensive Physical will allow a student-athlete to participate the entire school year without getting recertified, unless they are injured. Injured athletes may be required to be recertified depending upon extent of the injury.

Physicals for Participation in Athletics:

The health and well being of every student is our top priority.

The following procedures will help ensure that the school district is in compliance with P.I.A.A. regulations requiring that all athletes participating in interscholastic competition have a pre-participation physical examination:

1. The date and place of pre-participation physicals will be announced daily in the school starting four (4) weeks prior to physicals being administered.
2. Students must obtain the PROPER forms from the Athletic Office. **No other forms will be accepted.**
3. Only **ONE** physical will be needed to participate in interscholastic sports during an academic year. However, students who are injured during a particular season will be required to be re-examined or certified that the student's condition is satisfactory before he/she may begin to practice in the next sports season or continue in the current season.
4. Completed physical forms are to be turned in to the head coach, athletic trainer or athletic office ONLY.
5. The trainer must approve all completed physical forms. The trainer will forward the names of all approved athletes to the head coach of that particular sport and athletic director.
9. Any athlete without the proper physical and completion of the pre-participation packet at the time of the first pre-season practice will not be permitted to practice or compete.

The ultimate responsibility for obtaining a physical exam and becoming eligible to participate in a sport will be up to the student.

G. Period of Participation

The period of participation is limited to students who have not:

- 1.) Been in attendance more than 8 semesters beyond the 8th grade; except in cases of long, confining illness or injury which necessitates repeating a grade. The District Committee may request the Board of

Control, in which such authority rests, to waive the 8-semester limitation providing all other eligibility requirements are met;

2.) Played four season beyond the 8th grade in any one form of interscholastic athletics; or

3.) No person who has been enrolled as a part-time or full-time student in an institution of college standing and who has participated in an intercollegiate athletic contest shall be eligible for interscholastic athletics.

IX. CURRICULUM AND ACADEMIC ELIGIBILITY

WCHS and MBM:

In order to be eligible for interscholastic athletic competition, a pupil must pursue a curriculum defined and approved by the principal as a full-time curriculum. Where required, this curriculum or its equivalent must be approved by, and conform to, the regulations of the Pennsylvania Department of Education and the Pennsylvania School Code, as well as any local policies established by the local school board. Eligibility shall be cumulative from the beginning of a grading period and shall be reported on a 9-week basis.

In order to be eligible for interscholastic athletics, a pupil must have passed at least four (4) full-credit subjects, or the equivalent, during the previous grading period, except as provided in Section 5 of the PIAA By-Laws. In cases where a student's work in any preceding grading period does not meet the standards provided in the "Eligibility" Section, the student shall be ineligible to participate in interscholastic athletics for the first fifteen (15) school days of the next grading period. At the end of the 15 days, the ineligible student may become eligible if his/her grades meet the minimum grade point average requirement of a 2.0 and is passing four (4) full credit subjects. Moreover, that student, who has obtained a 2.0 QPA but has not passed four (4) full credit subjects, will be ineligible to participate in their respective sport or activity. Students will be subjected to weekly grade checks using the preceding requirements while in season. Where a student's cumulative work from the beginning of the grading period does not as of any Friday meet the previous standards, the student shall be ineligible from the immediately following Sunday through the next Saturday and until minimum requirement of passing four (4) full credit subjects and maintaining a 2.0 QPA are met.

****At the end of the school year, the student's final credits in his/her subjects (rather than the fourth (4th) nine weeks) shall be used to determine his/her eligibility for the next grading period.****

X. ABSENTEE RULE FOR ATHLETES

In order for student athletes to compete or practice on a given day, they must attend at least **one (1)** class period that day. **If student athletes are not in school at least one (1) class period, they shall not practice that day. If student athletes are not in school at least half a day by 11:30 a.m., they shall not compete in a contest that day.** It is the student athlete's responsibility to check in at the office if they arrive beyond normal starting time. Further information can be obtained by reading the student handbook regarding school district's attendance policies.

XI. DROP-OUT POLICY FOR ATHLETES

Student athletes who dismiss him/herself from a team are INELIGIBLE to rejoin the team during that particular school year. Any student who does not see his/her said season through to completion is ineligible to receive any benefits and/or honors from being a member of said team.

XII. DETENTIONS, SUSPENSIONS and EJECTIONS

Students may not practice or play while under an out-of-school suspension. Students who are under an in-school suspension may not participate in practice and/or a game. A student suspended for Friday, Monday, and Tuesday may not participate in weekend school-related activities, including practice. A student who completes his/her suspension on Friday regains eligibility for Saturday.

Students who are disqualified from a game, match, or contest are not eligible to participate in the next scheduled game, match, or contest at the level (i.e. varsity, junior varsity, junior high or middle school) in which the offender was ejected. Students who are ejected from a game, match, or contest during the last game of the season will be disqualified for the first regular season game, match, or contest in the same sport during the next school year.

XIII. HAZING POLICY

It is the goal of the Central Greene School District to provide a safe and positive environment for students and staff that is free from hazing. Hazing activities are inconsistent with the educational goals of the district.

Hazing is defined as any activity that recklessly or intentionally endangers the mental health, physical health, or safety of a student for the purpose of initiation or membership in, or affiliation with any school organization or athletic team. Endangering one's physical health includes, but is not limited to, any act of a physical nature, such as whipping, beating, branding, forced calisthenics, exposure to the elements, forced consumption of any food, alcoholic beverage, drug, or controlled substance, or other forced physical activity that could adversely affect the physical health or safety of the individual. Endangering one's mental health includes any activity that would subject an individual to mental stress, such as prolonged sleep deprivation, forced or prolonged exclusion from social contact, forced conduct that could result in embarrassment, or any other forced activity which could adversely affect the mental well-being or dignity of an individual.

Any hazing activity, whether by an individual or a group, shall be presumed to be a forced activity, even if a student willingly participates.

The school's staff, administration, and coaches do not condone any form of initiation or harassment, known as hazing. Students who have been subjected to hazing are to promptly report the incident to the principal, athletic director, or coach. All complaints will be investigated and appropriate discipline will be enforced.

XIV. CANCELLATION OF PRACTICE AND COMPETITIONS/PERFORMANCES DUE TO INCLEMENT WEATHER

Based on a cancellation or early dismissal of school, as directed by the Superintendent of Schools, due to inclement weather, the following shall apply:

1. All rehearsals, practices, competitions, performances are cancelled unless administrative approval is given. Administrative consideration will be given to the need for the rehearsal/practice based on the immediacy of the competition/performance and the severity of the weather/road conditions.
2. All student activity coaches/sponsors may request permission to use school facilities on the day of cancellation. This must be done on a single day basis.
3. Students cannot be required to attend an approved activity/practice/rehearsal during a school closing. Participation must be voluntary.
4. All home activities involving spectators are cancelled.
5. **If an early dismissal occurs due to inclement weather, all activities are cancelled unless approval is given by the superintendent.**

XV. INSTRUCTIONS TO STUDENT ATHLETES

1. Athletes will not be permitted in any area of the building after school, except those areas designated by the coaches or athletic director.
2. Athletes should report immediately to the locker rooms after dismissal bell in the afternoon and practices should be scheduled to begin at a definite time.
3. No practice arrangements – formal or informal – are permitted without the presence of supervisory coaching personnel.
4. Students are not to remain after school unless coaches are present.
5. Athletic shoes with spikes are not to be worn in the building.
6. Athletes are to leave their automobile in the designated student parking areas.
7. You may not practice without properly signed physical cards returned to your coach.
8. All student-athletes are responsible for items that have been issued to them by the coach/equipment manager. Any and all equipment that is destroyed, lost, or damaged, is the responsibility of the player. Restitution for such items must be made prior to the next sport season. Failure to make restitution will result in the holding of report card and possibly diploma.
9. You are responsible for all of the enclosed guidelines.

XVI. ATHLETIC AWARDS

Letter Awards

Requirements for earning an athletic letter will be determined by the head coach. All students will be notified at the end of the season as to their lettering status.

These awards will be distributed to the coaches by the Athletic Director and then to the individual athletes.

Basic Rules that Apply to all Prospective Athletic Letter Award Candidates

1. All athletic programs within the school district must comply with all rules and regulations set forth by the Central Greene School District.
2. An athlete must display sportsmanship and conduct which exemplifies the school to his/her opponents, teammates, and officials.
3. An athlete must conform to all the training rules established by the coach for that given sport.
4. An athlete must have conformed to practices and game regulations, as established by the coach in that sport.
5. The athlete must have returned all the equipment issued to him/her to the satisfaction of the coach and/or athletic director. Restitution may be required.
6. In the event of injury or any other legitimate extenuating circumstances, letter awards will be made on the recommendation of the coach to the athletic director.
7. If the person has earned and has been awarded a letter and his/her conduct and behavior has been unbecoming, the award letter can be taken away by the coach and athletic director.
8. Each participant must satisfactorily complete the season, including individual and team post-season competition. If a student resigns from the team he/she may not receive a letter.

XVII. STUDENT INSURANCE

All student/athletes are required to complete one of the following:

- 1.) Purchase the student insurance through the Central Greene School District, which insures him/her while participating in athletics.
- 2.) Provide the district with information which indicates that the parent or guardian has adequate personal insurance coverage.

No student will be permitted to engage in practice or in any contest without being insured by one of the above plans.

XVIII. CERTIFIED ATHLETIC TRAINER

The school district provides a full time certified athletic trainer. Guidelines for the use of training facilities are provided to students by the coach at the beginning of each season.

1. Concussion Rule: If a student athlete has a concussion or concussion like symptoms a trainer has the right and the authority to hold that student athlete out of the competition at that point. The student athlete must be cleared by a doctor to return to that and or the next competition. A trainer can not allow or clear a student athlete to play after the initial diagnosis of a concussion, or concussion like symptoms, that has to be left for a doctor only.

XIX. DRUG and ALCOHOL POLICY

Any student using or possessing alcohol or using, possessing, buying or selling illegal controlled substances at a Central Greene School District building, facility, or event, shall be subject to the following disciplinary action:

First Offense:

Any student/athlete found guilty of the school district drug and alcohol policy during his/her school or middle school tenure shall be subject to the rules and regulations regarding expulsion from school in addition to team disciplinary action/consequences.

XX. INJURY PROCEDURE

The athletic trainer will be responsible for the prevention, management and treatment of all athletic injuries. All injuries must be reported to the athletic trainer as soon as possible.

Any athlete who is taken to a physician as recommended by the athletic trainer or by the parent as a result of a possible injury, must provide a medical release to the athletic trainer in order to return to participation in his/her sport.

The coach or designee must notify the parents and/or guardians of any serious injuries. If necessary, the athlete will be taken to the hospital for necessary care.

All injuries that occur during a practice session or during a contest must be reported to the Athletic Director in a timely manner. The athletic trainer, not a coach, will determine whether an injured player is capable of practicing and/or playing.

First Aid Kits

The athletic trainer's office will supply all first aid boxes and the necessary supplies. Supplies will be handled on a seasonal and as-needed basis. It is the coach's responsibility to secure the proper supplies. Medical kits must be returned to the athletic trainer at the conclusion of the current sport season.

Coaches should keep a list of all student emergency contact information with them at all times.

RAIDERS



IMPORTANT!!

We the undersigned have read the procedures and regulations outlined in the
Central Greene School District Student Athletic Handbook
and do here by agree to the terms as presented.

This form must be returned to each team coach before the first practice.

Athlete's Name: _____
(PLEASE PRINT)

Athlete's Signature: _____

Parent/Guardian Signature: _____

Phone: _____ **Date:** _____