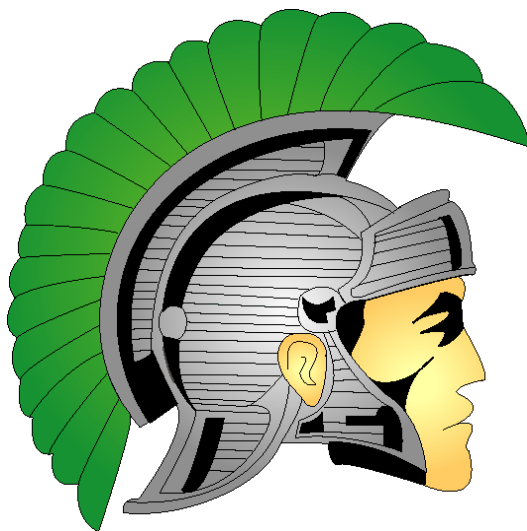


HUGHESVILLE HIGH SCHOOL



ATHLETIC HANDBOOK

2011-2012

**FOR
STUDENTS, COACHES
AND
PARENTS/GUARDIANS**

**Hughesville High School
349 Cemetery Street
Hughesville, PA 17737
(570) 584-5111**

This handbook is also available online at www.eastlycoming.net and
www.homeofthespartans.com

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Athletic Department Mission Statement

The athletic program of Hughesville High School is committed to the pursuit of excellence. The program is designed to:

- Promote the intellectual, physical, social and emotional development of the individual student
- Maintain the tradition of teamwork and responsibility and develop life skills through the participation in interscholastic athletics
- Foster parental and community support

We believe our success stems from the cooperation of all members of the community.

Goals:

The Hughesville High School interscholastic athletic program includes coordinated programs at the middle school and high school levels. These programs provide students with the opportunities to:

- Develop self-confidence through individual and team achievements
- Develop leadership, self-discipline, self-motivation, and a sense of commitment
- Experience working as a member of a team
- Engage in competitive and challenging activities
- Exemplify good sportsmanship
- Experience problem solving and decision-making
- Practice the principles of health, safety and physical fitness
- Engage in organized activities that promote unity among students, faculty and the community
- Practice and compete in facilities and with uniforms and equipment that promote a safe, competitive program and that generate school pride
- Receive and learn instruction in the skills of interscholastic sports.
- Receive coaching from individuals knowledgeable in their sport, who exemplify high standards of professionalism and support the District's educational mission

Athletic Department Philosophy and Purpose

At the foundation of the program is the belief that a commitment to a Spartan Athletic team allows for student-athletes to have the best opportunity for success. Student-athletes who make this commitment will have the opportunity to:

- develop and maintain physical fitness
- learn to work with others and develop leadership and other life skills
- set and achieve individual and team goals
- earn skills and strategies of the game
- practice good sportsmanship
- have fun

Hughesville High School Athletic Program

Nickname: Spartans

Colors: Forest Green and White

Conference: Pennsylvania Heartland Athletic Conference

PIAA District #4: AA Classification (for most sports)

Websites: www.eastlycoming.net, www.homeofthespartans.com

Varsity Sports Offered: Grades 9th-12th

FALL

V/JV Football Cheerleading
V/JV Football
Coed Golf
V/JV Boys Soccer
V/JV Girls Soccer
Girls Tennis
Cross Country (Indep.)

WINTER

V/JV Boys Basketball
V/JV Girls Basketball
Varsity Wrestling
Cheerleading Basketball
Cheerleading Wrestling
Swimming (Indep.)
Indoor Track (Indep.)

SPRING

V/JV Baseball
V/JV Softball
Boys Tennis
Boys Track & Field
Girls Track & Field

Junior High Sports Offered: Grades 7th-9th

FALL

JH Football Cheerleading
7th/8th Football
Freshman Football
JH Girls Softball

WINTER

7th Boys Basketball
8th Boys Basketball
9th Boys Basketball
7th/8th Girls Basketball
7th/8th/9th Wrestling
Cheerleading B-ball
Cheerleading Wrestling

SPRING

JH Boys Soccer
JH Girls Soccer

Freshman Team Selection – Depending on the sport offered, the coach may make a decision to allow a freshman student-athlete the opportunity to compete at the varsity level. That decision will be based with safety, maturity, competitiveness, and the best interest of the team and individual student-athlete. This decision should be made with the consent of the student's parent.

Championships – All Varsity PIAA sponsored sports will have the opportunity to compete for League as well as District and State Championships. The High School will provide transportation and funding to support the teams during post-season competitions.

Scrimmages & Games – Teams are permitted to have only two Varsity interscholastic scrimmages per season. Scores of scrimmages will not count toward regular season records. The number of regular season competitions may not exceed the maximum number allowed by PIAA. This number varies per sport.

Academic and Athletic Eligibility

Participation in the Hughesville High School Athletic Program is a privilege accorded to the students who meet all eligibility requirements and who represent their school responsibly. This handout outlines the requirements necessary for student-athletes to maintain that privilege.

Eligibility Requirements

Hughesville High School, along with all other public high schools and many private schools in Pennsylvania, is a member of the Pennsylvania Interscholastic Athletic Association (PIAA). The PIAA has established certain eligibility requirements that as a member school we must adhere to. Failure to comply with the PIAA rules will result in loss of eligibility to represent Hughesville High School in interscholastic athletics.

Cheerleading is a varsity sport offered at Hughesville High School, but is not recognized by the PIAA. Members of the cheerleading team are subject to the same rules and regulations as all other athletes.

Pre-Participation Requirements

Each student-athlete must turn the following into the Athletic Office before participation in any practice or games for any interscholastic sport:

- Must complete and turn in the CIPPE Form and the East Lycoming School District Student Athletic Contract
 - Section 1 -PIAA Emergency Information including medical insurance information
 - Section 2 – PIAA Certification of Parent/Guardian
 - Section 3 – Health History
 - Section 4 – Must receive a Pre-Participation Physical by an authorized medical examiner within the last calendar year
- OR**
- For Each Subsequent Sports Season AFTER turning in a valid CIPPE
 - Section 5 – Parent Re-Certification from-required before every subsequent season. Signed no earlier than six weeks prior to the start of the season (Supplemental Health History)
 - Section 6 – Physician Re-Certification form by an authorized medical examiner. The School’s health care providers will determine if this form is necessary based on the Section 5 information
 - Section 7 – Minimum Weight Class Certification - If student-athlete is participating in the sport of wrestling. This will be done by the Athletic Trainer
- Must be enrolled as a full-time student in Hughesville High School or be a resident of the East Lycoming School District and be recognized as a Home School Student. Students are NOT eligible to participate in Hughesville Athletics if they are enrolled in a Christian School, Private School or a Cyber School.

Age Requirements

High school age students, age 18 and under, are eligible to participate in interscholastic sports. If the age of nineteen (19) is attained on or after July 1, the student shall be eligible, age wise, to compete through the following school year.

Academic Requirements

A student athlete must meet the following academic requirements:

- A student athlete must pursue a curriculum defined and approved by the principal as a full-time curriculum.
- Every student athlete is required to do satisfactory school work.

The following regulations govern academic eligibility:

- Grades are reported to the athletic director by the teachers weekly during the season.
- Grade averages are based on the student's cumulative average to date during the marking period.
- Coaches are notified weekly about ineligible students who are averaging a 70% or lower and students who are averaging a 75% or lower in any course.
- Failing grades in two (2) or more subjects or one course with a credit value of 2.0 or greater will eliminate a student athlete from participation in games for the following week from (Sunday through Saturday). The purpose of the weekly ineligible period is to give students time to improve their grades. A student remains ineligible for the entire week.
- Students who have an average of a 75% or lower may be subject to athletic discipline from the coaching staff.
- Students in academic difficulty are encouraged to seek help by contacting their teachers and guidance counselors. Students on the Academic Attention list may receive athletic discipline from their coaches.
- Any student athlete failing two (2) or more subjects at the end of a marking period is ineligible for twenty (20) school days starting the day report cards are distributed. The same rule applies for students failing two (2) or more subjects at the end of a school year. In that case, the ineligibility starts the first day of school. Students passing summer school courses may become eligible at the start of the new school year.

Athletic Eligibility

- Your athletic eligibility extends only until you have reached the end of your fourth consecutive year beyond the eighth grade. Therefore, if you repeat a grade after eighth, you will be ineligible as a senior.
- Additionally, you may participate in (a) a maximum of six seasons in each sport during grades seven through twelve, (b) a maximum of four seasons in each sport during grades nine through twelve, and (c) a maximum of three seasons in each sport during grades seven through nine.
- You may participate in only one sport in each season during each school year.

- Students must stay in good behavioral standing within the School District and may not violate the Discipline Code as outlined in the Student Handbook. Violations may result in revoked privileges.

Transfers

- Refer to PIAA Guidelines for all Transfer Rules.

Amateur Status and Awards

- To be eligible to participate in a sport, you must be an amateur in that sport. Amateur status, and eligibility, is lost if you, or your parent or guardian, receive money or property for or related to your athletic ability, performance, participation, services, or training in a sport.
- You may receive awards only from your school, the sponsor of an athletic event, the news media, or a non-profit service organization approved by your school Principal.

Attendance Requirements

- A student athlete must be regularly enrolled at Hughesville High School and attending full time. If a student athlete is absent from school for a total of twenty (20) or more days during a semester, a student athlete will lose eligibility until he/she has been in attendance for a total of 60 school days following the student athlete's twentieth day of absence.
- Participating student athletes must be in attendance on the day of game or practice for the entire day.
- A student must be in school prior to 9 am or they will be marked absent and will record a half-day absent on their record. Any student arriving prior to 9 am will be marked tardy. All absences and tardiness will be treated as unlawful unless a written doctor's or lawyer's excuse is provided.
- No student is permitted to leave school property once he/she has arrived on school property. All students arriving late to school must sign in at the office before attending homeroom or classes.
- Students are allowed ONE tardy per sports season without penalty. After the first offense, students marked tardy will not be permitted to participate in an after school athletic or extracurricular activity. All students marked absent will not be permitted as well. This will be enforced by the coaches as per school policy.
- All students are required to attend practices and sporting events. If a student is going to miss practice they must notify their coaches. Penalties for unexcused absentees or tardiness to practice or events may vary depending on the sport and the coaches in their team rules.
- Early Dismissals must conform to the legal reasons stated in the PA School Code. All Early Dismissal forms must have an authorized signature from a doctor or lawyer before the excuse can be determined legal. Students may participate in extracurricular activities for Early Dismissals if they are deemed legal.

If a student misses a portion of a day, he/she may participate in games or practices the same day only if a doctor's excuse is presented the day of the absence. Coaches are responsible to enforce this policy. Parents may submit for consideration an exception to be granted to the Athletic Director and/or Principal for their approval.

Hughesville High School Season Passes 2011-2012

All Season Pass\$90.00
 Covers ALL home regular season events for the entire 2011-2012 Fall/Winter Seasons.

(NEW) Family All Season Pass.....\$150.00
 Covers ALL home regular season events for the entire 2011-2012 Fall/Winter Seasons
(for all immediate family members – additional cards provided, and must be presented at gate)

Fall Season Pass\$65.00
 Covers ALL home regular season events for the entire 2011 Fall Season.

Individual Fall Sport Season Pass

Varsity Football\$16.00
 Junior High/Freshman/JV Football\$15.00
 Boys Soccer Var/JV\$28.00
 Girls Soccer Var/JV\$28.00

Winter Season Pass\$75.00
 Covers ALL home regular season events for the entire 2011-2012 Winter Season.

Individual Winter Sport Season Pass

Girls JH Basketball 7th/8th\$24.00
 Boys Basketball Var/JV.....\$36.00
 Girls Basketball Var/JV.....\$36.00
 Wrestling Var/JH.....\$20.00
 Boys JH Basketball 7th/8th/9th\$21.00

The passes are accepted at all regular season home events for each sport. Passes are not valid for tournaments, league, district, or state playoff contests.

Senior Citizen passes are available at no charge to anyone age 65 and over who resides in the East Lycoming School District. They can be picked up in the District Office at the High School.

NEW - All ACTIVE military members will be admitted to any regular season Home Spartan Athletic Contest **FREE** of charge. You will be required to show ACTIVE military ID for admittance.

2011/2012 Athletic Admission Prices at the Gate

Varsity and Varsity/Junior Varsity Contests

Adult - \$4.00
 Student - \$1.00

Junior High and Junior Varsity Contests

Adult - \$3.00
 Student - \$1.00

Awards and Lettering

Hughesville athletics emphasizes the importance of teamwork and commitment. Participating in the athletic program is a way for students to enjoy games and learn the value of working together. Before any award is received, a student must meet requirements in scholarship, sportsmanship, athletic eligibility, and participation.

- Requirements for earning awards are established by the head coach of each sport.
- An individual sports awards ceremony is held at the end of each season. These ceremonies are arranged by the coach.
- At that ceremony the following awards are given by the coaches: Varsity letters and pins, Certificates of Participation, All-League pins and certificates and any championship trophies.
- The School District provides a Spartan Award and three additional awards to be chosen by the coach or the athlete's teammates. Additional awards may be purchased by the coach.
 - The Spartan Award is the top award that an athlete can receive for their team. The award recognizes an athlete with good character, leadership, ability and overall contribution to the team.
- The School recognizes four Senior Awards at the end of the school year for Female and Male Sportsmanship and Outstanding Athlete
- An athlete who fails to complete the full season including playoffs, district competition, etc., will not receive a Varsity Letter, or any other award or form of recognition.
- The Coach shall determine which athletes earned a Letter based on the criteria that they established in their handbooks prior to the start of the season.
- All first year Letter winners earn a Lapel "H", a pin and a Letter Certificate. Each additional Letter earns a pin and a Letter Certificate.

College Athletics

All students interested in playing intercollegiate sports at a Division I or II College must register with NCAA Clearinghouse during their senior year in high school. Forms and instructions may be obtained in the guidance office or contact the Athlete Director. Information on athletic scholarships is periodically given to students, and is also available in the guidance office.

Communication

AD, Coaches, Parents, Sports Boosters

The coaches and administration of Hughesville High School welcome communication with student athletes and their parents/guardians regarding any athletic issue. The Athletic Director is available by contacting the high school office. If you would like to speak to a coach the Athletic Director can give you his number or the Coaches may also inform student athletes of other work or home telephone

numbers or e-mail addresses where they can be reached. Refer to the written team rules given out at the beginning of each season for this information.

Contact Coaches to discuss...

- Any issue regarding an individual student athlete, including skills development and performance, team policies and regulations, and excuses for missed practices or contests.

Appropriate concerns to discuss with coaches:

1. The treatment of your child, mentally and physically
2. Ways to help your child improve
3. Concerns about your child's behavior

Issues not appropriate to discuss with coaches:

1. Playing time
2. Strategy
3. Play calling
4. Other student-athletes

Contact the Athletic Director to discuss...

- any health or safety concerns, the overall athletic program, transportation and attendance exemptions, academic or eligibility matters, or any concern that is not resolved through a parent-coach conference.

Contact Sports Boosters...

- to volunteer as a team parent, participate in fundraising events, Homecoming activities, and basketball and wrestling tournaments.

The line of communication to resolve issues should take place in the following order: Coach, Athletic Director, Principal, Superintendent, Athletic Committee, Board of Education

Equipment and Uniforms

Each athlete will be responsible for turning in his or her equipment at the end of the participating season. If any equipment is lost or stolen, it is the responsibility of the athlete to pay for the missing articles. The athlete will not be allowed to participate in the next sport season if equipment is not turned in or paid for. It is the responsibility of coaches to keep records of their equipment and report any names to the Athletic Director if an athlete violates this policy. If equipment or uniforms are not turned in an obligation will be issued and the student-athlete will not be permitted to receive their diploma until the obligation is fulfilled.

Expectations for Student-Athletes, Spectators & Captains

Student-Athletes

Each athlete is expected to display good sportsmanship and represent Hughesville High School with honor and dignity through appropriate behavior and play. The tenets of sportsmanship include following the letter and intent of the rules of each sport, respecting officials and opponents, and fostering an attitude of humility and graciousness in both victory and defeat.

All athletes are encouraged to be enthusiastic about the game and to exhibit the highest standards of sportsmanship.

- Students who violate the Hughesville High School Alcohol and Drug Policy will be subject to penalties outlined in the Student Handbook
- The use of performance-enhancing substances is prohibited. Violators may incur suspension from the team for all or part of the season.
- Fighting will not be tolerated. Violations will be dealt with by the administration and may incur suspension from school. Any student suspended from school for fighting will also be removed from the team they are playing on at the time of the suspension for the remainder of the season.
- Profanity and gestures on the part of the student athlete will not be tolerated at any time. Violations may be dealt with by the coach or by the administration, depending upon the severity of the offense.
- Student athletes are expected to treat officials, visiting teams, and spectators with courtesy and fairness at all times.

Student and Adult Spectators

The ideals of good sportsmanship, ethical behavior and integrity permeate the culture of high school sports. These high standards apply equally to all extracurricular activities. Our students shall:

- Lead desired crowd response using only positive cheers without demeaning opponents or opposing team fans.
- Treat opposing fans with courtesy and respect
- Know the rules and strategies of the contest in order to cheer at proper times.
- Recognize outstanding play of both teams.
- Maintain enthusiasm and composure, serving as a role model of positive behavior
- Realize a ticket is a privilege to observe and support high school activities
- Respect decisions made by officials and coaches
- Sportsmanlike conduct must be observed at all times. Derogatory remarks to our athletes, opposing athletes, or the referee/umpire will not be tolerated. Anyone making such remarks will be asked to leave.
- Indoor and outdoor athletic facilities are designated non-smoking areas.

An adult or student spectator may be asked to leave the athletic event without refund for any acts deemed unsportsmanlike or disruptive.

Student fans attending athletic events will be held to the same high standards as our athletes. Students who are asked to leave an athletic event due to misbehavior or swearing will be suspended from attending athletic events for a minimum of one event and are subject to the school's disciplinary policy. Students asked to leave an athletic event for the second time will be suspended from all athletic events for the remainder of that season. The third offense will result in a suspension from athletic events for 180 school days.

Captains

One of the goals of the Hughesville Athletic Program is to develop young men and women who are leaders. It is an honor for an athlete to be selected as a captain on a team. With that honor comes responsibility. There are a number of ways for the captain to be a leader. Some captains are vocal and enthusiastic on the court or field. Others lead by example. Regardless of their style, it is important that captains set the tone for the rest of the players. This starts with attendance at practice and games. It is important for captains to be at practice or games promptly so they can prepare themselves and their teammates to do their best that day. The coaches will look to captains to give 100% during practices and to help motivate their teammates to do the same. Coaches will look to captains to keep teams motivated when they are doing well, and also to keep spirits high if a team is experiencing a difficult period. Working to meet these responsibilities will help teams improve as a whole and will also help captains to develop their individual leadership skills.

Discipline

Discipline is not in and itself punishment. It is utilized to educate in the matter of self-control and interface with others to reduce disruption and increase the child's learning time. All student-athletes are subject to the District's Discipline Code as outlined in the Student Handbook. Coaches may distribute athletic discipline for student's failure to abide by team rules established in their Team Handbooks.

Dual Sport/Activity Participation Policy

As a general rule, students are encouraged to participate in only one sport per season (i.e., fall, winter, spring). However, in recognition that occasionally an athlete may be capable of, and/or interested in, participating in two sports during the same season, the following guidelines have been established to provide a consistent approach:

- Approval of the Athletic Director, both coaches and the athlete's parent/guardian must be obtained before each season begins.
- Prior to participation in either sport, the athlete will be required to designate a primary sport. This means that the athlete must attend all practices and contests of the designated primary sport before being allowed to participate in the secondary sport.
- The athlete must be in good academic standing and continue to be during the course of dual sport participation. If the athlete's academic performance noticeably decreases from their normal performance, and can be attributed to

the dual participation, the student may be required to withdraw from the secondary sport.

- If the athlete wishes to participate in the non-primary sport when there is a conflict, it may only be done with the approval of both coaches and the Athletic Director.
- If it becomes obvious that the athlete cannot fulfill the obligations of the primary sport or that by limited participation in the secondary sport a question of the ability to safely participate is raised, the athlete may be required to withdraw from the secondary sport.
- Transferring between sports—If an athlete quits one sport (in good standing) he/she may join another team during the same athletic season if done prior to the first athletic contest. Both coaches and parents must recommend the change to the Athletic Director who will rule favorably or unfavorably. The key factor in the decision will be if the change is in the best interest of both the team and the athlete.
- A student shall not be granted dual sport participation if it results in the loss of opportunities for other athletes; i.e., another student is cut or not selected for a team.
- All students that participate in dual sports or activities will be required to follow all the transportation guidelines found in this handbook.

Injury Procedure

Every effort is made to insure that injuries do not occur. Students are required to follow their coaches' procedures for conditioning, warm-up, stretching, and cool-downs, and to exercise caution when using athletic equipment.

- Students must report all injuries to the coach immediately so that proper treatment may be given. Do not leave a practice or contest without notifying the coach.
- There is an Athletic Trainer on duty after school and at home athletic contests.
- Athletes are encouraged to see the Athletic Trainer for proper care of all injuries.
- If the Athletic Trainer is called for the evaluation of the injury, he/she will determine the severity of the injury and, if needed, administer appropriate treatment.
- The Athletic Trainer will contact the athlete's parent in order to make arrangements to have the athlete picked-up or request that the coach speak with the athlete's parent.
- In serious emergencies, the Athletic Trainer will immediately call Emergency Medical Services, and then contact the parent.
- The Athletic Trainer will offer preventive bracing, taping, and wrapping. If student-athletes require any of the above, they must report to the Athletic Trainer.
- In the event that an injured athlete is referred to his or her physician for follow-up evaluation, arrangement to see the physician should be made as soon as possible.

- If an athlete must miss practices or games, per doctor's orders, a **written** excuse is required. The Athletic Trainer will also need written notice from the doctor that indicates when the athlete is able to return to full participation. The Athletic Trainer will then notify the coach of the athlete's status.
- The Athletic Trainer **must** be aware of injuries that occur outside of Hughesville Athletic events, including pre-existing injuries, chronic problems, or weekend injuries (especially during the season). This will help the athlete make a full recovery with minimal risk of re-injury.
- Each athlete who has a significant medical condition must make his/her coach aware of any special needs or precautions prior to the first practice of the season.
- It is the student's responsibility to report any medical issues or injuries as soon as they occur.
- Students are required to shower after practices prior to going home to prevent any infections and promote proper hygiene.

Levels of Participation

Students in grades 9-12 are eligible for selection to the varsity squad. Varsity teams are selected based on skill, fitness, knowledge of the game and dedication to improvement. The programs allow for a high degree of fluidity between teams based on who is improving throughout the season. At the middle school level, the main goals are to learn the skills of the game, demonstrate good teamwork, and display good sportsmanship. These goals are achieved through each athlete's participation in regular practices and scheduled games. Some athletes may get more playing time than others, but all athletes will be given the opportunity to participate. The amount of playing time will vary and be based on the coaches' decision.

Open Gyms and Sport Camps

- All out of season activities must be **completely voluntary**. There can be no scripting of activity, no attendance taken, no reporting to the coaching staff, and no implication that participation will affect an athlete's chances of being named to a team.
- Voluntary strength and conditioning programs are permitted. Coaches may design voluntary workout programs for their players.
- Coaches may give athletes the opportunity to attend summer camps. This is independent of the high school and is the student's choice to attend. Attendance to these camps shall have no bearing on the team selection during the season.

Pennsylvania Heartland Athletic Conference

As of the Fall of 2008, Hughesville High School is part of the Pennsylvania Heartland Athletic Conference (PHAC) for all sports. The PHAC is a 25 school coalition consisting of District IV high schools.

Rules for Sporting Events

Students and fans should follow all the expectations as outlined earlier in the Expectations for Student-Athletes, Spectators and Captains section. They shall also follow these specific rules:

- No Acts of Disrespect During Introductions or During the Game
 - No turning your back toward opposing teams
 - No booing opposing teams
 - No reading newspapers as a sign of boredom
 - No intimidating opposing players by holding pictures or yelling their names or references to their names
 - No direct comments to officials
 - No yelling or chanting during time-outs or at half time. Please respect the Cheerleaders time.
- Disregard Comments from Opposing Students or Adult Fans
- Behave in a Manner That Will Honor Your School
- No Body Paint Indoors
 - Only face paint is permitted. You will not be able to enter the building if you enter with body paint.
- No fighting or disruptive behavior

Scheduling of Events

All competition events will be scheduled by the Athletic Director. Coaches may have input on the schedule but the final decision will be made by the Athletic Director. Practice facilities will be scheduled by the Athletic Director. Coaches must communicate their plans for practice in advance to the Athletic Director so the facilities can be coordinated. Practice times may vary depending on the availability of facilities especially on days of inclement weather. Length of practices may vary and are up to the coaches' discretion as long as the student's safety and best interests are in mind.

School Closing and Severe Weather Policy

Severe Weather

The Athletic Director and Principal are responsible for calling games due to inclement weather for all home events. In the case of inclement weather, the Athletic Director will use his/her best judgment and error on the side of safety.

- If an event is postponed, the Athletic Director will contact the coaches and let the high school office know so they can make an announcement to the students. The postponement information will also be posted on www.homeofthespartans.com
- Postponed games will be made up according to league rules and/or by mutual agreement with the opposing school

Threatening Weather Watch

- Practice should be held on campus under close supervision. All athletes should be kept within an area where they can be called in if necessary.

- When games are started or are in progress when the watch is in effect, the coaches and officials will monitor the change in weather and if it becomes at all questionable, the contest will be suspended.

Lightning and Thunder

- When lightning is visible or thunder is heard, practices or contests will be suspended and all athletes and coaches will take cover for 30 minutes from occurrence.
- The occurrence of lightning and thunder are not subject to interpretation or discussion--**LIGHTNING IS LIGHTNING. THUNDER IS THUNDER.**

Warnings: Thunderstorm or Tornado

- If already practicing or playing when a thunderstorm warning is issued, use good judgment.
- If at practice or competing when a tornado warning sounds, please take cover immediately. All athletes will be directed to a safe location under supervision of the coach or coaches. Visiting teams will be encouraged to take cover at the site of the host school. All athletes will be kept in a safe place until the “all clear” is issued.

Good Judgment

- Always use good judgment when dealing with the weather. Take no chances with lightning or thunder.
- If there is a doubt-- **we will cancel.**

School Closings

- If school is closed due to inclement weather, the scheduled sporting events or practices may still proceed. There may be times when school is closed due to inclement weather before the start of the school day, but by mid-day weather conditions may improve permitting games or practices to be held. Each situation will be dealt with on a case-by-case basis.
- Common sense and good judgment must determine if conditions are safe to conduct such events. The Athletic Director and Principal will make the decision on practice and event postponements.
- If school is closed, practices cannot be mandatory because of safety issues. Coaches should let the Athletic Director know if they are planning to practice on days of school closings.
- The Athletic Director reserves the right to cancel any practices or events if he/she deems conditions unsafe.

Two-hour Delays

All events may proceed as scheduled. Students are required to arrive on time for school at the Two-Hour Delay Schedule. All attendance requirements are in effect for Extracurricular Eligibility that day.

Early School Dismissal

The superintendent is empowered to close the school district schools or dismiss them early in the event of hazardous weather conditions or other emergencies which threaten the health or safety of students and personnel.

- If school officials decide to dismiss school early due to inclement weather, **ALL** extracurricular activities including practices and events will be postponed. Coaches will not be permitted to conduct practices that day.

Sports Registration

Prior to the start of each season, the school will hold sports sign-ups and issue the CIPPE physical form to be filled out. The school also offers the physical procedures at no cost to the student-athlete. Students should complete the following procedure to register for a sport:

- Sign up for the sport during the time period of registration. Pick up and fill out the CIPPE Physical Form with their parents consent and signatures. Return the form to the Athletic Director, Athletic Trainer or the Nurse in exchange for a scheduled Physical Time, Report to the Nurse's office at the scheduled time to conduct your physical.
- All students are required to have a Comprehensive Sports Physical prior to the start of practice or competition. No student will be permitted to participate without a physical
- If the student missed his/her scheduled physical through the school, then they will be required to get a physical from their own doctor. The physical must be filled out on the CIPPE form.
- Depending on the number of participants, the student may have to go through a try-out to determine a Varsity and JV squad.

Tobacco, Alcohol and Controlled Substance Policy

Tobacco and Controlled substances will not be tolerated. Please refer to the Student Handbook for the complete policy on Tobacco and Controlled Substance. The following penalties will occur if a student-athlete is found in violation of these policies:

Tobacco Policy

On school grounds, property, or on a school sponsored activity

- 1st Offense – 10 Calendar day suspension from participation in athletic contests or extracurricular programs. Students may return to the team after the suspension is served. Students will receive 5 day suspension from school.
- 2nd Offense – 20 Calendar day suspension from athletic contests or extracurricular activities. Students are not permitted to practice until the total 20 days are served. Students will receive 10 day suspension from school.
- 3rd Offense – Suspension for balance of the year from athletic or extracurricular activities

Controlled Substance

Possession or distribution of a controlled substance will result in a violation of this policy. A controlled substance shall mean all substances prohibited by law, look-

alike drugs, alcoholic beverages, anabolic steroids, drug paraphernalia, prescription drugs or various other illegal substances.

- 1st Offense for possession- A referral will be made to the appropriate law enforcement agency. A minimum of 5 day school suspension and 20 calendar day suspension from any athletic or extracurricular activities.
- 1st Offense for distribution- A referral will be made to the appropriate law enforcement agency. A minimum of 10 day school suspension and may result in full suspension. Student will be suspended for one calendar year from any athletic or extracurricular activities.
- 2nd Offense for possession – Implementation of procedures for full suspension or expulsion and removal from participation in extracurricular activities for 40 calendar days or the balance of the season.
- 3rd Offense for possession – automatic expulsion from school and permanent suspension from extracurricular activities.

Any student found with possession of a controlled substance maybe required to undergo counseling. Any failure to comply with the counseling provisions will result in more stringent guidelines to be instituted.

Anabolic Steroids

- 1st Offense – Suspension from school athletics for the remainder of the sports season
- 2nd Offense – Suspension from school athletics for the remainder of the sports season and the following season.
- 3rd Offense – Permanent suspension from athletics

Students must pass a test to determine that no residual evidence of steroids exist for the student to return to competition following their suspension.

Reasonable Suspicion/Testing – If based on the student’s behavior, medical symptoms, or other observable factors, the Principal has reasonable suspicion that the student is under the influence of a controlled substance, the student may be required to submit to drug or alcohol testing. Testing may include but not limited to the analysis of blood, urine, saliva, or a breathalyzer test

Transportation

Riding together as a team to and from an athletic contest is part of the athletic experience. The following regulations govern athletic transportation.

- Students should behave in an appropriate manner to and from events. They will treat the bus driver with courtesy and respect.
- All members of an athletic squad must ride to and from scrimmages and contests on school-provided transportation.
- Exceptions to the above policy, which will make it possible for a student athlete to compete and still meet other school or family commitments, may be granted at the discretion of the Athletic Director.

- Students may be permitted to ride home with their parents from a sporting event if they present the coach with written permission signed by the parent.
- The request must include the method of transportation to be used, a statement of the responsibility for the student athlete's safety, the date(s), and the event(s) for which the exception is requested. A note from the parent with the necessary information is acceptable. Written requests for exemption from student athletic transportation must be signed by a parent/ guardian and turned in to the coach or Athletic Director.
- Students shall not drive to a sporting event with their own vehicle, unless under special circumstances, the student-athlete has prior approval from the Athletic Director as well as written approval from their parents.
- Students may only ride home from an event with their parent or guardian. If the student wants to ride home with someone other than their parent or guardian, they must have prior approval from the Athletic Director as well as written permission from their parents as well as the party that is transporting the student home.

**FOR ALL ATHLETIC SCHEDULES, CANCELLATIONS,
UPDATES AND OTHER INFORMATION PLEASE VISIT
WWW.HOMEOFTHESPARTANS.COM**