

PRINT NAME _____

**CONESTOGA HIGH SCHOOL PARENT/STUDENT
ACKNOWLEDGEMENT OF GUIDELINES AND AGREEMENT TO
OBEY INSTRUCTIONS**

Both the student and parent or guardian must read this form carefully, and then sign and return it to the Athletic Office before the start of the regular season

PIAA SPORT (Check applicable spaces)

- | | | |
|---|---------------------------------------|--|
| <input type="checkbox"/> Cross Country | <input type="checkbox"/> Basketball | <input type="checkbox"/> Baseball |
| <input type="checkbox"/> Football | <input type="checkbox"/> Swimming | <input type="checkbox"/> Lacrosse |
| <input type="checkbox"/> Field Hockey | <input type="checkbox"/> Winter Track | <input type="checkbox"/> Softball |
| <input type="checkbox"/> Golf | <input type="checkbox"/> Wrestling | <input type="checkbox"/> Tennis (Boys) |
| <input type="checkbox"/> Soccer | | <input type="checkbox"/> Track & Field |
| <input type="checkbox"/> Tennis (Girls) | | |
| <input type="checkbox"/> Volleyball | _____ | _____ Sponsored Club Teams |

We acknowledge that we have read the Parent/Student Guidelines and are aware of the Tredyffrin/Easttown School District's expectations and the consequences of failing to abide by the rules.

We are aware that participating in or practicing for any sport can involve risk of injury. Because of these dangers, we recognize the importance of following coaches' instructions regarding playing techniques, training and team rules.

(Student Signature)

(Date)

(Parent Signature)

(Date)

Date Received:

Rules and Guidelines for Student Athletes, Their Parents and the General Public

I. Board Policy 6146 Student Athletics (reprinted in full)

It is the philosophy of the Tredyffrin/Easttown School District that athletics is an integral part of a well-rounded education for all students. The purpose of this policy is to encourage and support a District athletic program that encourages and provides an opportunity for each student to be physically active in the context of the District's educational program. Therefore, in addition to physical education as a required subject, extra curricular athletic participation is made available to students on a continuing basis.

Definitions

"Interscholastic sports" are those which are funded and fully staffed by the District and compete under Rules and Regulations provided by the PIRA, or other applicable governing body.

"Intramural sports" are staffed and financially supported by the District, but are not governed by the PIAA.

"Club sports" receive some support from the District whether financial and/or through the use of facilities or equipment.

Guidelines

In keeping with the stated philosophy and purpose, the Board establishes the following guidelines for its athletic program:

1. Establishment of Program - Athletics are offered by the District, consistent with regulations of the State Board of Education and the Pennsylvania Interscholastic Athletic Association (or other applicable governing body), as an integral part of the District's educational program designed to foster certain qualities and attitudes in participating students. Primary among these qualities and attitudes are

- physical fitness
- self discipline
- loyalty
- leadership
- cooperation and teamwork
- good sportsmanship and fair play
- an appreciation of, and capacity for, competition
- the ability to establish and attain goals
- an interest in life long athletic endeavors

Since these values can be taught in the classroom or virtually any athletic endeavor, the athletic program shall encompass not only classroom instruction, but a variety of out of classroom activities to enable students with a wide range of interests and abilities to participate and benefit. High school students, with the exception of ninth grade students, may earn physical education credit by participating in approved athletic activity.

2. **Staffing** - Special efforts shall be made to attract and hold a highly qualified, experienced staff that is oriented to the teaching aspects of both curricular athletic programs and the extra curricular programs/
3. **Equal Opportunity** - The District will operate athletic programs in compliance with all applicable Federal and State laws including Title IX of the Educational Amendments of 1972. Separate teams based on gender may be sponsored for male and female students based on skill levels or where the activity is a contact sport. Where no comparable sport or activity is available to a member of the other gender, a student of the excluded gender may try out for the team on an equal basis with other participants, except in specific sports as designated in Administrative Regulations. When another district fields a team in a designated male or female sport with one or more members of the other gender as a participant, the principal, or coach as authorized by the principal, will determine whether or not to participate in the contest. Factors to be considered are:
 - safety concerns for our team members
 - willingness to participate on the part of our coaches and team members
 - consequences which may be imposed by the league or the PIRA, including forfeiture or other sanctions

The District will take affirmative action to ensure that a balanced program for men and women is maintained at all times. The following factors shall be considered in assessing the balance of the program:

- the nature and extent of the sports offered and their accommodation of the interests and abilities of men and women both in terms of sports and levels of competition offered
- the provision of equipment and supplies
- the scheduling of games and practice times
- the provisions for travel
- the quality and extent of the coaching provided
- the assignment and compensation of coaches
- the provision of locker room, practice, and competitive facilities
- the nature and extent of publicity

Although equal aggregate expenditures shall not be required, financial resources shall be allocated as necessary to provide facilities, equipment, supervision, supplies, and opportunities for participation and competition which equally accommodate the athletic interests and abilities of both men and women.

4. **Program Equity** - In keeping with the stated philosophy of the athletic program, the administration, and coaches constant and deliberate efforts shall be made to:
 - ensure meaningful value is accorded to all sports, and ensure adequate attention is paid to participants in all sports regardless of public attitudes
 - encourage the student body at large to participate in intramural athletics.
5. **Competitive Dimension** - While winning is a dimension in any sports context and while a certain measure of team and individual success is required if a student is to develop the qualities and attitudes for which the program is established, it is

in the best interest of all participants that the competitive dimension of the program also emphasizes participation by many students, respect for opponents and officials, respect for one's coach and teammates, and attention to improving one's skills.

- 6. Management - since athletes are part of the educational program designed to meet the needs of the participants, all activities shall be organized and scheduled strictly for the benefit of the participating students. Every effort shall be made to schedule athletic events after regular class hours so that students will not have to be excused from class.**
- 7. Financial Support of Interscholastic Activities - Within budgetary limitations and where deemed appropriate by the Board, the Board shall provide the facilities, equipment, supervision, and supplies to be competitive with other schools. Strict attention shall be paid at all times to protecting the health and safety of all participants.**
- 8. Extracurricular Program Offerings - The specific sports offered for men and women, and the levels offered in each sport, shall be reviewed by the principal of each building on an annual basis to ensure the overall program meets the requirements of this policy and assures maximum educational value for the resources expended. The following factors shall be considered in recommending, and by the Board in assessing, the possibility of adding a new sport or adding a new level of an existing sport.**

contribution to the goals of the District and athletic program
effect on the balance between athletic opportunities for men and women
sustained interest by enough students to qualify as a team
financial feasibility, including insurance costs
availability of qualified coaching staff
cost and availability of facilities appropriate to the demands of the sport
availability of competition at other schools
safety issues and the ability of the school administration to provide adequate supervision of the program.

The same factors shall be considered when the elimination of a sport or level is contemplated.

A new sport shall normally be offered either as an intramural or club sport while student interest grows and participation develops. When appropriate and when student interest warrants, an existing community based athletic program may be incorporated into the school program.

In all these activities, students shall be subject to school and Board policies, including regulations of the Central Athletic League and the *PIAA* if applicable. All extracurricular interscholastic sports are offered subject to *PIAA* rules and regulations whether competition is specifically regulated by the *PIAA* or not.

II. Conestoga High School Rules and Guidelines for Student Athletes

Participation in interscholastic sports is not a right. Representing Conestoga High School is a privilege that every student athlete must earn. Each of the following conditions must be met to be eligible to participate in interscholastic sports, intramurals, and club sport:

1. Comply with PIRA and Conestoga High School academic standards:

a. PIAA.By laws - Article IX, Curriculum

i. In order to be eligible for interscholastic athletics, a student must have passed a minimum of at least four (4) full credit subjects, or the equivalent, during the previous grading period. This article also applies on a weekly basis. Back work may be made up providing it is in accordance with the regular rules of the school.

In addition, Conestoga High School student athletes who fail two or more full credit subjects, or their equivalent, are ineligible.

ii. In cases where a student athlete's academic work in the preceding grading period does not meet the standards provided for this article, the student shall be ineligible to participate in interscholastic athletics for the first fifteen (15) school days of the next grading period. (Section 3)

iii. At the end of the school year, the student's final grade rather than the last marking period grade shall be used to determine eligibility for the next grading period. (Section 5)

2. Comply with the maximum age rule - Article I, Section 1

If the age of nineteen (19) is attained on or after July 1, the student shall be eligible to compete through that school year.

3. Adhere to the Period of Participation rule - Article VII, Section 1

Any student shall not represent this school in interscholastic sports if he/she has:

- a. been in attendance more than eight (8) semesters beyond the eighth grade
- b. played six (6) seasons beyond the sixth grade in any one form of interscholastic sports
- c. completed the work of grades nine, ten, eleven, and twelve inclusive.

4. Obey the Attendance rules - Article III, Section 2

a. Any student who has been absent from school during a semester for a total of twenty (20) or more school days, shall not be eligible to participate in any athletic contest until he/she has been in attendance for a total of sixty (60) school days following his/her twentieth (20) day of absence, except where there is an excused absence due to death in the immediate family or of a near relative as defined in Section 1154 of the Public School Code of 1949, as amended; court subpoena; quarantine; or to attend a religious activity/function which the church requires its members to attend; or an excused absence of five (5) or more school days due to the same confining illness or injury, such excused absence may be waived from the application of this rule by the District Committee. Attendance at summer school does not count toward the sixty (60) days required.

Absence from school for an entire semester, or for several semesters, shall disqualify a student for the same period as stated in this section.

b. Daily Attendance

i. An athlete shall not participate in an athletic contest or practice on a day he/she has been absent from school without a just reason and prior approval from the Athletic Director.

ii. An athlete must be present in school by 10:30 AM on the day of a contest, or, if a contest is played on Saturday, he/she must be present on Friday by 10:30 AM. Permission to participate under special circumstances may be granted by the Athletic Director or the Principal.

5. Guidelines for Ethical Behavior of Conestoga High School Student Athletes

- a. Maintain personal habits which enhance healthy living. It is the responsibility of every athlete to immediately report all injuries to their coach and the athletic trainer especially:
 - head trauma
 - skin rash or skin lesions
- b. Acknowledge one's own strengths and weaknesses;
- c. Respect differing points of view;
- d. Refrain from participation in any form of harassment or discrimination (Refer to Policy 6141 or page 33 of the Conestoga High School Code of Student Conduct)
- e. Strive for the highest degree of excellence;
- f. Abide by the spirit of the rules as well as the letter of the rules throughout all games and practices;
- g. Treat all players, officials, and coaches with respect and courtesy;
- h. Respect and accept the decisions of the coaches. When decisions are questioned, the participants should direct questions to the coach in private and follow appropriate channels to voice concerns;
- i. Refrain from engaging or participating in any form of physical or mental hazing (Refer to Policy 5421 or page 33 of the Conestoga High School Code of Student Conduct)
- j. Train in order to achieve one's fullest potential;
- k. Respect all opponents;
- l. Recognize and value the contribution of each team member;
- m. Keep the importance of winning in perspective;
- n. Refrain from using tobacco (Policy 5411)

First offense - 1 days suspension

Second offense -2 days suspension

Third offense - 3 day suspension

Athletes will also be subject to their coach's rule which may result in dismissal from the team. Such a rule is supported by the Athletic Office and is not subject to appeal.

- o. Refrain from the use of Alcohol or Illegal Drugs (Regulation 5405)

Any student found in violation of Policy 5405 for the first time shall be suspended out of school for five (5) days and will not be permitted to participate in school-sponsored activities (sports) for thirty (30) school days following the infraction. A student with more than one violation of Policy 5405 will be suspended from school for ten (10) days and not permitted to participate in school-sponsored activities (sports) for sixty (60) school days following the infraction.

Athletes will also be subject to their coach's rule which may result in dismissal from the team. Such a rule is supported by the Athletic Office and is not subject to appeal

- p. Refrain from the use of anabolic steroids (Regulation 5405)

The following are the penalties for anyone found illegally using anabolic steroids:

First violation - suspension from interscholastic athletics for the remainder of the season.

Second violation - suspension from interscholastic athletics for the remainder of the season and the next season.

Third violation - permanent suspension from interscholastic athletics.

- 6. **Students engaged in interscholastic sports, intramurals, and club sports as well as spectators are expected to exhibit proper sportsmanship and etiquette and observe the guidelines established by the PIRA (PIAA. org)**

All school rules are in effect during Conestoga events, home or away. Infractions may result in the ejection from events, Evening Supervised Study, external suspension, police involvement and/ or loss of privilege to attend future events. Athletes and other participants may be suspended or excluded from a sports team or school event for improper conduct, whether or not committed while participating in the sport or event. This includes but is not limited to sale, possession, or use of drugs alcohol , or tobacco.

Students who are members of athletic teams or participants in school activities who violate the Code of Conduct or commit improper conduct during non-school hours may be subject to suspension or dismissal from the team or activity.

7. Conestoga High School Athletic Department Pre-participation Requirements

Athletes are not eligible to participate in any interscholastic sport, intramurals, or club sport until the following PIRA forms have been completed and submitted to the Athletic Office.

- a. Parent permission form signed by parent or legal guardian
- b. Physician's certificate signed and dated
- c. Medical history form completed
- d. Completed Coach's Emergency Medical Form

8. Missing Practices or Games

- a. An athlete should always consult his/her coach before missing practice or a game. Missing practice or a game without a satisfactory reason is a serious matter. The following rules regarding attendance at practice or games will be strictly enforced:
 - i. Any currently enrolled student who reports late to preseason practice must participate in ten(10) regularly scheduled practices before he/she may be eligible for interscholastic scrimmage or competition. At the discretion of the coach, any student reporting a week or more late to pre-season practice without a valid excuse(illness, family emergency) may be denied participation in the sport.
 - ii. Any athlete who misses three (30 or more days of practice and/or competition during a school recess period without a valid excuse (illness, family emergency) must participate in the same number of practices before he/she can be eligible for interscholastic competition.
 - iii. Practice sessions held by coaches on days when school is closed due to inclement weather are optional.
 - iv. Violation of the Conestoga High School "Code of Student Conduct" which requires administrative action will be handled in accordance with the provisions of the specific sections of the Code of Student Conduct. Athletes will receive no special exemption.
 - v. Coaches are prohibited from scheduling or conducting team practices without a member of the coaching staff present and shall actively discourage team members from setting up such practices on their own. (See Regulation 6146)

9. Travel

- a. Athletes must travel to and from away contests with the team, using transportation provided by the school district. The exceptions are:
 - i. Injury to the athlete which would require alternative transportation.
 - ii. Prior, approved arrangements made in writing between the athlete's parent/guardian and the athletic director, with the coaches understanding. Such arrangements should be made a minimum of 24 hours in advance of the event.

10. Equipment

School equipment issued to the student athlete is his/her responsibility. The athlete is expected to keep it clean and in good condition. Loss of or damage to any equipment beyond normal wear and tear is the athlete's financial responsibility. The athlete can not participate in another sport until equipment is returned or the financial obligation for lost equipment is satisfied. Students who purchase their own equipment must have the approval of their coach.

11. College Recruitment

It is the athlete's responsibility to know the limitations placed on student athletes and NCAA member schools and/or professional agents. Information on recruiting is available through the athletic office and student services.

12. Dropping or Transferring Sports Teams

- a. Any athlete who tries out for a team and is cut by the coach has the right to try out for another team if that team has a no cut policy.
- b. If an athlete begins trying out for one team and drops that sport to try out for another sport, he/she must have the approval of the head coaches of both sports involved as well as the athletic director.
- c. If an athlete is suspended from a sport he/she may not participate in another sport until the next athletic season begins.

III. Conestoga High School Rules and Guidelines for Parents and the General Public

The Tredyffrin/Easttown School District strongly encourages mutual cooperation for the betterment of the District's athletic program. Coaches, athletes, parents, and administrators working in harmony can provide the optimal athletic opportunity for each student athlete. To achieve this it is recommended that all adults involved:

- 1. Assure that all PIAA, Central Athletic League, and District safety requirements are complied with fully;**
- 2. Recognize that behavior at contests which is positive in nature and supportive of the participants best enhances the District's philosophy;**
- 3. Encourage and support the programs and the participants;**
- 4. Support team rules and these guidelines;**
- 5. Foster good manners, integrity, respect for authority, sportsmanship and fair play;**
- 6. Recognize the value and role of athletics in an educational setting;**
- 7. Appreciate the inherent talent and abilities of players and coaches;**
- 8. Realize that adults at athletic events are role models for children in attendance.**

There may be a time that you will want to speak to a coach about your son or daughter. Before, during, or immediately after an athletic event is not an appropriate time. Athletic contests are highly emotional times for athletes, coaches, and fans. All coaches can be reached by telephone or email and an appointment can be arranged at a mutually agreed upon time and place. It is helpful and a more productive use of time to inform the coach regarding specific topics you want to discuss so that he or she may fully prepare for the meeting.

Fan Conduct and Behavior

The Tredyffrin/Easttown School District does not support nor will it tolerate rude or unsportsmanlike behavior. Anyone behaving improperly will be asked to stop and warned that if such behavior

continues it will result in their ejection from the event. If the improper behavior persists the individual or group of individuals will be escorted from the premises by the police. At this point it is no longer a school matter but rather a police matter.

Assault on Sports Officials

In the State of Pennsylvania assault on a sports official is a misdemeanor of the first degree. The penalty for the offense is up to five years in prison, up to a \$10,000.00 fine, or both.

A person, who violates Crimes Code Section 2712 *Assault on Sports Official*, where the victim is a sports official who is assaulted during a sports event or was assaulted as a result of his or her official acts as a sports official, is guilty of assault on a sports official. A *sports event* is any interscholastic athletic activity in junior high school, high school, college or university in the Commonwealth. A **sports official** is a person at a sports event who enforces the rules of the event, such as an umpire or referee, or a person who supervises the participants, such as a coach. The term includes a trainer, team attendant, game manager, athletic director, assistant athletic director, principal, and assistant principal of a school.