

Brandywine
Heights Athletic
Handbook



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Bullet Athletics Mission/Vision/Core Values

MISSION STATEMENT:

BULLET ATHLETICS: Building teams that students, staff and community can all be proud of in every sport.

VISION STATEMENT:

BULLET ATHLETICS: Creating a winning culture where teams compete with passion, purpose and a relentless spirit.

CORE VALUES:

- **Building a positive Identity: We define who we are.**
- **“Fight” for our school, teammates, and coaches.**
- **Play and Coach with passion.**
- **Demonstrate the highest level of sportsmanship.**
- **Athletes and Coaches demonstrate a positive attitude.**
- **Commitment and Dedication to the team...the team...the team!**
- **Leaders on and off the courts and playing fields.**

Bullet Athletics

Goals & Pillars For Success

ATHLETIC EXCELLENCE	HIGH PERFORMING TEAM	SAFE AND SUPPORTIVE ENVIRONMENT	FAMILY AND COMMUNITY ENGAGEMENT	DEPARTMENT EFFECTIVENESS
Excellence in the classroom and on the playing field	Recruit and retain the best coaches	Promote Health and Wellness	Increase Family and Community Involvement	Improve Customer Service
College and Career Readiness	Optimize Coaches strengths with targeted professional Development	Ensure Safe Environments	Increase student body involvement	Strategic Focus
Expand Opportunities	Succession Planning	Develop, Maintain and Improve safety policies and procedures	Collaboration with Youth Sport Organizations	Fiscal Responsibility

Develop a Winning Culture	Embrace performance evaluation and accountability	Mental and Physical toughness	Strengthen Business and Community partnerships	Enhance Department Systems and Structures
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Interscholastic Athletic Opportunities

Fall Season

MS & HS Cheerleading
MS & HS Boys' & Girls' Soccer
MS & HS Girls' Field Hockey
MS & HS Girls' Volleyball
MS & HS Football (with Kutztown)
HS Co-ed Golf
HS Girls' Tennis
HS Co-ed Cross Country (with Oley)

Winter Season

MS & HS Cheerleading
MS & HS Boys' & Girls' Basketball
MS & HS Co-ed Wrestling
HS Bowling (with Oley Valley)
HS Club Indoor Track (with Kutztown)
HS Club Swimming

Spring Season

MS & HS Baseball
HS & MS Softball
MS & HS Co-ed Track & Field (with Kutztown)
HS Boys' Tennis
HS Boys' Volleyball

Requirements for Sports Participation

Each athlete must complete the following requirements prior to athletic participation:

1. Submit completed registration and all required sections through Planeths.com including the PIAA Pre-Participation Physical (Section 6).
2. Satisfy activity fee requirements for the current school year. Athletes may have the medical exam performed either by the school physician or by a private physician. However, the Brandywine Heights Area School District will not cover the cost of any private physical. School sponsored physical dates and times will be advertised, and made available prior to each sports season. **Physicals must be dated after 6/1 for the current school year.**

Student Insurance

1. The school district does not carry insurance to cover student athletic injuries.
2. Athletes must verify that they are covered by a family insurance plan prior to athletic participation.

Practices

Summer Preseason Practices (High School):

PIAA designates the “3rd Monday before Labor Day” as the first day of practice for fall sports teams. This ensures that teams will have had approximately 3 weeks of practice prior to their first game. Athletes interested in participating in a fall sport should expect to begin practice in mid-August. Wherever possible, summer vacations should be scheduled prior to the “3rd Monday before Labor Day.” Athletes who miss summer preseason practices/tryouts must contact the head coach prior to the absence and be willing to assume the consequences related to their status on the team.

Sunday Practices and Contests:

The PIAA requires a team to have one day off during a calendar week, from Sunday through the following Saturday. Under certain circumstances, a team may practice on a Sunday after 12:00pm. If a practice is scheduled on a Sunday, the team will have at least one day off during the week, from Monday through Saturday.

Vacations:

Vacations by athletic team members during a sport season are discouraged. In the event of an unavoidable absence due to a vacation, the athlete must contact the head coach prior to the vacation and be willing to assume the consequences related to their status on the team as a starter.

Joining a Team After the Season Starts:

Any athlete who comes out for a team during the season must have five (5) days of practice before they can compete in a contest. This is to ensure the general health and well-being of the student and allow the athletic department time to validate his/her eligibility.

Conflicting School Activities

The following guidelines should be observed in the event that a student has two (2) conflicting school activities.

Practice vs. Practice:

1. The student must split the overlapping time equally between both activities.
2. Alternative arrangements can be made with the prior permission of **BOTH** activity advisors.

Practice vs. Contest:

1. The student must attend the contest.
2. Alternative arrangements can be made with the prior permission of **BOTH** activity advisors.

Contest vs. Contest:

1. The student may choose which activity to attend.
2. The student may not be penalized in any way for his/her decision.

Postponement or Cancellation of Games or Practices

Please keep in mind that EVERY effort is made to ensure quick and proper communication of any schedule changes that occur. For the most up-to-date information concerning game changes, please visit <https://bulletathletics.org/>. This link will take you to a current athletic schedule and game locations. This site is updated immediately as changes are made. You can sign up to receive email or text message notification of schedule changes from this link <https://bulletathletics.org/auth/new>. Postponements/cancellations during the school day may be announced to the students at school. Coaches will also notify the parents and/or students of the cancellations.

Inclement Weather:

1. Cancellations and postponements of contests may be made by the Athletic Director due to weather events, such as severe weather, that will impact the quality of play or student safety.
2. Cancellation of school will result in cancellation of all school activities including athletic practices and contests.
3. If a playoff contest is scheduled on the date of the school closing and is not postponed by the governing body, the school teams will participate in the contest if travel to the contest can be made in a safe manner.

Rules & Regulations

The "Student-Athlete Handbook" shall apply to any actions, on and off school premises, in season and out of season. Failure to adhere to any school or team regulations may result in **BOTH** school and team penalties. The extent of discipline will depend on the degree of the infraction. These policies are not all-inclusive and are intended as a guideline for student-athlete behavior. All situations are subject to review by the proper administrative channels. Students should note that participation in athletics is not a guaranteed right, but a privilege that is earned in part through good citizenship and good academics.

PIAA Policies:

All secondary schools of the Brandywine Heights Area School District are members of the Pennsylvania Interscholastic Athletic Association (PIAA) and subscribe to the philosophy and intent of its by-laws. The PIAA by-laws that pertain to age, awards, attendance, health, transfers and residence, participation, representation, curriculum, and seasonal rules will be followed. Copies of the PIAA policies can be found at www.piaa.org.

Age:

A student shall be ineligible for interscholastic athletic competition upon attaining the age of 19, with the following exception: If the age of 19 is attained on or after July 1, the student is eligible, age-wise, to compete through that school year.

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.

Attendance

1. Student-athletes are expected to attend all classes on the day of a contest and the next school day following the contest. **Habitual or unexcused absence before or after a contest may result in suspension from the team.**
2. **If a student is absent from school for the entire day**, the student may not practice or participate in athletics that day.
3. **If a student is sent home by the school nurse before the end of the day due to illness (and does not return)**, the student may not practice or participate in athletics that day.
4. **If a student leaves early for any reason and does not return by the end of the day**, he/she may not practice or participate in athletics that day. To be eligible to practice or participate in athletics that day, the student must return with a school sanctioned excuse and the absence must be exempt as defined in the "Brandywine Heights Student Handbook."
5. Athletes must be in school by 7:34am for high school athletes and 7:45am for middle school athletes on the day of a practice or contest. Athletes arriving after the start of school must provide a school sanctioned excuse in order to participate in a practice or a contest.
6. **Athletes arriving after 11:00am** will only be allowed to participate in a practice or a contest with an exempt excuse, which is explained in the "Brandywine Heights Student Handbook."
7. No student shall practice or participate in athletics during any period of suspension.
8. Team members are expected to be present at all practices, team meetings, contests, and special occasions unless excused by the head coach.
9. Any exception to the attendance rules must have prior approval of the athletic director or principal.

Physical Education Participation:

If an athlete does not participate in his/her physical education class due to an injury, that athlete will not be permitted to take part in any practice or game that day unless a written doctor's excuse indicates otherwise.

Sport Specific Team Rules:

Team members are required to obey any sport specific team policies developed by the coaching staff. Such policies must be consistent with district policies. In addition, team rules will be approved by the athletic director & distributed to all team members at the start of the season.

Sportsmanship:

Student-athletes at Brandywine Heights are expected to always display good sportsmanship. Students who display unsportsmanlike conduct toward an opponent, official, coach, and guest or district personnel may be:

1. Temporarily suspended from their current athletic team,
2. Dismissed from the current athletic team with loss of all awards earned during the current season,
3. Removed from all further athletic programs for up to one year.

Examples of unsportsmanlike conduct that will not be tolerated are use of profanity, aggressive behavior, or fighting with opponents outside the lines of competition.

Transportation:

1. Participants are required to use school transportation to & from all athletic events.
2. Exceptions to this rule will be made only under the following conditions: Athlete must have an email or written note from the parent/guardian that will be providing transportation home. Note from the parent/guardian must be given to the head coach, 24 hours in advance of the contest.
3. All school bus rules are in effect during rides to & from athletic events.
4. No spikes or cleats may be worn on the buses or vans.
5. Buses and vans should be cleaned out after each trip.
6. No equipment may be stored in the aisle of the vehicle.

Academic Eligibility

1. To be eligible for interscholastic athletics, a student must pursue a curriculum defined and approved by the district administration.
2. Eligibility shall be cumulative from the beginning of a grading period and shall be reported on a weekly basis.
3. The academic reporting period will be from 8:00am on Mondays to 3:00pm on Thursdays. *In the event of a shortened week, eligibility will always be run on the last school day of the week.
4. If an athlete fails two or more courses on a weekly report, he/she will be ineligible to participate in contests for a period of one week.
5. An ineligible athlete may practice providing he/she attends daily tutoring sessions for 45 minutes and has a note stating such from the tutor. If the ineligible athlete does not attend tutoring or no tutoring sessions are offered on a particular day, the athlete may not practice that day.
6. The weekly ineligibility period begins on Monday and continues through the following Saturday.

7. If an athlete is failing two or more subjects for a marking period, he/she will be ineligible to participate in contests for the first 15 school days of the next marking period.
8. Athletes who drop a course and have an average grade of "F" will be required to carry that failure toward eligibility for the remainder of the school term.
9. Athletes who enroll at a BHASD school for the first time must comply with the requirements contained herein. The standing required for the preceding grading period or previous year shall be obtained from the records of the last school which the student has attended.
10. At the end of the school year, the student's final grades shall be used to determine his/her eligibility for the next grading period.
11. Athletes failing two or more courses at the end of the academic year, including summer school, will be ineligible to participate in interscholastic scrimmages or competitions for the first fifteen 15 school days of the new year. Athletes ineligible for the first fifteen 15 days of a new school year will not be permitted to compete in interscholastic scrimmages or competitions during this fifteen 15 day ineligibility period.
12. A student who attends summer school and corrects deficiencies may be eligible to participate in the fall sports season.

Quitting a Team:

No athlete may quit one sport and try out for another sport after the season has begun without mutual consent of both coaches.

Athletic Uniforms & Equipment:

1. Student-athletes must secure all valuables in their locker during athletic events. If possible, valuables should be left at home. The District
2. Equipment/uniforms are issued to athletes on a loan basis.
3. Coaches will set a date for returning equipment within two weeks end of the season.
4. If any items are not returned, the following actions will be taken:
 - a. The student will receive a notice that he/she has an athletic obligation.
 - b. The student will not be permitted to begin any future athletic season until the obligation is taken care of.
 - c. The student's parents/guardians will receive an obligation notice and/or a fee for the replacement of the uniform or equipment.

Appropriate Dress and Personal Grooming:

Students participating in athletic activities are expected to exhibit habits of dress and personal grooming representative of a Brandywine Heights team. Appropriate and reasonable standards will be established by the coach of each team and communicated to all participants of the team.

Out-of-Season Activities:

During the "off-season", the coaching staff may offer out-of-season activities to athletes who wish to participate. The out-of-season activities shall be supplemental teaching opportunities and must follow these guidelines:

1. All out-of-season activities must comply with PIAA rules.

2. PARTICIPATION IS STRICTLY VOLUNTARY. Students are not to be pressured in any way to attend the activities.

Controlled Substances:

The use and/or possession of alcohol, other drugs, steroids and tobacco are a violation of school rules and a violation of the law. If a student is found possessing, using or under the influence of illegal drugs or narcotics, alcohol, or any other foreign substance that provides a mood modification he/she will be suspended from athletic participation.

Penalties will be assessed as follows:

1. **First violation** – The student will be suspended from practices and contests for 5 school days. The student will also be referred to the Student Assistance Program in accordance with school policy.
2. **Second violation** – The student will be immediately suspended from athletic activities for the remainder of the school year. The student will also be referred to the Student Assistance Program in accordance with school policy.
3. **Third violation** – The student will be suspended from athletic participation for the remainder of his/her secondary school career.
4. If a student is found selling or providing drugs, narcotics or alcohol, he/she will forfeit the privilege of athletic participation for the remainder of the school year.

Voluntary Admission Clause:

The suspension will not be enforced if the guilty student athlete voluntarily reports their violation to a district coach or administrator **prior to a district coach or administrator being aware of the rules infraction**. The student-athlete must also agree to have a SAP assessment and abide by the recommendations of this assessment.

Civil Law Infraction:

1. A student that has committed a civil law infraction will be suspended from all co-curricular activities for a period of thirty (30) school days.
2. Upon the end of the suspension period, with administrative recommendation, the student may be allowed to resume co-curricular activities.
3. If the infraction occurs while an athlete is in season, he/she will be removed from the team roster and will forfeit any awards earned for that particular sport.

Penalties & Due Process:

A student-athlete may be suspended or removed from a team if he or she is found to be in violation of laws, policies, rules or regulations.

The following procedures apply regarding athletic discipline:

1. Alleged violations shall be reported to the Athletic Director.
2. The Athletic Director shall investigate reported violations to determine credibility.
3. If a report is credible, the Athletic Director shall provide an informal hearing to explain the information to the student, allow the student to respond and ultimately decide whether or not to discipline the student.
4. If the Athletic Director determines that the student committed the alleged violation, he/she shall assign a discipline consistent with the degree of the infraction. In addition, he/she shall inform the student/parents/guardians of the discipline that has been assigned.
5. If the student/parents/guardians wish to appeal the matter, they must notify the Athletic Director in writing within five (5) days of the informal hearing.

6. In the event that a student is removed from a team for disciplinary reasons, he or she forfeits any awards earned during that season and may not try out for another sport that same season.

Athletic Award Guidelines:

Middle School

- a. All seasons.....Certificate

High School

- Junior Varsity: All seasons.....Certificate

Varsity:

- a. First seasonVarsity Certificate & Letter
- b. Subsequent season.....Varsity Certificate & Pin
- c. Third season in the same sport3 Year Plaque
- d. Fourth season in the same sport4 Year Award

In order to be eligible to receive a varsity award, the athlete must attend 90% of all practices and play in a minimum amount of varsity contests. Listed below are the designated minimums:

Baseball- Pitchers 25% of innings, everyone else 50% of innings

Basketball- 50% of the quarters

Cheerleading- 80% of the games for those on the varsity squad

Field Hockey- 50% of the halves

Golf-50% of the matches

Soccer- 50% of the halves

Softball-50% of the innings

Swim- County, District, State qualifiers

Tennis- 50% of the matches

Track- County, District, State qualifiers

Volleyball- 50% of the games

Wrestling- 50% of the matches (Must earn as many points as bouts wrestled in)

Guidelines:

1. Athletic awards are given upon recommendation by the head coach at the conclusion of each season. The head coach has the authority to deny awards if an athlete did not fully complete the season, broke team rules, displayed poor sportsmanship or represented his/her school in a dishonorable manner.
2. Exceptions to the minimum criteria can be made in extenuating circumstances (i.e. injury). Such decisions are left to the discretion of the head coach.
3. Injured athletes who are unable to complete the sports season should dress for contests and remain part of the team if they wish to be considered for varsity status. Coaches should communicate this information to their injured athletes.
4. Seniors who have been on the team for three or more years and do not meet the minimum varsity criteria may be eligible for a letter if recommended by the head coach.
5. Team managers may receive a varsity award after serving two years if recommended by the head coach.

Sports Medicine Procedures:

1. Athletes must report all injuries to the athletic trainer as soon as they occur.
2. Referrals to physicians or physical therapy should be coordinated with the BHASD athletic training staff. All outside

medical decisions regarding participation status must be reported to the athletic trainer as soon as possible.

3. Any athlete who seeks attention from a physician must give written clearance from that physician to the athletic trainer(s) before returning to their sport, whether or not they have been given play restrictions.

4. The only way athletes who are restricted from activity by a physician can return to play is if they have received WRITTEN medical clearance from the attending physician, M.D. or D.O only. Notes received from physician assistants, physical therapists, nurses or chiropractors will NOT be accepted.

5. If there is any doubt regarding an athlete's participation status, the athlete, parent and/or coach should contact the athletic trainer(s) directly.

6. If needed, taping/rehabilitation treatments are given after school, before practice.

7. Athletes will be treated on a first come-first serve basis. However, athletes who have a contest will be given priority.

8. No athlete will be taped or receive treatment until he/she is evaluated.

9. First aid kits/water bottles will be provided to each team prior to each season.

10. Ice is always available for injuries. It should be taken to all practices and games.

11. All personal equipment must be left outside the athletic training room.

Concussion Management Policy #123.1:

All coaches must annually, prior to coaching an athletic activity, complete the concussion management certification training course offered by the National Federation of State High School Associations (NFHS). A coach shall not supervise an athletic

activity until he/she completes the training course required under this subsection.

The school shall hold an informational meeting prior to the start of each athletic season, for all competitors regarding concussions and other head injuries, the importance of proper concussion management, and how pre-season baseline assessments can aid in the evaluation, management and recovery process. In addition to the student-athletes, such meetings may include parents/guardians, coaches, other appropriate school officials, physicians, neuropsychologists, and Certified Athletic Trainers.

Each school year, prior to participation in an approved interscholastic athletic activity, every student-athlete and his/her parent/guardian must sign and return the acknowledgement of receipt and review the Concussion and Traumatic Brain Injury Information Sheet, located on the Pennsylvania Interscholastic Athletic Association (PIAA) Pre-participation paperwork. A student-athlete may not participate in any athletic practice or contest until this portion of the paperwork is signed by the individual and his/her parent/guardian.

A student-athlete who, as determined by a game official, coach from the student's team, certified athletic trainer, licensed physician or other official designated by the district, to be exhibiting signs or symptoms of a concussion or traumatic brain injury while participating in an athletic activity shall be removed by the coach from participation at that time, and referred to the team physician or Certified Athletic Trainer for further evaluation.

Once the student-athlete has exhibited signs or symptoms of a concussion/TBI he or she must be removed by the coach from participation and referred to the Certified Athletic Trainer for

further evaluation. If the student-athlete is deemed to exhibit signs and symptoms of a concussion and these are accompanied by a mechanism for the injury, the student-athlete CANNOT return to practice or competition until the student-athlete is evaluated and cleared for return to participation in writing by an appropriate medical professional.

Appropriate medical professional shall mean all of the following:

- Regarding clearance from a diagnosed concussion, authority is given only to a licensed physician of medicine (M.D.) or doctor of osteopathic medicine (D.O.) who is trained in the evaluation and management of concussions.
- Regarding evaluation of suspected concussion, authority is given to a licensed or certified health care professional trained in the evaluation and management of concussions and designated by a licensed physician trained in the evaluation and management of concussions, such as the Certified Athletic Trainer, licensed physician, or school nurse.
- Clearance may also be given by a licensed psychologist neuropsychologically trained in the evaluation and management of concussions or who has postdoctoral training in neuropsychology and specific training in the evaluation and management of concussions.