

**West Greene
Junior-Senior High School
Athletic Handbook**



Name _____

Revised: September 2022

Digitized: Summer 2003

Extra-Curricular Sports and Activities offered at West Greene (as of 2022-23)

Fall Sports and Activities

7th & 8th Grade Cheerleading
7th & 8th Grade Football
7th & 8th Grade Girls Soccer (Co-op)
7th & 8th Grade Girls Softball
Varsity Cheerleading
Varsity Boys Cross Country (& MS Club)
Varsity Girls Cross Country (& MS Club)
Varsity Football
Varsity Girls Volleyball

Winter Sports and Activities

7th & 8th Grade Boys Basketball
7th & 8th Grade Cheerleading
7th & 8th Grade Girls Volleyball
Jr. High Wrestling
Varsity Boys Basketball
Varsity Cheerleading
Varsity Girls Basketball
Varsity Rifle (Co-Ed, B&G)
Varsity Wrestling

Spring Sports and Activities

7th & 8th Grade Girls Basketball
Varsity Boys Baseball
Varsity Girls Softball
Varsity Boys Track and Field (& MS Club)
Varsity Girls Track and Field (& MS Club)

Please note that individuals may compete in all PIAA/WPIAL sponsored sports regardless of whether we field a team or not. Those sports are limited to one (1) entrant per school though. In recent years, West Greene has allowed individuals and clubs to compete in cross country, rifle, swimming and tennis. Appropriate action must be taken with the Board of Education and the WPIAL, and a school-approved sponsor/coach must be assigned.

All PIAA/WPIAL endorsed sports, and their seasonal calendars can be viewed on their respective websites.

West Greene Junior-Senior High School Athletic Handbook

Table of Contents:

I. Introductions	4
II. Athletic Philosophy	8
III. Governing Bodies and Institutions	9
IV. Requirement for Participation	12
V. Athletic Code(s) of Conduct	14
VI. Basic Athletic Policies	15
VII. Athletic Awards, Banquet and Ceremonies	21
VIII. Authorization for Athletic Participation	23
IX. Health History, Insurance and Medical Consent	26

West Greene is pleased to have your son/daughter participating in extra-curricular activities.

Feel free to contact our current athletic director, Bill Simms at any time.

The Athletic Office can be reached at (724) 499-5191 ext. 2235.

Please take full advantage of our internet-based scheduling system, Schedule Star.

Log on to www.highschoolsports.net for all up-to-date schedules for all sports teams we offer at West Greene.

You can “sign up” to this website and receive e-mail, text messages and phone notifications on any change to any of our events that your child may be involved in.

This site is a warehouse of information for parents to see event start times, bus departure times and you can also get MAPQUEST directions to any away event just by clicking on its hyperlink.

Introductions

A. Chain of Command

1. A proper chain of command is essential in operating a smooth athletic department. It is essential for all players, coaches, parents/guardians, administrators and board members to stay within this hierarchy, and direct any/all questions or comments through the appropriate channels. Going through this process will insure that any/all problems are being dealt with by the appropriate people who should be able to provide adequate answers to resolve all situations.

If a party is dissatisfied with the answer they get, only then (after following the chain of command) should they take any matter to a higher authority. A direct line of “open door” communication is vital between all levels of this chain of command. Ignoring this chain of command and by-passing various levels of administration only adds time and confusion to the process of resolving matters in an efficient manner.

To deal with any/all situations in our athletic department we ask that everyone involved act in a timely manner and follow the proper chain of command. That chain of command is as follows:

Student-athlete
Parent/Guardian
Head Coach
Athletic Director
High School Principal
Superintendent
Board of Education

2.

B. To the parent

This material is presented to you because your son or daughter has indicated a desire to participate in interscholastic athletics and you have expressed your willingness to permit him/her to compete. Your family interest in this phase of our school program is gratifying. We believe that participation in sports provides a wealth of opportunities and experiences, which assists students in personal adjustments.

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

A student who elects to participate in athletics is voluntarily making a choice of self-discipline and self-denial. These are the reasons we place such stress on good training habits. Failure to comply with the rules of training and conduct means exclusion from the squad. This concept of self-discipline and self-denial is tempered by our responsibility to recognize the rights of the individual within the objectives of the team. There is no place in high school athletics for students who will not discipline their minds and bodies for rigorous competition. We are striving for excellence and do not want our athletics to compromise with mediocrity.

When your son/daughter enlisted in one of our sports programs, he/she committed our staff to certain responsibilities and obligations, which are:

- (1) to provide adequate equipment and facilities.
- (2) to provide well trained coaches.
- (3) to provide equalized competition with skilled officials.

Likewise, we feel that you have committed yourselves to certain responsibilities and obligations. We would like to take this opportunity to acquaint you with specific policies that are necessary for a well-organized program of athletics.

It is the role of the athletic department to make rules that govern the spirit of competition for the school. These rules need a broad basis of community support, which is achieved only through communication to the parent. It is our hope to accomplish this objective through this athletic publication for students and parents.

C. **To the athlete**

Being a member of the West Greene Middle/Senior High School athletic team is the fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight; it takes the hard work of many people over many years. As a member of an interscholastic squad (of the West Greene Middle/Senior High School), you have inherited a wonderful tradition, a tradition you are challenged to uphold.

Our tradition has been to win with honor. We desire to win, but only with honor to our athletes, our schools, and our community. Such a tradition is worthy of the best efforts of all concerned. Over many years our squads have achieved more than their share of league and tournament championships. Many individuals have set records and won All County, All District, All Conference, and All State Honors.

It will not be easy to contribute to such a great athletic tradition. When you wear the colors of our school, we assume that you not only understand our traditions, but also are willing to assume the responsibilities that go with them. However, the contributions you make should be a satisfying accomplishment to you and your family.

3. **Responsibilities to yourself:** The most important of these responsibilities is to broaden yourself and develop strength of character. You owe it to yourself to get the greatest possible good from your high school experiences. Your academic studies, your participation in other extracurricular activities as well as in sports, prepare you for your life as an adult.

2 **Responsibilities to your school:** Another responsibility you assume as a squad member is to your school. West Greene cannot maintain its position of having an outstanding school unless you do your best in whatever activity you wish to engage. By participating in athletics to the maximum of your ability, you are contributing to their reputation of your school.

You assume a leadership role when you are on the athletic squad. The student body and citizens of the community know you. You are on stage with the spotlight on you. The student body, the community and other communities judge our school by your conduct and attitudes, both on and off the field. Because of this leadership role, you can contribute greatly to school spirit and community pride. Make West Greene proud of you, and your community proud of you school, by your faithful exemplification of these ideals.

3 **Responsibilities to others:** As a squad member you also bear a heavy responsibility to your home. If you never give your parents anything to be ashamed of, you will have measured up to this ideal. When you know in your heart that you have lived up to all of the training rules, that you have practiced to the best of your ability everyday, and that you have played the game “all-out”, you can keep your self-respect and your family can be justly proud of you.

The younger students in the West Greene school system are watching you. They will copy you in many ways. Do not do anything to let them down. Set good examples for them.

D. To the coach/sponsor

Team rules and discipline

Coaches may establish additional rules and regulations (outside of those outlined by the NFHS, PIAA, WPIAL and those approved by the West Greene Board of Education) with the approval of the Athletic Director and the Principal for their respective sports. These rules as pertaining to a particular sport must be given by the coach in writing to all team members and explained fully at the start of the season. Penalties for violation of team rules will also be in writing and shall be administered by the coach. Copies of all additional team rules by coaches should be on file in the athletic office.

Supervision of athletes

It is the responsibility of the head coach/sponsor to make sure that all student-athletes on their respective team(s) are properly supervised at all times. This includes being to practices and events in a timely manner, and staying until the final student-athlete is picked up (There has previously been a misconception that one can leave as long as the student has called home and verified a ride is on the way. This is not the case. Coaches must stay until the athlete is picked up). Of course assistant coaches and fellow coaches of other sports may cooperatively aid with this supervision, but it is ultimately the responsibility of each head coach/sponsor to monitor their student-athletes.

Role with the school district

The head coach/sponsor should work with the district and administration to make our athletic program(s) the best they can be. Any/all suggestions should be forwarded to the athletic director or high school principal for approval. It is the head coach/sponsor’s responsibility to follow all rules and regulations passed by the governing agencies that control high school athletics.

Role with the parent

The head coach/sponsor is urged to have an “open door” system of communication with all parents. We also urge coaches not to speak with parents immediately following a contest. Simply have them schedule a time to meet or contact you later by phone. Coaches need a “cool down” period after any contest before speaking with parents concerning any/all issues. Coaches are also reminded when speaking to parents/guardians that they are to only address that particular student-athlete. Comparing “Johnny” to “Jimmy” is an unacceptable practice that parents/guardians want to get into.

Pre-season meetings and various updates are essential in getting the coach’s message out to parents. One cannot rely on the fact that just because the team is told something that it will be taken home and relayed to the parent in the same manner. Anything worthy of “having students telling parents” is the responsibility of the head coach to communicate in writing or by phone with all parents/guardians.

Role with the student-athlete

Coaches/sponsors have the obligation to communicate effectively with all student-athletes. It is the responsibility of all coaches/sponsors to teach each student-athlete rules and skills of a particular sport, sportsmanship and fair play, team building skills, and life-long lessons related to that sport that will help foster each student-athlete into becoming a successful, confident young adult and citizen.

Role with booster club

Coaches/sponsors should take part in their respective booster organization(s) where applicable. These organizations work very hard at providing our student-athletes with many things that are not included in the General Fund budget. Taking a leading role in these booster organizations provides everyone involved with the program a sense of direction as to the wants, needs and desires of what is necessary to build a successful team.

Role with the media

The head coach is responsible for calling all scores in to the appropriate newspapers/media. The surrounding papers are the Herald Standard, Pittsburgh Post-Gazette, Pittsburgh Tribune Review and the Observer-Reporter (the Greene County Messenger is a weekly publication and should be kept up-to-date as well). There is a misconception that is the responsibility of the home team, but this is not true. All head coaches are asked to make the appropriate calls, whether our team(s) are home or away, or if our team(s) have won or lost. Many times our student-athletes are missing out on various opportunities simply because many publications are not notified of our accomplishments.

Issue, care, and requisition of supplies

The head coach is ultimately responsible for the issue, care, storage and requisition of all supplies and equipment needed to run a program. It is recommended that any type of numbering/labeling system should be used to issue equipment, uniforms, etc to student-athletes so that each piece can be identified upon its return and all material can be tracked. Granted, some of this may be delegated down to assistant coaches or other staff members, but FINAL RESPONSIBILITY resides with the head coach.

E. To the administrator

The high school principal has been given control of athletics by P.I.A.A. rule. He/she is the ultimate authority within the athletic department. The athletic director will assume the role as scheduler, facilitator and host, but must act in accordance with the wishes of the high school principal. The role(s) of high school principal and athletic director should be to enforce the rules and regulations set forth by the NFHS, PIAA, WPIAL and the West Greene Board of Education, as well as making improvements and suggestions to better the entire athletic department at West Greene.

Athletic Philosophy

A. Statement of philosophy

The West Greene Athletic Program should provide a variety of experiences to aid in the development of favorable habits and attitudes in students that will prepare them for adult life in a democratic society.

The interscholastic athletic program shall be conducted in accordance with existing Board of Education policies, rules and regulations. While the Board of Education takes great pride in winning, it does not condone “winning at any cost.” It 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 as to justify it as an educational activity.

B. Athletic goal and objectives

Our Goal – The athlete shall become a more effective citizen in a democratic society.

Our Specific Objectives– The student athlete shall learn:

1. *To work with others* – In a democratic society a person must develop self-discipline, respect for authority, and the spirit of hard work and sacrifice. The team and its objectives must be placed higher than personal desires.
2. *To be successful* – Our society is very competitive. We do not always win, but we succeed when we continually strive to do so. You can learn to accept defeat only by striving to win with earnest dedication. Develop a desire to excel.
3. *To develop sportsmanship* – To accept any defeat like a true sportsman, knowing we have done our best. We must learn to treat others, as we would have others treat us. We need to develop desirable social traits, including emotional control, honesty, cooperation, and dependability.
4. *To improve* – Continual improvement is essential to good citizenship. As an athlete, you must establish a goal and you must constantly try to reach that goal. Try to better yourself in the skills involved and those characteristics set forth as being desirable.
5. *To enjoy athletics* – It is necessary for athletes to enjoy participating, to knowledge all of the personal rewards to be derived from athletics and to give sufficiently of themselves in order to preserve and improve the program.
6. *To develop desirable personal health habits* – To be an active, contributing citizen, it is important to obtain a high degree of physical fitness through exercise and good health habits, and to develop the desire to maintain this level of physical fitness after formal competition has been completed.

Governing Bodies / Institutions

A. The Board of Education

The Board of Education is the ruling agency for the West Greene School District.

The Board of Education is responsible for the following areas:

1. Interpreting the needs of the community.
2. Developing policies in accordance with state statutes and mandates and in accordance with the educational needs and wishes of the people of the West Greene School District.
3. Approving means by which professional staff may make these policies effective.
4. Evaluating the interscholastic athletic program in terms of its value to the community.

B. The National Federation of State and Health School Associations (NFHS)

The National Federation consists of the fifty individual state high school athletic and/or activities associations. The purposes of the Federation are to serve, protect, and enhance the interstate activity interests of the high schools belonging to state associations; to assist in those activities of the state associations, which can best be operated on a nationwide scale; to sponsor meetings, publications, activities which will permit each state association to profit by the experience of all other member associations; and to coordinate the work to minimize duplication.

The National Federation is both a service and regulatory agency. The growth and influence of state associations and the National Federation ensures some degree of team work on the part of more than 20,000 schools and enables them to formulate policies for the improvement of interscholastic activities.

Athletes, parents, coaches and administrators should refer to the N.F.H.S. website, at: www.nfhs.org for any/all questions.

C. The Pennsylvania Interscholastic Athletic Association (PIAA)

All schools are voluntary members of the PIAA and compete in league play only with member schools. As a member school district, the secondary school of the West Greene School District agrees to abide by and enforce all rules and regulations promulgated by this Association.

The primary role of the state association is to maintain rules and regulations that ensure equity in competition for the student athletes and a balance with other educational programs. The association solicits input and is responsive to requests for rule modification from member schools, appointed committees, and coaches' associations.

The state association attempts to enforce such rules that assure the greatest good for the greatest number and to ensure that competition is conducted in an appropriate manner.

P.I.A.A. Rules

All rules, regulations, by-laws and forms can be found on the state website: www.piaa.org. Athletes, parents, coaches and administrators should use this site as a reference for any/all questions. To be eligible for interscholastic athletics a high school student must meet the state regulations outlined in the Constitution and By-Laws.

A few of the most common (and questioned) eligibility requirements are:

Age

To be eligible for a school year, you must not have reached your 19th birthday by June 30 immediately preceding the school year (15th birthday where interscholastic competition is limited to grades 7 and 8; 16th birthday where limited to grades 7 through 9).

Attendance

You must be enrolled in and in full-time attendance at a PIAA member school, or be home-schooled.

Generally, you are eligible only at the school at which you are enrolled or, if a home-schooled student, at a public school in the public school district in which you reside. Charter School students should consult with your Principal to determine the school at which you are eligible.

If you are absent from school during a semester for a total of 20 or more school days, you will lose your eligibility until you have been in attendance for a total of 45 school days following your 20th day of absence.

Consent of Parent or Guardian

You are eligible only if there is on file with the Principal of your school an official PIAA certificate signed by your parent or guardian consenting to your participation in Practices, Inter-School Practices, Scrimmages, and/or Contests in the particular sport involved.

Period of Time After Eighth Grade, Participation, and Grade Repetition

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 season in each sport during each school year.

Academic and Curricular Requirements

You must pursue a curriculum defined and approved by your Principal as a full-time curriculum.

You must be passing at least four full-credit subjects, or the equivalent, as of each Friday during a grading period. If you fail to meet this requirement, you will lose your eligibility from the following Sunday through the Saturday immediately following the next Friday as of which you meet this requirement.

You must have passed at least four full-credit subjects or the equivalent during the previous grading period, except that eligibility for the first grading period is based on your final grades for the preceding school year. If you fail to meet this requirement, you will lose your eligibility for at least 10 or 15 school days of the next grading period, beginning on the first day that report cards are issued. If your school has four grading periods, you will be ineligible for at least 15 school days.

To be eligible to participate in interscholastic athletics at West Greene Middle-Senior High School, all students will be required to meet certain eligibility standards. The standard(s) shall include:

Academic standards for athletes, grades 7 and 8, 9-12, effective January 1985:

Grade 9-12: In order to be eligible, for athletics, a student in grade 9, 10, 11, or 12 must be currently enrolled and must have been enrolled in school immediately preceding the grading period (six weeks, nine weeks, twelve weeks, semester) and received passing grades during that grading period in subjects that earn a minimum of 4 credits per year toward graduation.

Grade 7 & 8: A student enrolling in the seventh or eighth grade for the first time, will be eligible for the first grading period (six weeks, nine weeks, twelve weeks, semester) regardless of previous academic achievement. Thereafter, in order to be eligible, a student in grade 7 and 8 must be currently enrolled and must have been enrolled in school immediately preceding the grading period and received passing grades during that grading period in 75% of those subjects carried the proceeding grading period which met 5 days per week or its equivalent.

Athletic grades will be checked weekly and any student/athlete failing to meet the above criteria, shall be declared ineligible for a period of one week. Athlete eligibility shall run from Sunday to Sunday.

Athletic grades will be checked at the end of a nine-week grading period and any student-athlete failing to meet the criteria shall be ineligible for at least 15 school days.

All WPIAL and PIAA Rules and Regulations are outlined at their respective websites.

D. **The Western Pennsylvania Interscholastic Athletic League (WPIAL)**

West Greene Middle/Senior High School is a voluntary member of the WPIAL. The WPIAL is our commonly used name. The WPIAL is also District 7 of the PIAA. This league was established for the primary purpose of promoting selected interscholastic activities among member schools and the assurance of such advantages as may be gained by a united effort.

The League was established to encourage member schools to improve their co-curricular program in athletics. League membership facilitates the arranging of schedules, equalizing competition, and conducting league meets, and determining league championships. The League provides West Greene the opportunity for competition without excessive travel and with schools of similar size and athletic philosophy. Membership implies abiding by league schedules, rules, and regulations.

Athletes, parents, coaches and administrators should refer to the W.P.I.A.L. website, at: www.wpial.org for any/all questions.

Requirement(s) for Participation

A. Physical Examination

A yearly physical examination is required, and must be completed on the PIAA state-issued CIPPE form. The form will be made available by the school district, but it can also be downloaded and/or printed from the PIAA website. The physical covers all sports for the entire school year provided the examination occurred after July 15. However, each athlete must be re-certified by a physician/parent/guardian for each sport in which he/she participates accordingly. The form will be kept on file in the athletic office.

Comprehensive Initial Pre-Participation Physical Evaluation (CIPPE)

You are eligible only if you have completed a comprehensive initial pre-participation physical evaluation ("CIPPE"), performed by an Authorized Medical Examiner (as that term is defined in the GLOSSARY of the PIAA By-Laws) before your first sport season's first Practice of that school year. If you seek to participate in subsequent sport(s) in the same school year, you may be required to be re-evaluated or re-certified that your physical condition is satisfactory. Check with your Principal or Athletic Director to determine what re-evaluation or re-certification is needed.

Wrestlers must also obtain from an Authorized Medical Examiner, no earlier than six weeks prior to the first Regular Season Contest day and no later than the Monday preceding the first Regular Season Contest day of the wrestling season, a certification of the minimum weight classification at which they may wrestle during that season.

In all cases, an Authorized Medical Examiner must certify, on the PIAA CIPPE form, as to your physical fitness to participate. A CIPPE may be performed no earlier than June 1st; and, regardless of when performed during the school year, remains effective only until the next May 31st.

B. Emergency Medical Authorization

Each athlete's parents shall complete the Emergency Medical Authorizations section in the back of this booklet, giving permission for treatment by a physician or hospital when the parent(s) are not available. This booklet will be kept in the medical kit for availability at all practices and contests by the head coach and/or athletic trainer.

C. Parental Acknowledgement of Athletic Policies

Upon entering high school or at the time a student tries out for an athletic team, he/she will be presented with this handbook containing all the necessary forms and information for participating in athletics.

D. Insurance

The school district (does not) carry insurance to cover athletic injuries. Parents will need to sign the acknowledgement card stating they have purchased school insurance (which will cover all sports except football) or possess a family insurance plan.

E. Scholastic Eligibility

In order to participate on a West Greene Athletic Team, each athlete must have satisfied all of the scholastic eligibility requirements of the P.I.A.A., WPIAL (which can be viewed on their respective web sites) and West Greene Board of Education prior to participation.

F. **Risk of Participation**

All athletes and parents must realize the risk of serious injury which may be a result of athletic participation. West Greene School District will use the following safeguards to make every effort to eliminate injury.

1. Hire Competent Professional Coaches.
2. Maintain a safe environment for both practice and games.
3. Hire competent officials to insure that the game is played within the rules.
4. Provide an opportunity to receive an athletic physical to each athlete.
(Most generally a male date, female date and make-up date for each sports season. If an athlete cannot be present at any of these three (3) dates, it is up to he/she to get an appropriate physical on their own.)
5. Provide an athletic trainer to treat injuries and instruct safe athletic practices.
6. Provide top notch equipment.

G. **Financial Obligation and Equipment**

All athletes are responsible for the proper care and security of equipment issued to them. School-furnished equipment is to be worn only for contests and practice. All equipment not returned in good condition at the end of the season will be subject to a financial penalty.

I. ***Athletic Code(s) of Conduct***

A. **Conduct of athletes**

A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the athletic department. The community, school administrators, and the coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound program of athletics. The welfare of the students is our major consideration and transcends any other consideration.

All athletes shall abide by a code of ethics, which will earn them the honor and respect that participating and competition in the interscholastic program affords. Any conduct that results in dishonor to the athlete, the team, or the school will not be tolerated. Acts of unacceptable conduct, such as, but not limited to theft, vandalism,

disrespect, immorality, violations of law, or chronic violations of school policy, tarnish the reputation of everyone associated with the athletic programs and will not be tolerated.

Any student who has been suspended once in a school year will remain eligible for extracurricular activities provided that offense was not a flagrant violation of the Pennsylvania Crimes Code. However, a student suspended for the second time will be subject to any/all rules outlined in the student handbook.

Any student who receives any type of suspension (In-School and/or Out-of-School) is not permitted to participate in any extra-curricular activities (practices, scrimmages and/or contests) on the day(s) the suspension is in effect. The administration reserves the right to further discipline student-athletes in any manner they see fit.

Athletes should be aware that these regulations are in effect 12 months of the year (not just while school is in session).

Penalties for Violation(s)

All student-athletes are reminded that all discipline (outside of individual coach's rules) will be handled directly through the student handbook.

a. Violation of the training regulations may result in the revoking of any awards for which the athlete might otherwise be eligible. Seniors are not considered to have completed their athletic careers at West Greene High School until his/her team has been eliminated from tournament play or the awards ceremonies have been completed, whichever occurs first.

b. Coaches or school officials may impose more severe penalties at their discretion. Coaches in each sport may also establish additional training regulations and rules of conduct.

c. After each training violation has been reviewed and heard and all avenues exhausted at the individual building, the student athlete and/or his/her parents may appeal to the Superintendent of Schools.

d. It is the intent that suspension should constitute a positive measure for rehabilitation. Therefore, during the period of suspension, the coaches, counselors, and school administrators will make an effort to encourage and support who sincerely demonstrates a desire to represent his/her school as an athlete.

II. Basic Athletic Department Policies

A. Participation and squad size

An athlete may participate in more than one sport, per season, with permission of the Athletic Department and the coaches involved. All student-athletes must meet all criteria set forth by the NFHS, PIAA, WPIAL and the West Greene Board of Education.

In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program, while at West Greene, we encourage coaches to keep as many students as they can without unbalancing the integrity of their sport. Time, space, facilities, equipment, personal preference, and other factors will place limitations on the most effective squad size for any particular sport.

Student-athletes are encouraged to positive members of any of our extra-curricular activities. In an ideal setting, we would like to have everyone in the student body be part of our "West Greene Team."

B. Ejection from a contest

Any student/athlete involved in a fight during an interscholastic athletic event shall be suspended from play as outlined by rule in PIAA and/or WPIAL rules and regulations.

The Principal and administration reserves the right to further deny participation based on the severity and nature of the ejection.

C. Removal from a team

Removal from a team will be made by the coach of the sport, athletic director, or school administrator. The athletic director and/or principal will confer with the coach before any removal action is taken. Causes for removal from a team may include, but not limited to the following:

- Violations of the rules outlined in the student handbook.
- Violations of athletic or team policies.
- Personal misconduct that involves police action or court action, during or outside of school hours and sessions of the sport season.
- Verbal or physical attack upon an opponent, contest official, teacher, fan, coach or any other person who may be present at a contest.
- Continued acts of unsportsmanlike conduct.

D. Dropping or transferring sports

Quitting is an intolerable habit to acquire. A quitter may lose the privilege of participating in athletics. On occasion, however, an athlete may find it necessary to drop a sport for a good reason. If this is the case, the following procedure should be followed.

Consult with your immediate coach and then the head coach.

Report your situation to the Athletic Director.

Check in all equipment issued to you.

Know and understand that quitting forfeits all athlete's entitlement to Varsity letters and awards.

If any athlete wishes to change sports during a season, or having won an award in one sport and he/she wishes to change sports, he/she shall consult with both coaches concerned and the Athletic Director. This procedure assures a smooth transfer, which is in the best interest of the student.

E. Equipment

School equipment checked out by the student/athlete is his/her responsibility. He/she is expected to keep it clean and in good condition. Loss of equipment is the athlete's financial obligation.

F. Missing practice

An athlete should always consult his/her coach before missing practice. Missing practice or a game without good reason has become epidemic and is unacceptable.

This facet of high school sports has become quite commonplace and is very controllable. Keeping a direct line of communication via student-athlete and coaches can stop this practice from taking place and ruining team morale.

G. Travel/transportation

All athletes must travel to and from out-of-town athletic contests in transportation provided by the athletic department unless the parents make previous arrangements for exceptional situations.

- a. Athletes will remain with their squad and under the supervision of the coach when attending away contest.
- b. Athletes who miss the bus will not be allowed to participate in the contest unless there are extenuating circumstances.
- c. All regular school bus rules will be followed.
- d. Dress appropriately and in good taste, (as per community standards).
- e. Athletes must receive permission from their respective head coach/sponsor to travel home from an away contest with a parent/guardian or other parent/guardian-approved person. Each head coach should have a rule in place to address this issue.
- f. Athletes must have written parental/guardian permission to travel to and/or from athletic contests by means other than school district provided transportation.

H. **College recruitment policy**

In the event an athlete should be contacted personally by a college recruiter, he/she has an obligation to work through his/her coach and the athletic department. Inform your coach of such a contact as soon as possible. College recruitment information and NCAA standards are available in the athletic office and/or guidance office.

I. **Conflicts in extra-curricular activities**

An individual student who attempts to participate in several extracurricular activities will, undoubtedly, be in a position of a conflict of obligations. The athletic department recognizes that each student should have the opportunity for a broad range of experiences in the area of extracurricular activities, and to this end, will attempt to schedule events in a manner to minimize conflicts.

Students have a responsibility to do everything they can to avoid continuous conflicts. This would include being cautious about belonging to too many activities where conflicts are bound to happen. It also means notifying the faculty sponsors/coaches involved immediately when a conflict does arise.

When a conflict arises, the sponsors/coaches will work out a solution so the student does not feel caught in the middle. If a solution cannot be found, the principal will make the decision based on the following:

- The emphasis of “events over practices.”
- The relative importance of each event.
- The importance of each event to the student.
- The relative contribution the student can make.
- How long each event has been scheduled.
- Talk with parents.

Once the decision has been made and the student has followed that decision, he/she will not be penalized in any way by either faculty sponsor/coach. The student-athlete must realize that “splitting time” between their sport and another activity could result in a reduced role of playing time. This is not considered a penalty, rather a result of not being at practice and another student-athlete surpassing them on a depth chart. If it becomes obvious that a student cannot fulfill the obligation of a school activity, he should withdraw from that activity.

J. **Attendance**

The Board requires that school age students enrolled in district schools attend school regularly, in accordance with state laws. The educational program offered by the district is predicated upon the presence of the student and requires continuity of instruction and classroom participation in order for students to achieve academic standards and consistent educational progress.

Attendance shall be required of all students enrolled in district schools during the days and hours that school is in session, except that a principal may excuse a student for temporary absences when receiving satisfactory evidence of mental, physical, or other urgent reasons that may reasonably cause the student's absence. Urgent reasons shall be strictly construed and do not permit irregular attendance.

Any student missing 20 or more days of school, upon administrative review, may be required to repeat the entire school year.

No student under 18 years of age is to be released from school (i.e. signing out) unless he/she has **prior written permission** from their parent. The permission must contain a *valid reason* for leaving and the *name of the person to whom the student will be released*.

Students who attend CTC need administrative approval to stay at the high school when scheduled at the CTC.

All students are expected to attend school all day, every day. Failure to do so by signing out, skipping, etc. may result in disciplinary consequences.

It shall be the policy of the West Greene School District that in order to participate in any co-curricular and or extra-curricular activity, students and student athletes must be in attendance by 10:00 am on the day of the activity unless medical documentation is produced or other extenuating circumstances are verified to the principals. Athletes cannot sign out then back in to play in an athletic contest without administrative approval.

Students should consult the student handbook to address what time(s) they have to be in school and when they can leave to remain eligible. Students absent from school on Friday with a contest the following day (Saturday) will be eligible to participate provided the absence is pre-approved by the high school principal.

It is the responsibility of athletes to see their teacher the day before the classes they miss because of an athletic contest. All work shall be made up at the convenience of the teacher.

K. **Grooming and dress policy**

A member of an athletic team is expected to be well groomed. "He who shows up best shows off least." Appearance, expression, and actions always influence people's opinions of athletes, the team and the school. Once you have volunteered to be a member of a squad, you have made a choice to uphold certain standards expected of athletes in this community.

The following grooming and dress rules will be adhered to by team members:

- Adherence to any/all dress code(s) outline in the student handbook.
- Only uniforms issued by the department of athletics will be permitted to be worn for contests.
- Athletes will not be permitted to participate until deviations of the above rules are satisfactorily corrected.

L. **Vacation policy**

Vacations by athletic team member during a sport season are discouraged. Parents/athletes wishing to do so may wish to reassess their commitment to being an athlete.

M. **Cutting policy**

It is the intent of the athletic program to involve as many students as possible. However, it is occasionally necessary to reduce the number of athletes on the roster. This may occur when the number of athletes becomes too large to effectively supervise or the athletes are not able to meet minimum expectations and safely compete at the appropriate level of competition.

Choosing the members of athletic squads is the sole responsibility of the coaches of those squads. Prior to trying out, the coach shall provide the following information to all candidates for the team:

- Extent of try-out period.
- Criteria used to select the team.
- Number to be selected.

When a squad cut becomes a necessity, the process will include three important elements. Each candidate shall have:

- Competed in a minimum of two practice sessions.
- Been personally informed of the cut by the coach, including the reason for the action.
- Be offered to remain “on the team” for developmental purposes, but accept their will be very limited (if any) playing time.

A coach who intends to reduce the team roster must abide by the following guidelines;

- The Athletic Director shall be informed of the following in writing prior to the first day of pre-season practice:

1. The number of student athletes that will be carried on the team roster.
2. The criteria to be used in determining which individuals will be reduced from the roster.
3. The procedure to be used to notify the individuals who will not remain on the roster.

- The coach must inform the athletes in writing of the potential for roster reductions and the criteria for determining who will remain on the team by the first day of pre-season practice.

- The coaching staff shall assess and evaluate each athlete’s performance.

- The Athletic Director shall be provided a list of all individuals to be reduced from the roster with rationale prior to the notification of individual athletes.

- The coach will notify each individual who will not be a member of the team. Individuals who wish to discuss why they were “cut” must be given the opportunity to meet with the coach following notification.

- All roster reductions must be made before the last day of the preseason. Final team rosters will be established by the first legal playing date.

- Any dismissal from the team after the first legal playing date must be for disciplinary reasons and be processed through the student handbook and/or the appropriate team rules.

- Students who may be maintained on the team’s roster for developmental purposes will be informed that they may experience limited (or no) playing time during contests. Parents of athletes who fit this category will be informed of their son’s/daughter’s developmental status.

The West Greene Athletic Department believes that coaches are in the best position to determine which athletes will remain on the team roster. Therefore, as long as the coach follows the above stated guidelines, the Athletic Director and administration will not become involved in making decisions regarding who will be reduced from an athletic team roster.

N. **Reporting an injury**

All injuries, which occur while participating in athletics, should be reported to the trainer/coach. If the injury requires medical attention from a doctor or treatment center, it will be necessary to have an injury report form

completed. Once athletes are treated by a physician, the athlete must obtain the doctor's permission to return to the activity (the new PIAA CIPEE form has sections 5 and 6 that outline this procedure as well).

O. Locker Room regulations

- a. Roughhousing and throwing towels or other objects is not allowed in the locker room. Hazing of other players is strictly forbidden.
- b. In light of many of the medical situations we have been educated on over the past years, we ask all athletes to consider showering after every practice and/or contest. Research shows us that good personal hygiene is one of the safest ways to prevent many of the skin and medical disorders (such as MRSA) we face. The school district will provide access to showers and anti-bacterial soap(s), but it is the responsibility of the athlete to do his/her part and take time to shower (and hopefully prevent) many of the medical conditions that we can control.
- c. All showers must be turned off. The last person to leave the shower room is expected to check all showers.
- d. No one except school officials, game officials, coaches and assigned players are allowed in the locker room.
- e. No glass containers are permitted on school property at any time.
- f. All spiked or cleated shoes must be put on and taken off outside of the building. No metal or hard plastic spikes or cleats are ever allowed in any other part of the school building.

P. Weight Room regulations

- a. Any student who uses the weight room must have parental permission.
- b. Shirts and shoes are required at all times – tank tops are acceptable.
- c. Nobody is to be in the weight room alone.
- d. All students must be under the supervision of the instructor assigned.
- e. Lifters must work with a partner/spotter.
- f. Replace all weights on rack immediately following use.
- g. Know your limits! Work with the instructor in determining your limits.
- h. Do the lifts correctly. It is better to use lighter weights for correct lifting than heavier weights and run the risk of injury.
- i. Warm-up with proper stretching exercises.
- j. Because of our limited space, no more than 15 lifters at one time in the weight room.
- k. No chewing gum or eating candy while lifting.
- l. No horseplay or profanity.
- m. No abuse of equipment. Any equipment that is broken must be reported immediately.
- n. Remember strength training is not only a supplement to other athletic programs, but also a highly-skilled activity itself.

Q. Cheerleading regulations

As of 2009, competitive cheerleading is not a sport as defined by the PIAA or the WPIAL. However, we consider cheerleading to play a vital role in our athletic department and govern them under all corresponding rules, requirements and regulations to participate in sanctioned sports as defined by the PIAA and WPIAL.

In order to be eligible to participate in cheerleader tryout, the student must meet all criteria that any other student-athlete is held to.

West Greene High School will have a varsity cheerleading squad of not more than 16 individuals.

West Greene Middle School will have a cheerleading squad of not more than 9 individuals.

Selection:

1. Cheerleaders will be selected by a committee of qualified individuals selected by the cheerleader coach/sponsor, in consultation with the building principal and/or the athletic director.
2. Cheerleader selection shall occur at an announced tryout during the last week of April or the first weeks of May each year.
3. The top scoring candidates, according to the final tabulations, will be placed on the respective squads until all positions are filled. The next highest scoring candidate shall be placed on the list as an alternate.
4. In the event any cheerleader should quit or be dismissed from the squad, the alternate will move up into that position. Quitting after football season has become an unacceptable practice. If any pattern of recurrence is evident for any individual cheerleader, she subjects herself to not be allowing to tryout for the following season.

Cheerleaders, as the same with all student-athletes, are to abide by the rules and regulations set forth in the student handbook. Coaches/sponsors may have additional rules for these squads.

Proper behavior is expected at all times.

1. Show good sportsmanship at all time - no booing, name calling or unsportsmanlike cheers; attempt to stop the crowd if they are doing so.
2. Use courteous and careful language at all times, no foul language or gestures will be tolerated.
3. During an athletic event, attention must be on the event. Friends are not to sit in the cheerleader section.
4. Support of all sports is required.

Must make an effort to maintain enthusiasm. Loss of enthusiasm & support of your squad & school due to lack of effort may result in suspension from squad.

Attention to the athletic event and support of your team is your main job.

1. Know the basic procedures of the game or match and be sure the cheers being done are appropriate for the moment.
2. Always sit in the cheerleader section with your squad, sitting properly with good posture.
3. Avoid too much conversation with spectators.

III. Athletic Awards, Banquet and Ceremonies

A. West Greene High School Varsity Club

The purpose of the varsity club is improve relations among the members of the various athletic teams within the school as well as on the interscholastic level, and to secure to each other advantages as may be properly gained by union of effort, with specific objectives of increasing school spirit, team spirit, discipline and material contributions to the athletic programs. The members of this voluntary organization shall consist of all boys/girls who have earned at least one varsity letter in any of the sports or activities West Greene endorses.

B. Varsity Letter Requirements

The varsity award shall be presented to an athlete who satisfies the participation requirements as listed below, completes all team obligations and receives the recommendation of the coach. (The coach may recommend a waiver of these acquirements under an unusual circumstance.)

1. Specific sport(s) requirements
 - a. Baseball/softball: 1) play in one-fourth of all innings played; 2) pinch hit or pinch run in three-fourths of the games played; 3) pitcher in four starts or six games appearances.
 - b. Basketball: (boys/girls) participate in fifty percent of quarters.
 - c. Cheerleaders: meet ninety percent of contest and practice requirements.
 - d. Football: participate in fifty percent of quarters played or play a specialist position, e.g. punter, kickoff squad, return man, extra punt kicker, in 50% of regular season contests.
 - e. Track: (boys/girls) 1) earn a total of 30 or more points(as specified by the Head Coach) Points will be multiplied in large meets with eight or more teams.
 - f. Volleyball: participation in fifty percent of games played.
 - g. Wrestling: participation in fifty percent of matches or earn 50 wrestling points 6; decision - 3, 4, 5; draw - 2.
2. Season is defined as that period of time from the first practice until the last event in that particular sport is played..
3. Junior varsity and freshman awards are given on the recommendation of the coach to all athletes that complete the season.
4. Manager's and statistician's award(s) will parallel the regular awards system if they complete the entire season.

Lettering criteria that pertains to all sports

1. A coach will have the prerogative to letter any player who has not met the seasonal requirements for lettering.
3. Injury Rule: Any athlete who is a starter or plays regularly and was thereafter injured may be awarded a letter, if in the coach's judgment, he/she would have met the lettering requirements.
4. In a sport where state tournament play is sponsored, athletes may letter if they have become a starter and play 75% of the quarters, innings, matches, or score team points in individual competition in tournament play regardless of other lettering criteria.
5. Complete the season in good standing with the school and coach.
6. Varsity Managers, Trainers, Statisticians shall earn a letter at the discretion of the coach.

C. Varsity Letter Awards

1. **Varsity and Sub-Varsity participation awards.**
Only Varsity (Grades 9 – 12) participants are eligible to receive Varsity letter awards.

All 7th & 8th grade, Jr. High and Varsity participants who do not receive a varsity letter in the respective activity they are participating in will receive one (1) participation certificate for each activity they played, but did not letter.

2. **Varsity letter awards.**
 - a. 1st year letter award: Chenille award letter and certificate. (Note: should the athlete letter in another sport, he/she will not receive a second chenille letter,, but will get another certificate.)
 - b. 2nd year letter award: 2nd-year certificate and appropriate metal pin (for each sport).

- c. 3rd year letter award: 3rd year certificate and appropriate metal pin (for each sport).
- d. 4th year letter award: Sport plaque indicating the recipient as a four-year varsity letter winner (multi-sport 4-year letter winners will only receive one (1) plaque), and appropriate metal pin for each sport).
- e. Varsity Club Jackets are awarded according to the criteria set up by the West Greene Varsity Club.

3. **Senior Award**

All senior athletes will receive a senior athletic award plaque showing the varsity letters and participations he or she has earned during their career at West Greene High School. To be eligible for the plaque, he/she must have lettered in at least one (1) sport or activity on their career.

4. **Championship Award(s)**

All members of a varsity team that wins a league, district, regional or state championship, will receive a chenille emblem of that sport which will indicate the championship.

Any team that qualifies for the WPIAL playoffs will have a team poster hung in the stairway entry to the H.S. Gymnasium.

Any individual who places/medals at the state level will have an individual plaque hung in the concession/lobby area of the H.S. Gymnasium.

5. **Various Pins and Awards**

Student-athletes will receive appropriate metal pins for each sport as outlined above. Any student-athlete participating (not necessarily lettering) in at least three (3) or more sports or activities will receive a Tri-Athlete pin.

Any student-athlete who has maintained an “A” (90%) average over the course of the school year will receive a Scholar-Athlete pin (these are based on the first three nine weeks grades of the current school year only).

D. All-Sports Banquet

All student-athletes in grades 7 – 12 will receive an invitation to the All-Sports banquet. The All-Sports banquet will be held in the final weeks of May to culminate the athletic school year.

Booster Club Presidents and several contributors will be invited as well, and all members of all Boosters Clubs are asked to attend. Many memorial and Boosters-sponsored awards will be given out at the All-Sports banquet.

The West Greene School District will sponsor an MVP award for each Varsity sport offered (unless it is specifically not requested by that sport’s head coach). The Lion’s Club will sponsor the male and female athlete of the year award. Funding and sponsorship permitting, each class (grades 7-12) will have their top eight (8) academic-athletes honored with a student-athlete of the year t-shirt (these shirts are based on the first three nine weeks grades of the current school year only).

E. Senior Night/Day

The athletic director (with approval from the high school principal) will designate a home contest as senior night/day for each appropriate sports season. All seniors taking part in these festivities will be asked to fill out an appropriate form listing their scholastic achievements and accomplishments, goals and future plans as well as who will be escorting them.

We advise all seniors to treat this process as a “once in a lifetime” opportunity for themselves and their parents/guardians. The district will try to honor all requests made by seniors, but the administration reserves the right to disqualify escorts for any number of reasons (custodial care, school rules violations, etc.). The administration reserves the right to review and revise any forms that are found to have distasteful or untactful language, phrases or comments. Seniors are to have these forms handed in at least three (3) days prior to Senior Night/Day. Any substitutions/additions to any comments being read or members escorting seniors will have to be approved by an appropriate administrator.

In the Fall sports season:

Varsity Girl’s Volleyball will have their own ceremony.
Band, Varsity Cheerleading and Varsity Football will share the ceremony at a home football game.

In the winter sports season:

Varsity Boy’s and Girl’s Basketball will share the ceremony at a home boy’s/girl’s double header game(s).
Grapplettes and Varsity Wrestling will have their own ceremony.
Varsity Cheerleaders may choose which senior night to take part in during winter season.

In the spring sports season:

Varsity Baseball, Varsity Softball and Varsity Track (Boy’s and Girl’s) will share a single ceremony at Center Township Park. All efforts will be made to designate this senior day on a home baseball/softball double header that does not interfere with any track meet or event.

IV. *Authorization for Athletic Participation*

Authorization for Athletic Participation

It is the responsibility of every athlete to be familiar with the training regulations. It is the responsibility of each head coach and/or sponsor to make certain that every squad member has been fully informed of the West Greene training regulations and/or any additional standards of conduct and performance pertaining to his/her sport.

Each athlete and parent will assume the responsibility for caring for all equipment and supplies issued to the athlete by the coach or his representative(s) and for turning all such supplies and equipment in to the coach at the conclusion of each season. Parents and athlete will be charged the replacement value for any lost or damaged equipment.

Athletic participation is entirely voluntary on my part and is made with the understanding that I have read the entire contents of the athletic handbook, including the eligibility rules and regulations of participation, and that I will abide by these to the very best of my ability.

I will receive/have received a physical examination, and have filed this examination form as well as the health and injury information section of this booklet with my coach.

I agree to pay for any and all equipment, which I may lose, misplace, or damage through carelessness or intent.

I further agree to assume full responsibility for all equipment issued to me, and to confine the use of that equipment to practice.

This form does not release the school from any negligence. However, this form, with your signature verifies that you are aware that various injuries do occur while participating in athletics. I understand that the dangers of playing or practicing to play/participate in sport(s) may result not only in serious injury, but in serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities to enjoy life. "WE DO UNDERSTAND AND ASSUME THAT THERE IS ALWAYS THE RISK OF POSSIBLE INJURY TO OUR SON/DAUGHTER IN ATHLETICS." I do understand that there is some danger in all athletics and injuries can and do occur. West Greene School District has issued good protective equipment to me. I must assume some of the responsibility to prevent injuries from occurring.

Complete Legal Name of Student-Athlete

(First) (Middle) (Last)

Date of Birth _____ Place of Birth _____
(Month, Day, Year) (City) (State)

Parent or Guardian Consent and Student-Athlete acknowledgement

I hereby give my consent for my son/daughter to engage in interscholastic athletics at West Greene Middle-Senior High School in PIAA approved sports during the current school year and to accompany the team as a member on its out-of-town trips. I understand that my son/daughter will be expected to adhere firmly to all established athletic policies. I have read both the West Greene Athletic Code and the PIAA eligibility rules. I also give permission to the attending physician to give first aid and emergency treatment to my son or daughter should he or she require such assistance.

I have read the West Greene Middle-Senior High School Handbook, and been made aware of the national (NFHS), state (PIAA) and district (WPIAL) web sites including the rules, regulations, and policies. I fully understand their meaning and consequences and support its enforcement by responsible persons.

I am aware that it is my responsibility to inform the school, and update this handbook with any/all custodial familial and/or medical changes that occur throughout my athletic/extra-curricular career at West Greene Middle-Senior High School **(see chart on final page of this booklet)**.

Thank you for your support.

Signature of Athlete Date

Signature of Parent/Guardian Date

Received by the Athletic Office

USE OF HELMET WARNING (FOOTBALL PLAYERS ONLY)

No helmet can prevent all head or neck injuries a player might receive while participating in football.

Do not use this helmet to butt, ram, or spear an opposing player. This is in violation of the football rules and such use can result in sever head or neck injuries, paralysis, or death to you and possibly injury to your opponent. "I CERTIFY THAT I HAVE READ AND UNDERSTOOD THE WARNING STATED ABOVE."

I hereby assume all the risks associated with participation and agree to hold West Greene Middle-Senior High School of the West Greene School District collectively and individually, its employees, agents, representatives, medical personnel, coaches, and volunteers, including managers and trainers, harmless from any and all liability, actions, causes of actions, debts, claims, or demands of any kind and nature whatsoever which may arise by or in connection with my participation in any activities related to the West Greene Middle-Senior High School athletic team(s). The terms hereof shall serve as a release and assumption of risk for my heirs, estate, executor, administrator, assignees, and for all member of my family. I specifically acknowledge that Football, Wrestling, Softball/Baseball are violent contact sports involving even greater risk of injury than other sports.

Complete Legal Name

_____ (First) (Middle) (Last)

Date of Birth _____ Place of Birth _____
(Month, Day, Year) (City) (State)

Signature of Athlete playing football Date

Parent or Guardian Consent

I hereby give my consent for my son/daughter to engage in interscholastic athletics at West Greene Middle-Senior High School in PIAA approved sports during the current school year and to accompany the team as a member on its out-of-town trips. I understand that my son/daughter will be expected to adhere firmly to all established athletic policies. I have read both the West Greene Athletic Code and the PIAA eligibility rules. I also give permission to the attending physician to give first aid and emergency treatment to my son or daughter should he or she require such assistance.

Signature of Parent/Guardian Date

Concussion Information, Consent of Awareness, and Return to Play Protocol Form

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a “ding” or a bump on the head can be serious.

You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- Headaches
- Amnesia
- “Pressure in head”
- “Don’t feel right”
- Nausea or vomiting
- Fatigue or low energy
- Neck pain
- Sadness
- Balance problems or dizziness
- Nervousness or anxiety
- Blurred, double, or fuzzy vision
- Irritability
- Sensitivity to light or noise
- More emotional
- Feeling sluggish or slowed down
- Confusion
- Feeling foggy or groggy
- Concentration or memory problems
- Drowsiness (forgetting game plays)
- Change in sleep patterns
- Repeating the same question/comment

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays in coordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can't recall events prior to hit
- Can't recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the

first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences.

It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student athlete's safety. If you think your child has suffered a concussion Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours.

Gradual Return to Play Following a Concussive Injury (Return to Play Protocol)

This is a 5-step process. This return to play plan should start only when you have been without any symptoms for 24 hours. It is important to wait for 24 hours between steps because symptoms may develop several hours after completing a step. Do not take any pain medications while moving through this plan (no ibuprofen, aspirin, Aleve, or Tylenol). Make a follow up appointment with your provider if symptoms develop during this progression.

• Intensity levels: 1 = very easy; 10 = very hard.

Step 1: • Intensity: 4 out of 10. Aerobic conditioning - Walking, swimming, or stationary cycling. • Duration: no more than 30 minutes. • If symptoms return, wait until you are symptom free for 24 hours then repeat Step 1. • No symptoms for 24 hours, move to Step 2.

Step 2: • Intensity: 5 or 6 out of 10. Sports specific drills – skating drills in hockey, running drills in soccer/basketball. • Duration: no more than 60 minutes. • No head impact activities. No scrimmages/potential for contact. • If symptoms return, wait until you are symptom free for 24 hours then repeat Step 1. • No symptoms for 24 hours, move to Step 3.

Step 3: • No head contact, or potential for body impact. Non-contact training drills – include more complex training drills (passing in soccer/ice hockey/basketball. Running specific pattern plays, etc). • OK to begin resistance training. • Intensity: 7 out of 10. • Duration: no more than 90 minutes. • If symptoms return, wait until you are symptom free for 24 hours then repeat Step 2. • No symptoms for 24 hours, move to Step 4.

Step 4: • Only after medical clearance! Full contact practice. • No intensity/duration restrictions. • If symptoms return, wait until you are symptom free for 24 hours and repeat Step 3. • No symptoms for 24 hours, move to Step 5

Step 5: Full clearance for return to play.

I have reviewed, been made aware, and understand the symptoms and warning signs of concussions in sports and related activities.

Signature of Student-Athlete Print Student-Athlete's Name Date

Signature of Parent/Guardian Print Parent/Guardian's Name Date

**PA Department of Health: Sudden Cardiac Arrest Symptoms and Warning Signs
Information Sheet and Acknowledgement of Receipt and Review Form.**

What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens, blood stops flowing to the brain and other vital organs. SCA doesn't just happen to adults; it takes the lives of students, too. However, the causes of sudden cardiac arrest in students and adults can be different. A student's SCA will likely result from an inherited condition, while an adult's SCA may be caused by either inherited or lifestyle issues.

SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating.

How common is sudden cardiac arrest in the United States?

SCA is the #1 cause of death for adults in this country. There are about 300,000 cardiac arrests outside hospitals each year. About 2,000 students die of SCA each year. It is the #1 cause of death for student athletes.

Are there warning signs?

Although SCA happens unexpectedly, some people may have signs or symptoms, such as:

- fainting or seizures during exercise; · unexplained shortness of breath;
- dizziness; · extreme fatigue; · chest pains; or · racing heart.

These symptoms can be unclear in athletes, since people often confuse these warning signs with physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated.

What are the risks of practicing or playing after experiencing these symptoms?

There are risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just a few minutes. Most people who experience SCA die from it.

Act 59 – the Sudden Cardiac Arrest Prevention Act (the Act)

The act is intended to keep student-athletes safe while practicing or playing.

The requirements of the act are:

- All student-athletes and their parents or guardians must read and sign this form. It must be returned to the school before participation in any athletic activity. A new form must be signed and returned each school year.
- Schools may also hold informational meetings. The meetings can occur before each athletic season. Meetings may include student-athletes, parents, coaches and school officials. Schools may also want to include doctors, nurses and athletic trainers.

Removal from play/return to play

- Any student-athlete who shows signs or symptoms of SCA must be removed from play. The symptoms can happen before, during or after activity. Play includes all athletic activity.
- Before returning to play, the athlete must be evaluated. Clearance to return to play must be in writing. The evaluation must be performed by a licensed physician, certified registered nurse practitioner or cardiologist (heart doctor). The licensed physician or certified registered nurse practitioner may consult any other licensed or certified medical professionals.

I have reviewed and understand the symptoms and warning signs of SCA.

Signature of Student-Athlete Print Student-Athlete’s Name Date

Signature of Parent/Guardian Print Parent/Guardian’s Name Date

V. Health History, Insurance and Medical Consent

**EMERGENCY INFORMATION AND MEDICAL TREATMENT CONSENT
(TO BE COMPLETED BY PARENT)**

In emergency, contact _____, phone _____
or _____, phone _____.

I, _____, the parent or guardian of _____ recognize that as a result of athletic participation, medical treatment on an emergency basis may be necessary, and further recognize that school personnel may be unable to contact me for my consent for emergency medical consent. I do hereby consent in advance to such emergency care, including hospital care, as may be deemed necessary under the then existing circumstances.

Please make the following notations on my son/daughter’s record:

GENERAL – Have you ever had, or now have, any of the following:

	YES	NO	EXPLAIN
ASTHMA _____	_____	_____	_____
DIABETES _____	_____	_____	_____
HEART PROBLEMS _____	_____	_____	_____
DIZZINESS _____	_____	_____	_____
CHEST PAIN _____	_____	_____	_____
EXTRA HEART BEAT _____	_____	_____	_____
BLACK OUTS _____	_____	_____	_____
MURMUR _____	_____	_____	_____
RHEUMATIC FEVER _____	_____	_____	_____
CANCER _____	_____	_____	_____
HIGH BLOOD PRESSURE _____	_____	_____	_____
CYSTS OR LUMPS _____	_____	_____	_____
BOILS _____	_____	_____	_____
JOCK ITCH _____	_____	_____	_____
ATHLETES FOOT _____	_____	_____	_____
DRUG OR ALCOHOL PROBLEMS _____	_____	_____	_____
ALLERGIES _____	_____	_____	_____
MEDICATION _____	_____	_____	_____
FOOD _____	_____	_____	_____
INSECTS _____	_____	_____	_____
Do you take any medicine routinely _____	_____	_____	_____

ABDOMINAL – Have you ever had, or now have any of the following:

	YES	NO	EXPLAIN
APPENDICITIS _____	_____	_____	_____
STOMACH TROUBLE _____	_____	_____	_____
RECTAL BLEEDING _____	_____	_____	_____
INJURY TO SPLEEN _____	_____	_____	_____
HERNIA _____	_____	_____	_____

VENERAL DISEASE _____	_____	_____	_____
INJURY TO KIDNEY _____	_____	_____	_____

Are the following organs intact and normal, so far as you know:

	YES	NO	EXPLAIN
LUNGS _____	_____	_____	_____
KIDNEYS _____	_____	_____	_____
TESTES _____	_____	_____	_____

NEUROLOGICAL – Have you ever had, or now have any of the following:

	YES	NO	EXPLAIN
HEAD INJURY _____	_____	_____	_____
FRACTURE _____	_____	_____	_____
CONCUSSION _____	_____	_____	_____
UNCONSCIOUSNESS _____	_____	_____	_____
NECK INJURY _____	_____	_____	_____
FRACTURE _____	_____	_____	_____
PINCHED NERVE _____	_____	_____	_____
FREQUENT HEADACHES _____	_____	_____	_____
SEIZURE DISORDER _____	_____	_____	_____
NERVOUS DISORDER _____	_____	_____	_____

EAR – NOSE – THROAT – Have you ever had, or now have any of the following:

	YES	NO	EXPLAIN
HEARING DIFFICULTY _____	_____	_____	_____
FREQUENT EARACHE _____	_____	_____	_____
PROBLEMS BREATHING/CHEST _____	_____	_____	_____
THROUGH NOSE _____	_____	_____	_____
BROKEN NOSE _____	_____	_____	_____
FREQUENT TONSIL INFECTION _____	_____	_____	_____

ORTHOPEDIC – Have you ever had, or now have any of the following: (Please note injury side – right or left)

	YES	NO	EXPLAIN
NECK _____	_____	_____	_____
SHOULDER _____	_____	_____	_____

ARM/ELBOW/WRIST/HAND/FINGERS _____	_____	_____	_____
BACK/RIBS _____	_____	_____	_____
HIP/GROIN _____	_____	_____	_____
THIGH _____	_____	_____	_____
KNEE _____	_____	_____	_____
LOWER LEGS _____	_____	_____	_____
ANKLE _____	_____	_____	_____
FOOT _____	_____	_____	_____
OTHER _____	_____	_____	_____

DENTAL – Do you have:

	YES	NO	EXPLAIN
CAVITIES _____	_____	_____	_____
FALSE TEETH _____	_____	_____	_____
MISSING TEETH _____	_____	_____	_____
SENSITIVE TEETH _____	_____	_____	_____
MANY TOOTHACHES _____	_____	_____	_____
CAPS OR BRIDGEWORK _____	_____	_____	_____
DENTIST _____	_____	_____	_____

ANY OTHER HEALTH PROBLEMS (INCLUDING, BUT NOT LIMITED TO, HOSPITALIZATION AND/OR SURGICAL PROCEDURES)

	YES	NO	EXPLAIN
HAVE YOU IN THE PAST OR DO YOU NOW USE ALCOHOL OR DRUGS _____	_____	_____	_____

FEMALES ONLY!!! – Have you ever had, or do you now have any of the following:

	YES	NO	EXPLAIN
FEMALE DISORDER _____	_____	_____	_____
IRREGULAR MENSTRUAL CYCLES _____	_____	_____	_____
OTHER _____	_____	_____	_____

FAMILY MEDICAL HISTORY – Has any member of your family died from or now have any of the following:

	YES	NO	EXPLAIN
SUDDEN DEATH SYNDROME _____	_____	_____	_____
HEART DISEASE _____	_____	_____	_____
DIABETES _____	_____	_____	_____
HIGH BLOOD PRESSURE _____	_____	_____	_____
SEIZURE DISORDER _____	_____	_____	_____

MY SON/DAUGHTER HAVE MY/OUR PERMISSION TO PARTICIPATE IN: _____
 THE RESPONSES TO THE MEDICAL QUESTIONS ABOVE ARE TRUE AND CORRECT TO THE BEST OF MY KNOWLEDGE.

 Parent/Guardian Signature

The Athletic Physical should not be done until the medical history forms are complete and signed.
Parent/guardian must initial/sign in the appropriate grade and season that this book has been updated with any/all custodial, familial and/or medical changes:

	FALL	WINTER	SPRING	Comments
Grade 7				
Grade 8				
Grade 9				
Grade 10				
Grade 11				
Grade 12				
Additional Comments				