

- of co-op credits or disciplinary action.
- 7. Students must attend classes, sometimes before school hours.

IX. EXTRACURRICULAR ACTIVITIES

ATHLETICS (INTERSCHOLASTIC)

While interscholastic athletics are not mandatory for any students, the Board encourages student participation in such sports. Any student so electing, must submit to the rules and regulations of the P.I.A.A. and those of the local district.

No student may participate in any interscholastic activities unless he or she has a signed statement from the parent or guardian stating that he or she is covered by insurance through a family/individual type plan. If the family does not have insurance, the student should see the coach of the sport they wish to participate in.

Student athletes must return all equipment and satisfy their obligations to the previous sport before they are permitted to compete in another sport or activity.

It is an honor and privilege to represent Clearfield Area Junior Senior High School in athletic contests. We expect all athletes in every sport to abide by all rules of the Junior Senior High School. This includes the dress code, sportsmanship, natural hair coloring and styling, and appropriate clothing, both on and off the field.

FALL

Football - Varsity, JV, Freshmen, Junior High teams
Boys' and Girls' Cross Country - Varsity teams
Boys' and Girls' Golf teams
Cheerleading -- Varsity, JV and Freshmen Football

Girls' Volleyball – Varsity, JV, Junior High teams
Boys' and Girls' Soccer – Varsity, JV
Boys' and Girls' Junior High Soccer
Girls' Tennis

WINTER

Boys' Basketball - Varsity, JV, Freshmen, 8th, 7th teams
Boys' and Girls' Swimming and Diving - Varsity team
Cheerleading -- Boys' Basketball, Wrestling, Junior High squads

Girls' Basketball - Varsity, JV, Freshmen, 8th, 7th, teams
Wrestling - Varsity, JV, Freshmen, and Junior High teams

SPRING

Baseball - Varsity and JV teams
Girls' Softball – Varsity, JV, Junior High Teams
Boys' Tennis

Boys' and Girls' Track – Varsity, Junior High teams

CLEARFIELD AREA SCHOOL DISTRICT ATHLETIC COMMUNICATION GUIDE

INTRODUCTION We are extremely pleased that your son/daughter has chosen to participate in the interscholastic athletic program of the Clearfield Area School District. A goal of the Athletic Department is to provide our student athletes with the best environment in which their extracurricular experiences may be as rewarding as possible. We believe that this goal may not be realized without appropriate lines of communication available to all parties involved.

Concerns/Issues are best handled and resolved as close to their origin as possible. The coaching staff should be given the first opportunity to consider the issues and/or concerns. If a formal complaint is necessary it will be investigated fully and fairly, but before any such complaint is investigated beyond the coach's level, it must be submitted in writing and signed. **Anonymous complaints will be disregarded.** It should be remembered that it is a privilege to participate in athletics, and academics must come first. If a good academic record is not maintained, eligibility to participate will be denied. Coaches, student athletes and spectators are representatives of the Clearfield Area School District. Your actions are not only a reflection upon yourselves but your family and community as well. One negative action will be remembered long after any positive actions that have taken place. This "Communication Guide" has been created to assist coaches, parents, administrators and student athletes to communicate more effectively.

ATHLETIC CHAIN OF COMMAND

The Clearfield Area School District in conjunction with its Athletic Department follows the chain of command listed below. We ask that you observe the order of this line of communication if you wish to pursue a concern you have with regard to the athletic program.

You will be referred to the appropriate level if the chain is not followed.

1. Assistant Coach (if applicable) – **Phone call and/or meeting**
2. Head Coach - **Phone call and/or meeting**
3. Athletic Director (**Written and signed letter required**)
4. Building Principal
5. Superintendent
6. School Board

IMPORTANT PHONE NUMBERS

ATHLETIC DIRECTOR: 765-5511 EXT: 2003

CLEARFIELD HIGH SCHOOL PRINCIPAL: 765-5511 Ext. 2000

PROCEDURE FOR PARENTS/GUARDIAN TO FOLLOW REGARDING CONCERNS/ISSUES

There are situations that may require a conference between the coach and parent/guardian. Such a meeting is encouraged when necessary. It is important that both parties have a clear understanding of the other person's position. Each should be willing to listen. The following procedure should be followed to help promote a resolution to the issue.

Contact the coach by phone if one was provided to you from the coach or set up an appointment (see list of school phone numbers above) if the coach cannot be reached after a reasonable period of time; call the Athletic Director and an appointment with the coach will be arranged.

IMPORTANT: Please do not attempt to confront a coach *before, during or after a practice session or contest.* The coach's first responsibility is to supervise the team during these times. These can be emotional times for both the parent and the coach. Meetings at this time do not promote resolution and in fact often escalate the issue.

What can a parent/guardian do if the meeting with the coach does not provide a satisfactory resolution?

Although total agreement may not always be reached, most often such a meeting does afford the opportunity for a productive discussion and better understanding. If the parent/guardian desires to continue through the chain of command after talking to the coach, they must place their concerns in writing and sign the letter. When the Athletic Director receives this document he will contact you for further discussion and he may set up a meeting with you and the coach, to discuss the issue and/or concern. If the parent still desires further communication after this meeting, the Athletic Director will then determine the next appropriate step.

CASD ATHLETIC PHILOSOPHY

The coaching philosophy at Clearfield Area School District under PIAA sanction is primarily a continuing developmental process. Understanding of this philosophy is imperative on the part of the board of directors, administration, coaching staff, student athletes and parents/guardians for it to be of any value to all participants.

Sports/Extracurricular activities are tools to promote personal growth and development on the part of the students involved. Their perception of themselves as a participant is the most important ingredient to their development. The student athlete and all who claim to be involved must take on a broader understanding and meaning of high school sports and not confuse them with being of the same nature as recreational and intramural activities. Sports at the middle and high school levels, are first regulated by the PIAA and then by our school board as an educational enterprise and not a recreational pursuit. The objective is to provide a medium by which each athlete will make individual choices and succeed or fail on the basis of their choices, execution and the depth of their commitment. The goal would be to strive for excellence in performance. All need to realize an athlete's success cannot be based only on the empirical data of a scoreboard. A win or loss only helps in determining how to compete but it does not address the real purpose of competition. Each

loss or win should be met equally and honestly as only an evaluation of development. The contest or competition IS the objective, the reason, and the purpose for their participation, NOT the outcome.

A student athlete's success in shaping ability to potential, devotion to coach's philosophy, and making realistic choices in all external areas of athletics will cause him/her to grow and develop into a better functioning young adult who can and will make wise decisions in our modern world based on lessons adapted from sports and competition.

Each competition, each practice, each exposure to sport is a learning experience devoted to the athlete's development. The commitment required to truly receive the greatest rewards of sport is immense as requiring much faith and tremendous desire. The coaches at Clearfield truly hope as many students as possible choose to make the commitment to compete and develop into fine leaders.

PARENT/GUARDIAN- COACH RELATIONSHIP

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide a greater benefit to the student athletes. As parents/guardians, when your son/daughter becomes involved in a program you have the right to understand what expectations are going to be placed on your child. This begins with clear communication from the coach of your child's program.

APPROPRIATE CONCERNS/ISSUES TO DISCUSS WITH THE COACH

- **The treatment of your child mentally and physically.**
- **Ways to help your child improve.**
- **Concerns about your child's behavior.**

As your son/daughter becomes involved in the various athletic programs of the CASD, it is our hope that he/she will experience some of the most rewarding moments of his/her life. It is important to understand that things may not always go as you or your son/daughter wish. At these times, discussion with the coach may be desirable **and is in fact encouraged** to clear up the issue and avoid any misunderstanding.

INAPPROPRIATE AREAS TO DISCUSS WITH THE COACH

- **Playing time/position assignment.**
- **Team strategy/play calling.**
- **Matters concerning other student athletes.**

Many aspects of the highly emotional and dynamic setting of interscholastic athletics are often questioned. These may include decisions made by coaches, administration, officials, athletes, parents and fans. As you have read from the previous list, certain concerns can be and should be discussed with the coach. Other items must be left to the discretion of the coach. Our coaches make judgment decisions based on what they believe to be best for all students involved under the circumstances presented.

COMMUNICATION THAT PARENTS SHOULD EXPECT FROM THE COACH

- Philosophy of the coach.
- Expectations the coach may have for your child and the team.
- Location and times of all practices and contests.
- Team requirements for example: Fees, special equipment, eligibility, attendance, off-season conditioning.
- Procedure to follow should your child become injured during participation.
- Athletic Policy and any additional rules that may affect your child's participation.
- Requirements to earn a letter.
- The responsibility for lost/outstanding equipment at the end of the season.

COMMUNICATION THAT THE COACH EXPECTS FROM THE PARENTS/GUARDIANS AND STUDENT ATHLETES

- Express concerns/issues directly to the coach first at an appropriate time
- Notify the coach of special needs of the athlete; for example; physical limitations that may not be obvious to the coach

EXPECTATIONS FOR STUDENT ATHLETES

THE STUDENT ATHLETE MUST CARRY SOME OF THE RESPONSIBILITY FOR HIS/HER DEVELOPMENT IN BECOMING A SUCCESSFUL PARTICIPANT. A STUDENT ATHLETE MUST:

- **Remain eligible – academics come first**
- Attempt to absorb the suggestions of the coach
- Be mentally and physically prepared to give your best for the team
- Conduct yourself in a positive manner; you are representing not only yourself, but also your team, family, school and community
- Have faith in the coach's system
- Maintain an atmosphere of mutual dedication & respect in order to achieve the excellence of performance

ATHLETIC AWARDS PROCEDURE

The coach shall recommend the members of his squad who have met the requirements to letter. These recommendations are to be approved by the Director of Athletics, who with the individual coach involved, will make the final decision.

The following are general criteria for meeting the requirements for a letter:

1. Attendance -- Athletes should attend all practices unless there is a reasonable excuse.
2. Sportsmanship -- Athletes should realize that they are representing their school and community and should conduct themselves accordingly.
3. Adherence to training rules -- Athletes must abide by the training rules as set forth by the athletic department.

The following are specific criteria for meeting the requirements for a letter:

1. Baseball -- Varsity, 50% of innings (pitchers 25% of innings or 1/3 of games); junior varsity, 50% of innings (pitchers 25% of innings or 1/3 of games).
2. Basketball -- Boys' and Girls' -- Varsity, 50% of quarters; junior varsity, 50% of quarters.
3. Cross Country -- Boys' and Girls' -- Five or more top five finishes team-wise.
4. Football -- Varsity, 50% of quarters; junior varsity, 50% of quarters.
5. Golf -- Participation in 50% of the team matches.
6. Soccer -- Boys' and Girls' -- Varsity, 50% of halves; junior varsity, 50% of halves.
7. Softball -- Varsity, 50% of innings (pitchers 25% of innings or 1/3 of games); junior varsity, 50% of innings (pitchers 25% of innings or 1/3 of games).
8. Swimming -- Achieve two district qualifying times and follow all practice and meet attendance guidelines. Diving -- Achieve eleven dives to compete in state qualifying meet and follow all practice and meet attendance guidelines.
9. Tennis -- Boys' and Girls' -- Participation in 50% of the team matches.
10. Track -- An athlete must earn twenty (20) points throughout the season. Each athlete that completes the season will earn five points for participation. A member of a first place winning relay team will earn one and a half (1.5) points for their part of the winning team.
11. Volleyball -- Varsity, participate in 50% of games; junior varsity, 50% of games.
12. Wrestling -- Varsity, wrestle in one-half of the total number of matches.

ATHLETIC RULES AND REGULATIONS

The Principal is directly responsible to the Pennsylvania Interscholastic Athletic Association for all matters pertaining to the interscholastic athletic relations of the Clearfield Area Junior/Senior High School.

The Director of Athletics shall be the Principal's designated representative in all matters pertaining to the interscholastic athletic relations of the Clearfield Area Junior/Senior High School.

Specific rules of conduct for each sport will be established by the coach. These rules will be in accordance with the established policies of the Clearfield Area Board of School Directors and the Constitution and By-laws of the Pennsylvania Interscholastic Athletic Association.

Any student who is not in attendance one-half of the school day, may not participate in an extracurricular activity the same night.

"A student who has been absent from school during a semester for a total of twenty (20) or more school days, shall not be eligible to participate in any Inter-School Practice, Scrimmage, or Contest until the student has

been in attendance for a total of forty-five (45) school days following the student's twentieth (20th) day of absence." Exceptions to the above will be handled on a case to case basis by the Principal.

To be eligible for interscholastic athletic competition, a student must be passing at least four full-credit subjects, or the equivalent. Eligibility shall be cumulative from the beginning of a grading period, shall be reported on a weekly basis, and shall be filed in the Principal's office. Where a student's cumulative work from the beginning of the grading period does not as of any Friday meet the standards provided for in this Section, the student shall be ineligible from the immediately following Sunday through the Saturday immediately following the next Friday as of which the student's cumulative work from the beginning of the grading period meets the standards provided for in this Section. A student must have passed at least four full-credit subjects, or the equivalent, during the previous grading period. In cases where a student's work in any preceding grading period does not meet the standards, said student shall be ineligible to participate in interscholastic athletics for at least fifteen (15) school days of the next grading period beginning on the first day report cards are issued. At the end of the school year, the students' final credits in the student's subjects rather than the student's credits for the last grading period shall be used to determine the student's eligibility for the next grading period." (P.I.A.A. handbook)

Freshmen are eligible to play in any varsity high school sport. All athletes are to be under VISUAL SUPERVISION of coaches at all times.

No athlete is to be excused from any class to report to a coach for any athletic reason, only academic reasons.

To avoid personal liability problems, all athletes in the training room and/or the weight training room should be under the VISUAL SUPERVISION of a coach at all times; therefore, students are not to report to practice until 3:00.

No student will be dismissed from an assigned detention to participate in interscholastic competition or practice for the duration of their suspensions or assignment.

Students may only receive transportation following an event from their parent/guardian. They must also turn in a Parent/Guardian Transportation Request form to their coach that has been signed by the Athletic Director or an Administrator before leaving the event with their parent/guardian.

Athletes should take all homework with them to the locker room prior to practice since the academic area will be restricted to all students by the time practice is over.

EXTRACURRICULAR ACTIVITY ELIGIBILITY POLICY

In order for any Clearfield Area Junior/Senior High School student to participate in any extracurricular activities, the student must pass four subjects that meet five times a week. Eligibility will be determined weekly (reported on Friday) with those deemed ineligible to refrain from participation the following Monday through Saturday.

MUSIC AWARDS

1. Members of Concert Band, Orchestra, and Chorus have the opportunity to participate in:
 - a. District/Regional/State Band
 - b. District/Regional/State Orchestra
 - c. District/Regional/State Choir
 - d. District/State Jazz Band
 - e. County Band/County Choir
 - f. Other

Participants in these events will be chosen through audition or application in accordance with PMEA guidelines.
2. Senior Marching Band members will be awarded senior jackets upon completion of their **junior** year. The cost will be divided by the Music Boosters paying one-half and the seniors paying the other half.
3. Each music student will receive a year bar upon completion of that activity at the end of the year.
4. Outstanding students may also receive special plaques or certificates for outstanding leadership or performance.
5. Additional specifics regarding membership, attendance, performance and responsibilities may be obtained from the Band/Choir Director.

Failure to meet any requirement for any musical organization may result in the loss of membership, contingent upon individual case review conducted jointly by the Music Director and Principal.