

First Reading: June 13, 2011
Second Reading: August 8, 2011

COUDERSPORT AREA SCHOOL DISTRICT ATHLETIC POLICY



Individual commitment to a group effort - that is what makes a team work, a company work, a society work, a civilization work.

Vince Lombardi

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WELCOME

The Athletic Department of the Coudersport Area School District (CASD) welcomes you. Coudersport Athletics participates in the Northern Tier League as a Class A school in District 9.

Athletes, by deciding to participate in an athletic program, will enhance your educational experience. As a team member, interscholastic sports will provide a forum that can enhance leadership skills. One will also learn the value of perseverance and be introduced to a level of competition beyond the boundaries of the CASD. The team approach at the interscholastic level not only promotes school spirit, but also develops individual character. As a team member, each individual will need to communicate with coaches and other team members while working within the boundaries of a team organization and the rules of the sport. As a team member the importance of establishing team goals will become evident. In order to improve as an individual athlete, the importance of self motivation and discipline become apparent.

Parents, you are an invaluable part of your child's educational and athletic development. Your support will have a considerable impact on your athlete's performance (education) in the athletic arena. Your athlete will learn lifelong lessons of how to be gracious in victory and knowledgeable from defeat.

MISSION

The mission of the CASD Athletic Department is to provide an athletic program that helps develop the whole person through education and competition; to stimulate a lasting attitude of discipline, sportsmanship, integrity, leadership, and social responsibility; to insure equal opportunity for all staff and student-athletes; and to make the athletic program an enduring source of pride for the student, athletes, alumni, and the community.

VISION

The Coudersport Area Athletic Department wishes to provide each athlete with the opportunity to achieve personal goals while simultaneously developing beneficial skills for their team. Each coach's goal is to instill in each athlete an ethic of self discipline, cooperation, loyalty, honesty, and perseverance. Coaches will ensure that each athlete will learn to communicate with team members and coaches. Coaches will enhance leadership skills where they exist. Success is the goal of each coach whose team participates in interscholastic sports, district competition or state level competition, and the development of each athlete's skill is motivated by that goal.

ATHLETES EXPECTATIONS

- A. Comply with all rules and regulations as set forth by the PIAA, NTL, school district, coaches, and athletic department.
- B. Prepares physically and mentally for each sports season.

- C. Participates fully in all practices and competitions.
- D. Be an invaluable part of your team.
- E. Encourages positive attitudes with your teammates both on and off the playing area.
- F. Maintain a positive attitude when things become more challenging for you.
- G. Allow coaches to coach. Your role is to play hard and be a contributor to your team.
- H. Promote the skills of your teammates instead of comparing and contrasting your skills, courage, or attitude in a negative manner.
- I. Take the time to know your coach in a way that allows you to understand their philosophy, ethics, knowledge, goals, aspirations, and responsibilities.
- J. Prioritize the agenda that drives your interest in the athletic program or any individual sport: the team agenda comes first, and your personal agenda follows.
- K. Have a willingness to be coached.

THE ATHLETES CODE OF CONDUCT

I will be the positive role model for my team, school, and community. In victory, I will be gracious, humble, and thankful. In defeat, I will be strong, honest, and accepting.

COACHES EXPECTATIONS

All coaching job descriptions can be viewed on the CASD website under Athletics. No coach shall make a student participate in pre-season practices if said student is currently participating in a sport that is in season or is still in the playoff round at any level. Coaches understand the need for students to be prepared, however a coach will not use threats, coercion or playing time as a means to have students participate outside of the official PIAA season.

THE COACHES CODE OF CONDUCT

As a coach representing Coudersport Area School District, I will set a proper example and be a good role model. As the leader of the team, I will exemplify honesty, integrity, fair play, and sportsmanship regardless of the competition. I will maintain a professional demeanor in my relationships with athletes, officials, colleagues, administrators and the public and treat them with respect and dignity. I will refrain from and discourage the use of profanity.

PARENTS EXPECTATIONS

- A. Be an invaluable part of your child's educational and athletic development.

- B. Encourage positive attitudes and actions through the development of your child both on and off the playing area.
- C. Require participation in all practices and competitive events.
- D. Listen to your child's issues and provide positive feedback when things become more challenging for your child.
- E. Accept my role to support, encourage, and motivate progress on a daily, weekly, monthly, and yearly basis, through support of offseason training, camps, weight training, and team building activities.
- F. Promote the skills of my child's teammates and opponents instead of comparing and contrasting the skills, courage, or attitude of my child with that of their teammates, or opponents, in a negative manner.
- G. Take the time to know my child's coach in a way that allows me to understand their philosophy, ethics, knowledge, goals, aspirations, and responsibilities.
- H. Prioritize the agenda that drives my interest in the athletic program or any individual sport: the team agenda comes first, and my personal agenda follows.

THE PARENT CODE OF CONDUCT

I will be the positive role model my child needs to become a successful adult, In victory, I will be gracious, humble, and thankful. In defeat, I will be strong, honest, and accepting.

COMMUNITY EXPECTATIONS

- A. Partner with Coudersport Area School District to actively promote, encourage and support local athletes in achieving academic, social and athletic success.
- B. Attend athletic events when possible.
- C. Provide financial support.

SPORTSMANSHIP

The following are just a few reminders of the important role parents and community play in modeling behaviors when involved in athletic programs:

- A. You are a fan and spectator. Please allow the coach to coach and the officials to officiate.
- B. You are the host for all visiting teams; treat them with respect and dignity.
- C. You should cheer for our TEAM, not against the opponent.
- D. You are a role model for your child, his teammates, and the overall program. Consider how you want to be remembered.

GENERAL INFORMATION

RESOLVING PROBLEMS

If an athlete or parent encounters a problem, the following “chain of command” **must** be used to solve the problem. Avoid initiating contact with the coach immediately prior to and/or right after a contest or during practice time.

1. Coach
2. Athletic Director
3. Principal
4. Superintendent
5. School Board

ATTENDANCE POLICY

Students are required to attend a full day of school in order to practice or play a competition on that day. Any student arriving after 10:00 am or leaving early and not returning with a legal excuse accepted by the administration will not practice or play in a competition that day. Appointment validation will be required. Students absent from school will not play or practice in a competition on that day.

Athletes are required to attend school the day after an event no matter how late the student arrives home from their previous competition, unless approved by administration.

AWARDING OF LETTERS

Each sport will have a specific system for awarding letters. The head coach will determine the criteria for that sport. The lettering system will be explained to the athletes and parents at the first meeting of the season.

TRANSPORTATION

All athletes will travel to and from all contests on the team bus. If an exceptional circumstance arises students must have a pre-approved note signed by the building administration prior to the event. Parents will submit a written note stating the reason for the exception, which will be signed by the administration and given to the coach. Under no circumstances will an athlete transport himself/herself to a contest.

BOOSTER CLUB

CASD athletic department encourages the participation of all parents in the Booster Club. This is a critical support system for the entire athletic program. The ideal booster club is one that is made up of parents, fans, and coaches. We need this group to promote athletics and assist the department in providing our athletes with equipment facilities, and opportunities they otherwise would not enjoy.

CASD CALENDER AND ATHLETIC SCHEDULES

School Calendar, athletic calendar and cancellations can be found online at coudersport.schoolwires.com/

ELIGIBILITY REQUIREMENTS

Under the rules of the Pennsylvania High School Athletic Association and Coudersport Area School District, athletes are NOT ELIGIBLE IF:

- A. They have reached the age of 19 prior to July 1 of the current school year.
- B. They have ever violated their amateur status.
- C. They have been absent more than 20 school days during a semester.
- D. They do not have a physical.
- E. They have ever participated in an athletic contest under an assumed name.
- F. They are failing more than two credits per week (as defined by a weekly eligibility report). An "Incomplete" in a class counts as an "F" until the work is made up. If work is not made up within ten days, then the work becomes a zero and is averaged into the grade.
- G. They have graduated from a 4 year high school or an equivalent institution.

EQUIPMENT

Every athlete will be given equipment and/or uniforms that are provided by the CASD. Athletes are responsible for these items. The student and parent/guardian are financially responsible to replace lost or damaged equipment.

HAZING

It is the policy of the CASD that hazing will not be permitted in any way, shape, or form. Athletes, coaches, and/or parents who violate this District guideline will be punished accordingly. Parents are encouraged to report any incidents of this type to the coach immediately.

OFF SEASON PARTICIPATION PHILOSOPHY

The Coudersport Area Athletic Department believes championships are won in the off season by the extra work an athlete and team perform. Student-athletes are expected to organize their off season around the following priorities:

- (1) Weight Room
- (2) Individual Skill Development
- (3) Team Continuity and Development
- (4) Individual Camps
- (5) Team Skill Development

TEAMS AND SEASONS

Male Sports:

Fall: Cross Country, Football, Golf and Soccer
Winter: Basketball and Wrestling
Spring: Baseball and Track and Field

Female Sports:

Fall: Cross Country, Soccer and Volleyball. 601f
Winter: Basketball
Spring: Softball and Track and Field

Dual-Sport Participation/Extra-Curricular Participation

An athlete is eligible to participate in more than one sport or activity (i.e. marching band) if the sport and extra-curricula area of interest are offered during the same season. To initiate action it is essential that the athlete contact both coaches of the sports being considered. If permission is granted an agreement must be signed by the athlete, parent/guardian, athletic director, and both

respective coaches. All parties involved in this agreement must agree to this participation, if not, a student will NOT be allowed to participate in dual sports.

ELIGIBILITY REQUIREMENTS

- A. Pre-participation eligibility requirements
- B. CASD eligibility requirements

MEDICAL CLEARANCES

Athletes must pass a physical exam prior to participation. CASD will offer physicals 1 time per year for ALL athletes. Prior to each season ALL athletes must complete a re-certification physical form. All injuries must be reported to the coach immediately. A student whose injuries require a doctor's attention must present a doctor's note clearing the athlete to return to practice or competition.

TEAM STRUCTURES AND GOALS

Junior High Programs-

The Junior High Programs are entry level. The emphasis of junior high school sports is to introduce interscholastic sports to as many students as possible. Coaches will focus on teaching the sports basic skills and having fun. We will have an A and B team structure. The number of athletes at this level may be limited and playing time will be determined at the discretion of the coaching staff. Members of each team will be chosen based on team criteria. The coaching staff will select teams if try-outs are necessary. Our goal is to have every athlete participating at his or her level of development.

Senior High Programs-

Junior Varsity - This is the varsity preparatory level. We continue to develop the sport, its basic and complex skills, and the fun element at the levels just below the requirements for varsity competition. The number of athletes at this level will not be limited and playing time will be determined at the discretion of the coaching staff.

Varsity - This level focuses on everything that has been developed and learned over the last several years. Basic skills continue to be extremely important. Complex sport skills are critical. The number of athletes at this level will be limited and playing time will be determined at the discretion of the coaching staff.

Participation Selection-

Certain teams at certain levels have limitations on the number of participants. These limitations are the result of factors including time, facilities, equipment, staffing, budgets, and tradition. We do not like to limit participation of our teams. In fact it is the most difficult decision any coach has to make, but in some instances it has to be made.

You should know that many factors are considered before the coaching staff makes limitation decisions. Perhaps the most important element may be the roles to be played on the team and how each part fits into the entire puzzle.

We will make the necessary decisions about limiting teams to certain numbers in as fair and as professional manner as possible. Questions concerning such decisions should be directed to the athletic office.

APPENDIX A

**COUDERSPORT ATHLETIC DEPARTMENT
DUAL ACTIVITY PARTICIPATION AGREEMENT***

Student: _____ **Date:** _____
As a student at Coudersport Area High School, it is my request to be an active participant in the sport/extra-curricular of _____ & _____.

I understand that this is agreeable to my coaches, my parents/guardians, myself, and has been approved by the Coudersport Area School District Athletic Director.

The following is a list of criteria included in this option.

1. In situations where there is a game/meet/practice in both activities scheduled on the same day, I have decided that I will participate in _____ (Primary Activity).
2. I understand that scheduling will result in conflicts between events in both activities.
3. If there is a conflict between practices in one sport/activity versus competition in the other sport/activity, the primary activity has priority.
4. In the case of a conference meet or state sponsored event conflicting with a regular season contest, the conference meet or state event has priority.
5. I agree not to switch the primary sport/activity during the course of the season. If one sport/activity becomes a better situation for the team or for me personally, I will still adhere to my decision as stated in #1 above.
6. Academics are the first priority. This request will only be considered if the applicant is in good academic standing at the time. If this academic standard is not maintained as reflected by mid-term grades and the remainder of the semester, the student will discontinue participation in the second sport and there will be no appeal (Minimum 85% on a 100% scale).
7. This decision is mine and has been agreed to by all of the respective parties.

Additional note: Issues could arise that may not be addressed in the above statements. Either coach involved has the right to call a meeting to present and resolve the issue.

Student: _____	Date: _____
Parent/Guardian: _____	Date: _____
Parent/Guardian: _____	Date: _____
Primary Coach: _____	Date: _____
Secondary Coach: _____	Date: _____
Athletic Director: _____	Date: _____

REMINDER: Coaches are to communicate with each other and the student and parents in regard to practice and contests while insuring that the student does not face undue pressure.

A dual sport/activityt student participates without consequence for missing practice/contests in accordance with the conditions of this agreement.

☐ *A dual sport participant is expected to practice under the supervision of the coaches involved in the sports.*

APPENDIX B

*This form only applies to dual activities, not dual sports.

Revised 5/11

RULES AND PROCEDURES FOR INTERSCHOLASTIC ATHLETICS AND EXTRA-CURRICULAR ACTIVITIES IN THE COUDERSPORT AREA SCHOOL DISTRICT

1. Students are expected to attend a full day of school in order to practice or play in a competition on that day. Any student arriving after 10:00 a.m. or leaving early and not returning with a written legal excuse accepted by the administration will not practice or play a competition. Appointment validation will be required. Students absent from school will not practice or play a competition on that day.
2. No player who has been injured or ill and has been under a physician's care will be permitted to practice or play without written permission of the attending physician and the parent or guardian of the student.
3. Training rules established by the Coudersport Area School Board prohibits the use or possession of any alcohol, controlled substance and tobacco (including smokeless tobacco) at any time or any place from the first official P.I.A.A. practice date to the last practice or competition or from the first day of an extra-curricular activity through the last date of the activity. Any student found in violation will be dismissed unless the student has a drug and alcohol assessment, completes ten hours of school community service, completes a minimum of four hours of counseling at an approved provider at student/parent's or guardian expense, and is suspended from competition and exhibition for fifteen school days. Subsequent violations will result in dismissal and exclusion from further extra-curricular activities for the remainder of the school year. In order to participate in extra-curricular activities for the following year, the student must complete a drug and alcohol assessment, complete twenty hours of school community service, and complete eight hours of counseling at the student/parent/guardians expense.
4. Every student participating in an interscholastic sports competition or practice must be covered by suitable insurance. School insurance may provide coverage beyond the student's primary insurance coverage. The coach or advisor must file an incident report in the high school office within one week of a student being injured. Parents/Guardians agree to allow the coach or advisor of the extra-curricular activity to seek medical

attention for their child in the event of an injury, if necessary (i.e. emergent medical care in the absence of the parent/guardian and the parent/guardian cannot be reached).

5. All participants are expected to be good representatives of the school and shall adhere to the characteristics of good sportsmanship in reference to teammates, opponents, officials, and spectators.
6. Any student caught stealing or defacing uniforms or equipment agrees to pay the replacement cost of lost or ruined uniforms or equipment.
7. All athletes are required to ride to and from events with the team. It is realized that from time to time a circumstance may arise when it may be necessary for the athlete to ride home with **a parent**. Written notice from the parent or legal guardian will be required and must be approved by the administration or his/her designee. The request should include the date, reason, and **with whom** the athlete will be riding. Once approved by the administration or designee, a copy of the request will be given to the student to give to the coach or advisor.
8. Policy of Academic Criteria for extra-curricular activities will be as follows:
 - a. Any student failing more than one class per marking period shall be ineligible to participate in extra-curricular activities. An incomplete in a class counts as failing until the work is made up. If work is not made up within ten days, then the work becomes a zero and is averaged into the grade.
 - b. Eligibility for all high school fall activities is determined by the failure of more than one class based on the final second semester grades of the previous school year. Eligibility for all junior high school fall activities is determined by the failure of more than one class based on the final grades of the previous school year.
 - c. A student shall be declared ineligible on any Friday that his/her cumulative grades reflect failure of more than one class.
 - d. A student declared ineligible on Friday shall be ineligible commencing on the immediate following Sunday through the following Saturday.
 - e. A student declared ineligible at the end of the nine week marking period for failure of more than one class shall remain ineligible for fifteen official school days.
 - f. Any student ineligible for fifteen days shall become eligible on the sixteenth school day providing the report of the immediate preceding Friday meets the criteria of section c.

It is important that all students involved in extra-curricular activities and their parents understand these regulations. The student, parent/guardian, and coach/advisor are required to sign and date the two copies of this form. The yellow form will be returned to the office and the white form will be returned to the parent or guardian.

I have read the above rules and procedures and I fully understand the implications so stated.

Signature of student: _____ Date: _____

Signature of parent/guardian: _____ Date: _____

Signature of coach/advisor: _____ Date: _____