



Fox Chapel Area School District

Student Athletic Handbook



Athletic Director:
Assistant Athletic Director:
Assistant to the AD:
Telephone:
E-mail:
Fax:
Athletic Schedule Information:
Website:

Mr. Michael O'Brien
Mr. John Panos
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412-967-2420
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www.highschoolsports.net
www.fcasd.edu



Dear Parent and Student Athlete:

The purpose of this letter is to welcome your son/daughter into our 2008-2009 sports program. We want your son/daughter to have an enjoyable experience not only participating in the sport of their choosing, but also with other members of the team and their coaches.

Attached is a copy of our student athletic handbook for you to read regarding athletic scholarships, NCAA guidelines, eligibility, physical examinations, attendance, hazing, lettering, and other guidelines that have been set forth by the Fox Chapel Area School District.

Please review the enclosed information and familiarize yourself with the district's policies and procedures. Upon completing a review of the information, each participant and parent/guardian is to sign this notice (located on page A-1 of the handbook) that acknowledges they have read the athletic manual. Please have your son/daughter **return this form to their respective coach prior to the beginning of the first day of practice.**

If you have any questions or concerns regarding the athletic program, please do not hesitate to call me in the athletic office (412) 967-2420.

Good luck this year and GO FOXES!!

Sincerely,

Michael L. O'Brien
Athletic Director

IMPORTANT!!



We the undersigned have read the procedures and regulations outlined in the Fox Chapel Area School District Student Athletic Handbook and do hereby agree to the terms as presented.

This form must be returned to each team coach before the first practice.

Athlete's Name: _____
(PLEASE PRINT)

Athlete's Signature: _____

Parent/Guardian Signature: _____

Phone: _____

Date: _____

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Fox Chapel Area School District

ATHLETIC OVERVIEW

ATHLETICS

The interscholastic sports program consists of twenty-five (25) varsity teams, fifteen (16) junior varsity teams and two (2) junior high programs. All of these groups compete in the Pennsylvania Interscholastic Athletic Association (District 7), commonly known as the Western Pennsylvania Interscholastic Athletic League (W.P.I.A.L.)

- Baseball:** This spring sport is offered for boys' at the 7th/8th, freshmen, junior varsity, and varsity levels.
- Basketball:** In the fall, this sport is offered to 7th/8th grade girls at DMS. In the winter, competition includes boys' 7th, 8th, and 9th grade teams as well as boys'/girls' junior varsity and varsity teams.
- Cheerleading:** This sport is offered at the 7th/8th grade levels as well as the junior varsity and varsity levels during the fall and winter sports seasons.
- Cross Country:** This fall sport is offered to both boys'/girls' at the 7th/8th and varsity levels.
- Field Hockey:** This fall sport is offered for girls' at the 7th/8th, junior varsity, and varsity levels.
- Football:** This fall sport, which begins two weeks prior to the start of the school year, is offered at the 7th/8th grade, junior varsity, and varsity levels.
- Golf:** This fall season sport is offered to boys'/girls' at the junior varsity and varsity levels.
- Gymnastics:** This winter sport is offered to girls' at the varsity level.
- Lacrosse:** This spring sport is offered to both girls' and boys' at the junior varsity and varsity levels.
- Softball:** This spring sport is available for girls' and is offered to 7th/8th graders as well as the junior varsity and varsity teams.
- Soccer:** This fall sport is offered for both boys'/girls' at the 7th/8th, junior varsity and varsity level.
- Swimming/Diving:** This winter sport is available to both boys'/girls' at the varsity level.

Tennis: This is a fall sport for the girls' at the junior varsity and varsity levels. This sport is also a spring sport for the boys' at the junior varsity and varsity level.

Track: This sport is offered to both boys'/girls' at the 7th/8th and varsity levels.

Volleyball: This sport is offered in the fall for girls' at the junior varsity and varsity levels. This sport is also offered in the spring for boys'/girls' 7th/8th grades and for boys' junior varsity and varsity teams.

Wrestling: This winter sport is offered for boys' at the 7th/8th and varsity levels.

Club Sports: Ice Hockey
In-Line Roller Hockey
Boys Lacrosse
Boys/Girls Crew
Girls Rugby
Fencing

FOX CHAPEL AREA SCHOOL DISTRICT

ATHLETIC MISSION STATEMENT

The Fox Chapel Area School District strives to provide an interscholastic athletic program that will allow students the opportunity to derive all benefits that participation in competitive sports confers. The administration, staff, and community are committed to building a solid athletic program and to maintaining a high level of integrity throughout its athletic program.

It is the mission of the Fox Chapel Area High School Athletic Department to challenge all student athletes to achieve success and a sense of self-esteem through participation in competitive athletics. Students are encouraged to build responsibility and respect for themselves, their teammates, and opponents, and display attributes of integrity. They are expected to show commitment and develop an understanding of the importance of teamwork. Participation in competitive athletics will help student athletes develop the necessary skills to become productive members of a globally competitive workforce.



SPORTS PHYSICAL EXAMS

The Fox Chapel Area Athletic Training Department in conjunction with UPMC Drs. John, Chantz, Biedrzycki and Associates will provide pre-participation physical exams, at no cost, for high school and middle school athletes' participation during the FALL, WINTER and SPRING sports seasons. **Please see the Fox Chapel Area Website for the dates/times of physicals for each season.**

Physicals will last approximately 45 minutes. Athletes should wear shorts and t-shirts the day of the exam. Any questions, **please call John Panos, Assistant Athletic Director/Athletic Trainer at 412-967-4407.**

Under PIAA By-Laws, all athletes must have a physical examination by a licensed physician before beginning practice. Student/athletes must acquire **ONE** physical per year in order to be eligible for interscholastic sports competition. However, if a student is injured, he/she will be required to obtain a follow-up physical prior to the next sport's season he/she will participate. **Physicals must be acquired no more than six (6) weeks prior to the first practice** of each season except for the fall sports season when physicals can be done after June 1. No athlete will be permitted to participate in interscholastic athletics for the Fox Chapel Area School District until the following requirements have been satisfied:

- 1.) Physical Examination Form/PIAA—Must be completed and turned into the **HEAD COACH OR ATHLETIC OFFICE NO LATER THAN the specified date denoted on the FCASD website.** This includes the PIAA Physical form and a complete medical history. The physical booklet **MUST** be signed by a physician and parent where appropriate. Furthermore, all information **MUST** be completed in its entirety.
- 2.) **ALL FORMS MUST BE TURNED IN TO THE HEAD COACH or ATHLETIC OFFICE NO LATER THAN the specified date denoted on the FCASD website.** You may obtain a physical from your personal physician however, if you choose to do so, you are still required to have all forms turned in on time.

****No student will be permitted to participate in a sport without a completed physical that falls within the desired guidelines.****

PLEASE NOTE THERE WILL BE NO MAKE UP PHYSICALS PROVIDED BY THE DISTRICT.

FOX CHAPEL AREA SCHOOL DISTRICT

COACHES CODE OF ETHICS

The function of a coach is to properly educate students through participation in interscholastic competition. The interscholastic program is designed to enhance academic achievement and should never interfere with opportunities for academic success. Each child should be treated as though they were the coaches' own and their welfare shall be cared for at all times. In recognition of this, the National Federation Interscholastic Coaches Association (NFICA) Board of Directors has adopted the following guidelines.

- The coach must be aware that he/she has a tremendous influence, either good or bad, in the education of the student athlete and, thus, shall never place the value of winning above the value of instilling the highest desirable ideals of character.
- The coach must constantly uphold the honor and dignity of the profession. In all personal contact with the student athletes, officials, athletic directors, school administrators, the state high school athletic association, the media, and the public, the coach shall strive to set an example of the highest ethical and moral conduct.
- The coach shall take an active role in the prevention of drug, alcohol, and tobacco abuse and under no circumstances should authorize their use.
- The coach shall promote the entire interscholastic program of the school and direct his/her program in harmony with the total school program.
- The coach shall be thoroughly acquainted with the contest rules and is responsible for their interpretation to team members. The spirit and letter of rules should be regarded as mutual agreements. The coach shall not try to seek an advantage by circumvention of the spirit of the letter of the rules.
- Coaches shall actively use their influence to enhance sportsmanship by their spectators, working closely with cheerleaders, pep club sponsors, booster clubs, and administrators.
- Contest officials shall have the respect and support of the coach. The coach shall not indulge in conduct that will incite players or spectators against the officials. Public criticism of officials or players is unethical.
- Before and after contests, rival coaches should meet and exchange friendly greetings to set the correct tone for the event.
- The coach shall not exert pressure on faculty members to give student athletes special consideration.

- It is unethical for coaches to scout opponents by any means other than those adopted by the league and/or state high school athletic association.



STATEMENT OF PHILOSOPHY

- A. The Fox Chapel Area School District believes that a dynamic program of student athletics is vital to the educational development of the student.
- B. The Fox Chapel Area 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.
- C. Athletics plays an important part in the life of the Fox Chapel Area High School and Dorseyville school students. Young people learn a great deal from their participation in interscholastic athletics. Lessons in sportsmanship, teamwork, competition, and how to win and lose gracefully are an integral part of each team in our athletic program. Athletics play an important part, too, in helping the individual student develop a healthy self-concept as well as a healthy body. Athletic competition adds to our school spirit and helps all students (spectators as well as participants) develop pride in their school.

Before any program of direction can operate effectively, a philosophy should be set down to provide a preview of the ultimate ends to be achieved and the guidelines within which accomplishment is to progress.

The major objective of the athletic program is to provide wholesome opportunities for students to develop positive habits and attitudes of social and group living.

Leadership should be of the highest quality so as to exemplify to the participants the desired type of behavior to be developed from the athletic program. Measurement of leadership success should not be in terms of the victory and defeat record, but rather in the personality development factors that are an outgrowth of the major objectives of the athletic program.

The athletic program will conform to the policies of the school district. At no time should the program place the total educational curriculum secondary in emphasis; the program should constantly strive for the development of well-rounded individuals, capable of taking their place in modern society.

- D. We believe that the opportunity for participation in a wide variety of student-selected activities is a vital part of the student's educational experiences. Such participation is a privilege that carries with it responsibilities to the school, to the activity, to the student body, to the community, and to the students themselves. These experiences contribute to the development of learning skills and emotional patterns that enable the student to make maximum use of his or her education.
- E. The interscholastic athletic program shall be conducted in accordance with existing Board of School Directors policies. While the Board of School Directors takes great pride in winning, it does not condone "winning at any

cost” and 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 so as to justify it as an educational experience.

- F. A comprehensive and balanced athletic program is an essential complement to the basic program of instruction. The athletic program should provide opportunities for students to further develop interests and talents in sports. Participation in athletics should provide many students with a lifetime basis for personal values for work and leisure activities.

Every effort should be made to support the activities program with the best facilities, equipment, and with the most qualified staff available. Coaches, directors, and sponsors should teach the specific skills necessary for improvement in athletics and provide guidance in the development of self-realization, good sportsmanship, cooperation, leadership, ethical behavior, and an appreciation for the importance of practice.

The ultimate goals of the athletic program should be: (1) to realize the value of participation without overemphasizing the importance of winning, and (2) to develop and improve positive citizenship traits among the programs’ participants.

ADMINISTRATIVE ORGANIZATION

Chain of Command

- A. Board of School Directors:** The Board of School Directors is responsible to the residents of the District and is the ruling agency for the Fox Chapel Area School District. It is responsible for interpreting the needs of the community and requirements to the professional organization. Additional responsibilities include:
1. Developing policies in accordance with state statutes and mandates in accordance with the educational needs and wishes of the people.
 2. Approving means by which professional staff may make these policies effective.
 3. Evaluating the interscholastic athletic program in terms of its value to the community.
- B. Superintendent of Schools:** The superintendent is responsible to administer the schools according to adopted policies of the Board of School Directors, rules and regulations of the State Department of Education, and in accordance with Pennsylvania Public School Code of 1949. It is his/her duty to establish a definite school athletic policy and to have an understanding of that policy. The superintendent shall represent the school district as its chief executive officer and its foremost professional educator in its dealings with other school systems, social institutions, and businesses.
- C. Principal:** The principal is the official representative of the school and is directly responsible for the general attitude of the student body and the conduct of the athletic affairs by the athletic director and the coach. By delegation and by established precedent, the school principal is the official school representative in matters dealing with Fox Chapel Area High School Athletics and conference affiliations. The principal is solely responsible for any official action taken by his/her school.
- D. Athletic Director:** The athletic director reports directly to the Superintendent. The primary responsibility of the athletic director is the administration and supervision of the interscholastic athletic program in the Fox Chapel Schools. The athletic director's duties will be those described in his/her job description and any others as designated. He/she will provide the leadership necessary for the day-to-day operations of the athletic department.
- E. Head Coaches:** All head coaches shall be responsible to the athletic director for the total operation of their respective sports programs. Head coaches will be responsible for the normal duties required of interscholastic competition, those duties described in the coach's job description, and/or any duties delegated by the athletic director.

PIAA CONSTITUTION AND GUIDELINES ATHLETIC COURTESY

A. Ethics in High School Athletics

The Code of Ethics pertaining to high school athletics is to be regarded not only as recommendations but also as rules governing the conduct of schools, the coach, officials, athletic directors, principals, and the public.

Section 1. Athletics should foster good sportsmanship. It is the privilege and duty of every person connected with athletics to exemplify these principles in his own actions and earnestly advocate them before others.

1. The rules of the game are to be regarded as mutual agreements, the spirit or letter of which no honorable person would break. The stealing of advantage on sport is theft.
2. No advantages are to be sought over others except those in which the game is understood to show superiority.
3. Unsportsmanlike or unfair means are not to be used, even when they are used by opponents.
4. Visiting teams are to be honored guests of the home team and should be treated as such.
5. No action is to be taken nor course of conduct pursued which would seem unsportsmanlike or dishonorable if known to one's opponent or the public.
6. Remember that the student spectator represents his school the same, as does the athlete.
7. Any spectator who continually evidences poor sportsmanship should be requested not to attend future contests.
8. Decisions of officials are to be abided by, even when they seem unfair.
9. Officers and opponents are to be regarded and treated as honest in intention. In games when opponents conduct themselves in an unbecoming manner, and when officers are manifestly dishonest or incompetent, future relationships with them should be avoided.
10. Good points in others should be appreciated and suitable recognition given.
11. The practice of "booing" is regarded as discourteous and unsportsmanlike.

ATHLETIC SCHOLARSHIPS AND RECRUITING

Student athletes should conduct a meeting with their high school coach(es) at the end of their junior season. Students should let their coaches know that they are very interested in participating in college athletics and should discuss their potential as an NCAA Division I, II, or III player. Athletes should not be afraid to ask for their coach's help in the recruitment process. Coaches will help students, but there are limitations as to how much they can do. There are over 3000 colleges and universities that offer athletic programs. Contacting each and every one of them is impossible for a high school coach.

Levels of Play:

1. **National Collegiate Athletic Association (NCAA)**

NCAA Division I. This is the highest level of play and they offer the most scholarships. These are the large schools with large student populations.

NCAA Division II. Smaller specialty schools that provide scholarships as well as financial aid grants.

NCAA Division III. No athletic scholarships but many high school graduates receive academic scholarships, financial aid, grants, and jobs on campus, also known as work-study programs.

2. **National Association of Intercollegiate Athletics**

NAIA can give athletic scholarships as well as other benefits to enable a player to attend school.

3. **National Junior College Athletic Association (NJCAA)**

Financial aid is provided for the cost of tuition and books. If you are not ready physically or mentally to attend a 4-year college, then a junior college that offers athletic programs may be the answer.

Are you good enough to participate in interscholastic sports at the college level? In order to answer this question, students should build support groups that can give them good sound advice. Such groups could consist of an athlete's parents, coaches, principals, athletic director, and/or community members that have participated in college athletics and that have seen you play. There is no substitute for the college playing experience. These people know what it takes to play at the next level.

Once a student has established that participating in college athletics is a goal, an athlete should begin to market him/herself. A student can only be offered a college scholarship if a college coach or scout has had an opportunity to see the student/athlete play. Therefore it is important that students market themselves to the colleges of their choice. The following are some recommendations to aid the student/athlete in his/her quest to seek a college scholarship:

1. Go to the guidance office or the internet and obtain addresses of the colleges that you would be interested in attending both for academics as well as athletics. Pick a school that you would be happy attending even if you were not going to participate in athletics.
2. Prepare a letter to be sent to college coaches (sample attached).
3. Prepare a resume of your career (sample attached).
4. Prepare a highlight tape and game tape to send **upon request** from the coach of the college/university that you have sent your resume to (be sure to label your game tape with the appropriate information – name, address, school name, etc.) Do not send whole games. Create a highlight film that lasts about 5 minutes. If this tape sparks a coach's interest then he/she will request more film at a later date.
5. If you participate in an AAU type of summer activity for your particular sport, include a summer schedule for the coach to be able to come and see you play.

Send the information before your in your junior and/or senior season. The best advice would be to send it immediately after the signing of the last recruiting season ahead of you.

The majority of the colleges will send you a questionnaire; complete it and return it to the colleges immediately. Complete all questionnaires regardless if you are interested in the school.

If you are an outstanding student, you will have opportunities to obtain athletic and academic scholarships. Many of the top academic universities have stringent minimum academic entrance requirements where many athletes cannot qualify. Talk with your guidance counselor/coach to obtain the names of academic universities in which you may obtain an athletic scholarship. This is a great opportunity for you if you are an outstanding student.

It is suggested that you attend a summer camp to increase your chances of being noticed. You will have the opportunity to perform in front of the college coaching staff for four or five days. Your high school coach or the athletic director can help you obtain information for summer camps.

If all else fails, you have the opportunity to walk on at the college of your choice and have the chance to earn a college scholarship later. It is very feasible to walk on a team and earn a partial or full scholarship for your remaining years if you become a starter.

College coaches are looking for all around athletic ability first. They look for coordination, speed, jumping ability, size, and strength. College coaches recognize that superior all-around athletes are usually good at a variety of sports. Just by participating in different sports, you are showing scouts that you have some unique gifts – unique because most young athletes can barely excel at one sport, much less two or three. If you are a standout at two or three sports, then you are a special talent.

SAMPLE LETTER

Your Address

Date

College Address

Dear Coach _____:
(Coach's name)

I am currently a junior at Fox Chapel Area High School in Pittsburgh, Pennsylvania, where I will graduate in the spring of _____. I am very interested in (name of university/college) and the programs, both athletic and academic, that you have to offer.

I play (position and/or sport) and, after having a very successful junior season, I am looking seriously at the possibility of continuing to play at the college level. Would you please evaluate my credentials and give me your consideration as a scholarship candidate? I have enclosed a resume and I can provide a highlight tape from my high school career upon request.

Your consideration would be greatly appreciated, and I look forward to hearing from you soon.

Sincerely,

(your name typed here)

Enclosures: Letters of Reference
 Resume

SAMPLE RESUME

Personal Information

Name: _____ Nickname: _____

Address: _____ Home Phone: _____

City, State, Zip: _____

Parents: _____ Yr. of Graduation: _____

Height: _____ Weight: _____ 40 Time: _____

High School Information

Fox Chapel Area High School Coach: _____ Phone: _____
611 Field Club Road Counselor: _____ Phone: _____
Pittsburgh, PA 15238 Sport(s): _____

Academic Performance

College Preparatory Curriculum QPA: _____

PSAT: Verbal: _____ Math: _____ Writing: _____

SAT: Verbal: _____ Math: _____ Writing: _____

College Interests

Academic area you wish to pursue in college: _____

Sport(s) you would like to play in college: _____

Track and Field Performance: (example)

100 Meters: _____

200 Meters: _____

400 Meters: _____

Other Sports and Honors:

GUIDE FOR COLLEGE-BOUND STUDENT ATHLETES

As Athletic Director, the best advice I can pass along is if you plan to compete athletically at the college level you should ask as many questions as possible.

Find out if you're on track to meet academic eligibility and core-course requirements at the collegiate level (<http://web1.ncaa.org/eligibilitycenter>). See what the graduation rate of the athletics program is and that the athletes in your sport are meeting graduation requirements at the colleges in which you are interested. Ask what academic support services are available and how academic progress is tracked.

You will notice that not one of those questions deals with the athletics side of being a student-athlete. Instead of focusing on which college can lead to a career in the pros, consider that:

- **Approximately three in 10,000, or approximately 0.03 percent of high school senior boys' playing interscholastic basketball will eventually be drafted by an NBA team.**
- **About 3.3 percent, or approximately three in 100, of high school senior girls' interscholastic basketball players will go on to play women's basketball at a NCAA member institution**
- **Approximately 0.08 percent of high school senior boys playing interscholastic football will eventually be drafted by an NFL team**

Take a hard look at these numbers and think about what will matter in the long run – a college education.

There is another question you probably have: What is the NCAA?

The Association was founded in 1906. It is made up of 1,200 schools classified in three divisions (Division 1 has 302 schools; Division 2 has 247; and Division 3 has 357). Schools in Division 1, which is divided into two divisions for football (Division 1-A and Division 1-AA), compete at the major college level.

The National Collegiate Athletic Association
700 W. Washington Street
PO Box 6222
Indianapolis, IN 46206-6222

All Packages: 1802 Alonzo Watford Sr. Drive
Indianapolis, IN 46202

Phone: 317-917-6222
Fax: 317-917-6888

A guide for College-bound student athletes and their parents may be obtained by logging on to <https://web1.ncaa.org/eligibilitycenter/common>

FOX CHAPEL AREA HIGH SCHOOL ATHLETIC DEPARTMENT

Young people learn a great deal from their participation in interscholastic athletics. Lessons in sportsmanship, teamwork, competition, and how to win and lose gracefully are an integral part of each team in our athletic program. Athletics play an important role, too, in helping the individual student develop a healthy self-concept as well as a healthy body.

A student's physical and mental health is just one of many concerns that the administration, coaches, and teachers have for your child's total well being. **Although there is no set policy against a student participating in more than one sport during any given season, we believe that students should play only ONE sport during the fall, winter, and spring sports seasons.** This is largely due to the grueling practice and academic workload for high school students. Students must remember that they are students first and athletes second. Trying to do too much will affect a student's health and also his/her academic and athletic performance.



COMMUNICATIONS

Administrators:

Mr. Ken Williams	Sr. Division H.S Principal	412-967-2433
Mr. Michael Hower	Jr. Division H.S. Principal	412-967-2432
Mrs. Jillian Bichsel	Assistant Principal	412-967-2436
Mr. John McGee	Assistant Principal	412-967-2434
Mr. Matt Harris	DMS Principal	412-767-5343
Mr. Michael O'Brien	Athletic Director	412-967-2420
Mrs. Chrissy Pollick	Athletic Secretary	412-967-2421
Mr. John Panos	Athletic Trainer/Assistant AD	412-967-1925

Coaches and the athletic director are responsible for communicating information regarding the athletic program to parents. Parents are responsible for understanding the athletic program's rules, regulations, and requirements and the coaches' expectations.

Communication/Information Coaches Should Provide to Parents:

- Eligibility and playing criteria
- Coach's expectations of players and their parents
- Locations and times of all practices and contests
- Team requirements (i.e. special equipment, off-season conditioning, etc.)
- Team rules and guidelines
- Lettering requirements
- Disciplinary procedures
- Information regarding procedures to contact coaches

Communication / Information Parents Should Provide to Coaches:

- Notification of any schedule conflicts well in advance
- Specific concerns in regard to the coach's philosophy and/or expectations
- Information regarding student injuries and medical condition

Appropriate Concerns for Parents to Discuss with Coaches:

- Treatment of their child
- Ways to help their child improve
- Concerns about their child's behavior

Issues NOT Appropriate to Discuss with Coaches:

- Playing time / positions / assignments
- Team strategy
- Play calling
- Other student athletes

Procedures for Discussing Parental Concerns:

- Parents should not confront coaches or engage in discussion with coaches, either in person or via telephone, immediately before or after a practice or on a game day.
Discussions during times of high emotions do not promote resolution of issues.

- Parents may discuss concerns with coaches via the telephone or request a meeting with the coach.
- If a parent meeting is desired, the parent should call the coach to schedule an appointment in advance.
- If the coach cannot be reached, the Athletic Director should be contacted to schedule the meeting.
- If the meeting with the coach does not provide satisfactory resolution, the parent may schedule an appointment with the Athletic Director to discuss the situation.
- Coaches may also schedule a meeting with the Athletic Director to discuss issues with parents.
- If the situation is still unresolved, additional meetings with appropriate administrators may be scheduled.



STUDENT PARTICIPATION IN EVENTS

When a student becomes a member of a team or group, he/she is committing to all the rules and expectations of that team/organization and coach/advisor.

These rules, regulations, and expectations are published prior to the season and signed by the student and his/her parents/guardians at that time.

Full participation in extracurricular activities by any student requires skillful time management and prior planning for involvement in multiple events and activities. This is part of the skills and advantages that participants develop and nurture through membership in extracurricular activities.

Acknowledging that students by nature of their youth and inexperience are still developing life skills which include time management and prioritization of responsibilities, the Board of School Directors, administration, and coaches shall encourage each extracurricular activity participant to strive to achieve the highest academic as well as athletic standards as an individual and as a team.

All coaches and sponsors will reinforce the premise that the student has the responsibility to maintain sound academic standings.

If, during the course of planned season activities, a situation develops which places an academic activity at risk, it is the **student's responsibility** to bring this issue to the attention of their **immediate team head coach or sponsor** with a proposed resolution **prior to the start of the activity**.

Full participation and attendance at all competitions, practices, and events is expected of all participants. In the event of an extreme personal or family emergency and/or a conflict with academic demands, at the request of the parents/guardians and with the approval of the immediate team head coach or athletic director participation may be excused or abbreviated. This may only be arranged at the discretion of the team head coach or athletic director prior to the event. The head coach or athletic director may also grant these exceptions when the schedule presents an undue burden or academic strain on the students as a result of competitions/events being scheduled on two or more consecutive school evenings. **All arrangements must be made prior to the start of the event/competition.**

ELIGIBILITY

A. Age

Maximum Age Rule: A pupil shall be ineligible for interscholastic athletic competition upon attaining the age of nineteen (19) years, with the following exception:

If the age of 19 is attained on or after July 1, the pupil shall be eligible, age-wise, to come through that school year.

How to Determine Age: In determining the age of a pupil, the date of birth (as recorded in the State Bureau of Vital Statistics) shall be considered as conclusive if filed in a State Bureau of Vital Statistics within one year after the date of birth. If a birth record from a State Bureau of Vital Statistics is not available, proof of a pupil's age may be determined by requiring the submission of a birth certificate which was issued within one year after birth; or in lieu of a birth certificate, a passport with the date of birth recorded thereon; or in lieu of a passport, an affidavit by the parents or legal guardian, filed not later than one year after the pupil's admission to the first grade of an elementary school. In the event of the non-existence of any of these records of evidence, the earliest date of birth as recorded in the records of the school or schools attended by the pupil shall be considered the date of birth.

B. Attendance

In order to be eligible to participate in any interscholastic athletic contest, a pupil must have been regularly enrolled in a secondary school and in full time attendance thereafter. A pupil is eligible only at the school at which he/she is enrolled.

Students will be ineligible to participate in any activity or sport if he/she has missed more than **twenty (20) school days during a semester**, unless the absence is verified by a doctor's written excuse.

Students must attend **at least two (2) full periods on the day of the event or practice in order to participate in that sport or activity**. If an event is scheduled on a Saturday, the student must be in school on Friday, at least two (2) full periods to be eligible to play or participate.

NOTE: Students enrolled in grades 7, 8, or 9 within the same school district may be combined to form one or more teams within the school district. This is commonly known as a junior high team.

How Absence Affects Eligibility: A pupil who has been absent from school during a semester for a total of twenty (20) or more days shall not be eligible to participate in any athletic contest until he has been in attendance for a total of forty five (45) school days following his/her twentieth (20th) day of

absence, except where there is a consecutive absence of five (5) or more school days due to confining injury, death in the immediate family (as defined in Section 1154 of the Public School Code of 1949, as amended), court subpoena, or quarantine, or an absence of five (5) or more school days due to the same confining illness, such absence may be waived from the application of this rule by the District Committee. **Attendance at summer school does not count toward the required forty-five (45) days.** Absence from school for an entire semester, or for several semesters, shall disqualify a pupil for the same period as stated in this section. Fifteen (15) days or more of enrollment in a semester in any secondary school shall count as one semester of membership. Attendance at summer school does not count as a semester or part of a semester.

C. Parental Consent

A pupil shall be eligible for practice or participation in each sport only when there is on file with the athletic director a certificate of consent, which is signed by the student's parent or guardian. The only valid certificate of consent is the P.I.A.A. Parent's Certificate. **NO ATHLETE WILL BE PERMITTED TO PLAY UNLESS THIS CERTIFICATE IS TURNED IN TO THE ATHLETIC OFFICE OR ATHLETIC TRAINER.**

D. Completion of Sports Physicals

Requirement: The Fox Chapel Area School District follows the guidelines of the Pennsylvania Interscholastic Athletic Association (P.I.A.A.) in requiring that all athletes participating in interscholastic competition have a pre-participation physical examination.

This exam must occur no earlier than June 1st for all fall sports and no earlier than six (6) weeks prior to the first legal practice date (established by the P.I.A.A.) for winter and spring sports.

Pre-Season Procedures:

1. Prior to the beginning of each athletic season, the head coach is to arrange a sign-up meeting through the athletic director. This meeting is to be scheduled prior to the dates for the pre-participation physicals so that proper forms can be distributed and coaches can see what interest students have in the sport.
2. Any student who does not attend the pre-season meeting must obtain a physical form from the Athletic Office. This will be the only official meeting prior to the actual physical examinations that will be performed by the school.

Participation in athletics is a privilege. A student athlete must determine the importance of this privilege by following through with the required responsibilities of receiving a physical in the specified time restraints, meeting the established **QPA of 2.0**, and **meeting all attendance requirements.**

Physicals for Participation in Athletics:

The health and well being of every student is our top priority. It is also important that our students learn responsibility and the ability to set priorities. The following procedures will help ensure that the school district is in compliance with P.I.A.A. regulations requiring that all athletes participating in interscholastic competition have a pre-participation physical examination:

1. The date and place of pre-participation physicals will be announced daily in the school starting four (4) weeks prior to physicals being administered. Furthermore, physical information can be found on FCTV as well as the on the FCASD Athletic Website. Physicals will be announced in early May/June for fall sports, October for winter sports, and February for spring sports.
2. Students must obtain the PROPER forms from the Athletic Office. **No other forms will be accepted.**
3. Only **ONE** physical will be needed to participate in interscholastic sports during an academic year. However, students who are injured during a particular season will be required to be **re-examined or certified** that the student's condition is satisfactory before he/she may begin to practice in the next sports season or continue in the current season.
4. Completed physical forms are to be turned in to the head coach, athletic trainer or athletic office ONLY, NO LATER than two weeks prior to the first practice date, as established for their sport by the P.I.A.A. These dates will be posted on the district's website. **If completed physical forms are not received within the time frame stated above (no later than 7 days prior to the first practice date), the student will NOT be allowed to participate in that season's sporting activities.**
5. Cut-off dates for physicals will also be publicized on FCTV, FCASD Athletic Website and district newsletters during the school year.
6. The trainer must approve all completed physical forms. The trainer will forward the names of all approved athletes to the athletic director.
7. Coaches of each sport will hold a pre-season meeting with their team prior to the first practice. This meeting will be approved through the athletic director, who will provide the head coach with the list of eligible players.
8. A report will be submitted to the athletic director the day following the pre-season meeting. This report will indicate the athletes that attended the meeting and whether or not each athlete has had the proper physical.
9. Any athlete without the proper physical at the time of the pre-season meeting will not be permitted to practice or compete for that particular season.

The above information will be communicated to coaches, students, and parents. The ultimate responsibility for obtaining a physical exam and becoming eligible to participate in a sport or the band will be up to the student. SEE SAMPLE PHYSICAL FORMS UNDER THE "FORMS" SECTION.

F. Transfers

All transfer students and questions of residence will be thoroughly checked by the athletic director to see if they are in compliance with all PIAA rules before the students can be declared eligible to compete on an interscholastic sports team.

G. Period of Participation

The period of participation is limited to students who have not:

- 1.) Been in attendance more than 8 semesters beyond the 8th grade; except in cases of long, confining illness or injury which necessitates repeating a grade. The District Committee may request the Board of Control, in which such authority rests, to waive the 8-semester limitation providing all other eligibility requirements are met;
- 2.) Played four season beyond the 8th grade in any one form of interscholastic athletics; or
- 3.) Completed the work of grades 9, 10, 11, 12 (inclusive). The satisfactory completion of three Carnegie units about the 8th grade, or the completion of junior high school course, shall classify a pupil as being beyond the 9th grade. A pupil is considered as representing his school during a particular season or sport only if he has participated in a game or interscholastic scrimmage or any part of a game or interscholastic scrimmage. A pupil who enters school in the second semester and plays two partial season in the same sport in separate school years shall be considered as playing the equivalent of one season.

The first half of the total number of school days in a school term shall constitute the first semester. The second half shall constitute the second semester. Athletically, the first semester shall continue until such time as the second semester actually begins. A pupil who has used all remaining eligibility may retain eligibility for any portion of that athletic schedule not completed by the end of the semester in which he/she was eligible, provided he/she is eligible in all other aspects.

1. The Board of Control, following a written request of the District Committee, may waive the 8-semester limit in cases of long-confining illness or injury, which necessitates repeating a grade.
2. A principal of a P.I.A.A. member school may, by written petition to the District Committee, request that additional semesters be granted to a student who is repeating a grade or semester, except where such repetition is in whole or in part for academic reasons.

NOTE: So that the District Committees and Board of Control may make a more professional judgment, it is requested that the athletic director, whenever possible, notify the District Committee whenever a situation dictates a possible request for additional eligibility. A pupil may participate in only one (1) season in each sport during each school year.

H. Representation

Any member of a high school team who participates in an athletic contest as an individual or as a member of a team in the same sport during the same season shall be ineligible to compete in that sport for the remainder of that sport's season. The season shall begin with the first legal practice date for that sport, shall include vacations, holidays, and periods of suspension, and shall end with the last legal playing date for the regular season in that sport unless the team is entered into the P.I.A.A. playoffs or P.I.A.A. tournament, in which event the season shall end with the last contest in which that team participates in such playoffs or tournaments.

Article VIII, Section 1(A), may be waived for all sports providing that such waiver is first approved, in writing, by the principal of the school concerned and is placed in the school's permanent file in the P.I.A.A. Office.

Seventh and eighth grade pupils are not eligible, except as follows:

1. On teams of a regularly organized junior high school, or a combination of junior high schools within the same school district.
2. Where a school district does not have a junior high school recognized as such by the Pennsylvania Department of Education, the principal of the high school may, by obtaining a special dispensation from the Board of Control, organize special representative teams consisting of players from the seventh, eighth, and ninth grades of his/her school district. The eligibility of members of such special representative teams shall be determined in accordance with the provisions of the junior high school eligibility rules and the high school principal shall be responsible for the eligibility of all players of such teams. In no case, however, shall competition on such special representative teams by seventh and eighth grade pupils be considered as constituting a part of the pupil's eligibility period of competition when they later enroll in grades above the eighth. It is further provided that the coach of such a special representative team shall meet the requirements of the P.I.A.A. Coaches Rule.

No person who has been enrolled as a part-time or full-time student in an institution of college standing and who has participated in an intercollegiate athletic contest shall be eligible for interscholastic athletics.

CURRICULUM AND ACADEMIC ELIGIBILITY

In order to be eligible for interscholastic athletic competition, a pupil must pursue a curriculum defined and approved by the principal as a full-time curriculum. Where required, this curriculum or its equivalent must be approved by, and conform to, the regulations of the Pennsylvania Department of Education and the Pennsylvania School Code, as well as any local policies established by the local school board. **The pupil must have passed at least two (2) full-credit subjects or the equivalent during the previous grading period.** Eligibility shall be cumulative from the beginning of a grading period and shall be reported on a 9-week basis.

In order to be eligible for interscholastic athletics, a pupil must have passed at least four full-credit subjects, or the equivalent, during the previous grading period, except as provided in Section 5 of the PIAA By-Laws. Back work may be made up, providing it is in accordance with the regular rules of the school. **In cases where a student's work in any preceding grading period does not meet the standards provided** in the "Eligibility" Section, the student shall be **ineligible to participate in interscholastic athletics for the first fifteen (15) school days of the next grading period. At the end of the fifteen (15) days, the ineligible student may become eligible if his/her grades meet the minimum grade point average requirement of a 2.0.** Moreover, **that student, who** has obtained a **2.0 QPA** but **has failed two (2) classes, will be ineligible to participate in their respective sport or activity.**

At the end of the school year, the student's final credits in the student's subject 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.

All students must meet the school district's minimum attendance requirements and maintain a 2.0 quality point average in order to participate in extracurricular activities. Pupils who are enrolled for the first time must comply with the requirements of the curriculum rules. The standing required for the preceding week, the preceding grading period, or the preceding year shall be obtained from the records of the last school that the pupil attended.

ABSENTEE RULE FOR ATHLETES

In order for student athletes to compete or practice on a given day, they must attend at least **two (2)** class periods that day. **If student athletes are not in school at least two class periods, they shall not compete or practice that day.** It is the student athlete's responsibility to check in at the office if they arrive beyond normal starting time. Further information can be obtained by reading the student handbook regarding school district's attendance policies.



DROP-OUT POLICY FOR ATHLETES

Any team player who drops out after the **first section** (league) game (match) to play for another team within the high school will be **INELIGIBLE** to compete **for that team** until the season is completed in the sport he/she dropped.

Any player who drops out (by his/her own choice) after the **conclusion of the third week** of practice shall be **INELIGIBLE** to compete for **any other team** during that particular season.

Student athletes who dismiss him/herself from a team are INELIGIBLE to rejoin the team during that particular school year. Any student who does not see his/her said season through to completion are ineligible to receive any benefits and/or honors from being a member of said team.



DETENTIONS, SUSPENSIONS and EJECTIONS

Athletes who are assigned detention must report to detention, even if they have a practice scheduled.

Students may not practice or play while under suspension (either in or out-of-school.) A student who is suspended for Friday, Monday, and Tuesday may not participate in weekend school-related activities, including practice. A student who completes his/her suspension on Friday remains ineligible to play or practice until the next school day.

Furthermore, it will be at the discretion of a principal whether an athlete is eligible to participate in practice or a competition during the time between the infraction and the start of the suspension.

Students who are disqualified from a game, match, or contest are not eligible to participate in the next scheduled game, match, or contest at the level (i.e. varsity, junior varsity, junior high or middle school) in which the offender was ejected.

Students who are ejected from a game, match, or contest during the last game of the season will be disqualified for the first regular season game, match, or contest in the same sport during the next school year.



HAZING POLICY

It is the goal of the Fox Chapel Area School District to provide a safe and positive environment for students and staff that is free from hazing. Hazing activities are inconsistent with the educational goals of the district.

Hazing is defined as any activity that recklessly or intentionally endangers the mental health, physical health, or safety of a student for the purpose of initiation or membership in, or affiliation with any school organization or athletic team.

Endangering one's physical health includes, but is not limited to, any act of a physical nature, such as whipping, beating, branding, forced calisthenics, exposure to the elements, forced consumption of any food, alcoholic beverage, drug, or controlled substance, or other forced physical activity that could adversely affect the physical health or safety of the individual.

Endangering one's mental health includes any activity that would subject an individual to mental stress, such as prolonged sleep deprivation, forced or prolonged exclusion from social contact, forced conduct that could result in embarrassment, or any other forced activity which could adversely affect the mental well-being or dignity of an individual.

Any hazing activity, whether by an individual or a group, shall be presumed to be a forced activity, even if a student willingly participates.

The school's staff, administration, and coaches do not condone any form of initiation or harassment, known as hazing.

Students who have been subjected to hazing are to promptly report the incident to the principal, athletic director, or coach.

All complaints will be investigated and appropriate discipline will be enforced.



PARTICIPATION OF HOME-SCHOOLERS IN ATHLETIC AND EXTRACURRICULAR ACTIVITIES

Parents of home-schooled students who wish to have their children participate in athletic and/or extracurricular activities within the school district must register their children in writing with the athletic director at least two (2) weeks in advance to the start of the activity, or in cases of athletics, two (2) weeks prior to the first P.I.A.A. practice date. Parents/guardians should contact the athletic director's office by July 1 of the upcoming school year for activity/athletic schedules so that they may meet this two (2) week requirement.

Parents must verify the following for their home-schooler:

1. The student was enrolled in maintaining a [2.0 QPA during the last school year](#).
2. All students in grades seven through twelve who participate in athletics must attain a [2.0 QPA](#) during a weekly academic eligibility report that must be submitted to the athletic director every Monday morning.
3. Acceptable grades are due weekly to the principal according to similar procedures required for enrolled students
4. The student was not absent from instruction that school day and/or more than twenty (20) days during the previous semester unless eligible for exemption, as stated in Article III, Section 2, of the P.I.A.A. Bylaws.
5. For participation in athletics, the student and his/her parent have completed the P.I.A.A. physical eligibility requirements and registration form required to be a member of an athletic team.
6. The student has met the Fox Chapel Area School District's physical requirements and all of the proper paperwork has been turned into the athletic director.

The building principal or athletic director will notify the parent of the home-schooler in writing the date the student may begin participating in the activity or sport.

Evidence of insurance must be given to the athletic director.

Home-schoolers are required to follow the same tryout and audition procedures as enrolled students.

The home-schooler must conform to the discipline policy of the district and to the team rules for the sport in which he/she is participating.

USE OF FACILITIES

When scheduling use of facilities, the objective is to make certain our students and our school-sponsored activities have first preference for use of school facilities.

The athletic office will schedule all athletic teams and activities for use of facilities. All outside groups who would like to utilize the athletic facilities at Fox Chapel should schedule facility usage through the athletic office.

It is important that the athletic office approve your use of school facilities. No one has authority to use facilities without formal approval. This includes the use of gyms, fields, the pool, and individual classrooms or large group rooms.

Your cooperation in following these regulations will be greatly appreciated.

CANCELLATION OF PRACTICE AND COMPETITIONS /PERFORMANCES DUE TO INCLEMENT WEATHER

Based on a cancellation or early dismissal of school, as directed by the Superintendent of Schools, due to inclement weather, the following shall apply:

1. All rehearsals, practices, competitions, performances are cancelled unless administrative approval is given. Administrative consideration will be given to the need for the rehearsal/practice based on the immediacy of the competition/performance and the severity of the weather/road conditions.
2. All student activity coaches/sponsors may request permission to use school facilities on the day of cancellation. This must be done on a single day basis.
3. Students cannot be required to attend an approved activity/practice/rehearsal during a school closing. Participation must be voluntary.
4. All home activities involving spectators are cancelled unless administrative approval is given.
5. [If an early dismissal occurs, all activities are cancelled.](#)



INSTRUCTIONS TO STUDENT ATHLETES

1. Athletes will not be permitted in any area of the building after school, except those areas designated by the coaches or athletic director.
2. Athletes should report immediately to the locker rooms after dismissal bell in the afternoon and practices should be scheduled to begin at a definite time.
3. No practice arrangements – formal or informal – are permitted without the presence of supervisory coaching personnel.
4. Students are not to remain after school unless coaches are present.
5. Athletic shoes with spikes are not to be worn in the building.
6. Athletes are to leave their automobile in the designated student parking areas.
7. Athletes may not practice without properly signed physical cards returned to your coach.
8. You are responsible for all of the enclosed guidelines.



ATHLETIC AWARDS

Letter Awards

Requirements for earning an athletic letter will be determined by the head coach. The coaches will file with the athletic director these requirements prior to the start of the season. A copy of lettering requirements must be on file in the athletic office. All students will be notified at the end of the season as to their lettering status.

These awards will be distributed to the coaches by the athletic director and then to the individual athletes.

Basic Rules that Apply to all Prospective Athletic Letter Award Candidates

1. All athletic programs within the school district must comply with all rules and regulations set forth by the Fox Chapel Area School District.
2. An athlete must display sportsmanship and conduct which exemplifies the school to his/her opponents, teammates, and officials.
3. An athlete must conform to all the training rules established by the coach for that given sport.
4. An athlete must have conformed to practices and game regulations, as established by the coach in that sport.
5. The athlete must have returned all the equipment issued to him/her to the satisfaction of the coach and/or athletic director.
6. In the event of injury or any other legitimate extenuating circumstances, letter awards will be made on the recommendation of the coach to the athletic director.
7. If the person has earned and has been awarded a letter and his/her conduct and behavior has been unbecoming, the award letter can be taken away by the coach and athletic director.
8. Only one letter will be awarded to any given player in attendance at Fox Chapel Area High School. Letter awards in more than one sport will be designated by a suitable representative pin of that sport to be attached to the letter.
9. Awards will be awarded with each year of lettering after the first letter is earned.
10. Each participant must satisfactorily complete the season, including individual and team post-season competition. If a student resigns from the team he/she may not receive a letter.

TEAM G.P.A. AWARD:

An award will be given to the top team with the highest Quality Point Average among the team's varsity participants. To determine such an award, the athletic director or designee will calculate an overall team QPA by averaging the team's varsity participants' QPA's. The winning team will be announced at the end of the school year and a banner will be hung in the high school gymnasium honoring the winning team's accomplishment.

SCHOLAR ATHLETE AWARD:

An award will be given to all student athletes who maintain a QPA of 3.5 or higher and participates in a varsity sport. The award will be given to students during each the fall, winter and spring sports season. Students are only able to receive the award once per school year.



FUND RAISING

All fund raising must be approved by the administration. All fund raising requests must be submitted to the athletic/activities director thirty (30) days prior to implementing the fund raising activity. This is to allow enough time to obtain approval for all funding endeavors.



SPORTS MEDICINE

STUDENT INSURANCE

The school district provides insurance for all students who participate in varsity interscholastic football. This insurance has a maximum benefit and certain items have limited or no coverage. All other student/athletes are required to complete one of the following:

- 1.) Purchase the student group insurance which insures him/her while participating in athletics.
- 2.) Provide the district with a waiver slip which indicates that the parent or guardian has adequate personal insurance coverage.

No student will be permitted to engage in practice or in any contest without being insured by one of the above plans.

CERTIFIED ATHLETIC TRAINER

The school district provides a full time certified athletic trainer. Guidelines for the use of training facilities are provided to students by the coach at the beginning of each season.

ANABOLIC STEROIDS

The following guideline has been extracted from the By-Laws and constitution of the PIAA.

The legislative Act 1989-93 requires the board of school directors in every Pennsylvania school district to prescribe, adopt, and enforce rules and regulations to prohibit the use of anabolic steroids, except for a valid medical purpose, by any student involved in school-related athletics.

The act also requires the school board to prescribe the following minimum penalties for any student found in violation of the rules and regulations adopted by the board of school directors.

- 1st offence: Suspension from school activities for the remainder of the season.
2nd offence: Suspension from school athletics for the remainder of the season and for the following season.
3rd offence: Permanent suspension from school athletics.

*** The above stated penalties are the minimum penalties set forth by law.**

A student who has been suspended for violation of the regulations shall not be eligible to resume participation in school athletics unless there has been a medical determination that no residual evidence of steroids exists

DRUG and ALCOHOL REGULATIONS

Any student/athlete using or possessing alcohol or using, possessing, buying or selling illegal controlled substances at Fox Chapel Area Schools or at FCASD events, shall be subject to the following disciplinary action. *Please note that all school district consequences and regulations/policies as outlined in the student handbook also apply.

Consequences

Voluntary Referral Opportunity

Students may use a voluntary referral procedure to seek information, guidance, counseling and/or assessment in regard to use or possession of alcohol and other controlled or non-controlled substances, instruments, or paraphernalia. A voluntary referral may be made by the student, by her or his immediate family, or by a fellow student. Such referrals can be made to a coach, teacher, guidance counselor, athletic trainer, who in turn must immediately notify an appropriate administrator. A student may use the option of voluntary referral once at the middle school level and once at the high school level as long as there have been no previous violations.

If a student uses the voluntary referral opportunity to seek assistance with dealing with alcohol or other drug use, and if the student agrees to participate in a certified drug/alcohol program, there shall be no denial of participation from athletic/activities.

If the option of voluntary referral has been used during grades 7-8 or grades 9-12 and a student participant again violates any part of the FCASD regulation regarding alcohol or other drug use, the second violation will be viewed as a “second offense”.

First Offense

Students will be subject to all of the following disciplinary measures:

1. Loss of 25% of competition in the athletic season and at the discretion of the principal or coach, serve forty (40) hours of community service as assigned by the high school principal. The community service program component must be completed in its entirety within 90 calendar days from the date of the decision rendered by the administration regarding the violation. Failure to complete the community service component within the approved time will result in the student not being allowed to participate in any athletic activities for an additional 25% of competition in athletics.
2. A student will be required to adhere to the drug and alcohol regulation of the district. If the student and parent(s)/guardian(s) refuse to follow the established FCASD guidelines regarding drugs and alcohol the student cannot participate in any athletics activities for one calendar year from the date of the decision is rendered by the administration and will be denied her or his team letter. Further intervention may be required by the administration when deemed necessary.
3. Submit to the athletic director a written request for reinstatement of eligibility to the athletic program. This letter should outline why the student should be permitted to return to the team.
4. The student must agree to provide results of up to three urinalysis tests if randomly requested by the athletic director.
5. Loss of any leadership position in athletic activities for one calendar year from the date of the decision rendered by the high school administration regarding the violation.

6. The duration of the team suspension by the coach may not exceed the length of time established by the disciplinary action of the principal for the violation.

Following the first violation of the drug and alcohol regulation, a student/athlete may resume participation in interscholastic and intramural sports after the aforementioned steps have been completed.

Second Offense

Student will be subject to all of the following disciplinary measures:

1. Loss of 50% of competition in the athletic season and at the discretion of the principal or coach, serve forty (50) hours of community service as assigned by the high school principal. The community service program component must be completed in its entirety within 90 calendar days from the date of the decision rendered by the administration regarding the violation. Failure to complete the community service component within the approved time will result in the student not being allowed to participate in any athletic activities for an additional 50% of competition in athletics. Practice is still required for athletes.
2. A student will be required to adhere to the drug and alcohol regulation of the district. If the student and parent(s)/guardian(s) refuse to follow the established FCASD guidelines regarding drugs and alcohol the student cannot participate in any athletics activities for one calendar year from the date of the decision is rendered by the administration and will be denied her or his team letter. Further intervention may be required by the administration when deemed necessary.
3. All awards will be withheld until all conditions and requirements are fulfilled.
4. Permanent loss of any leadership position in interscholastic athletes from the date of the decision rendered by the administration regarding the violation.

Third Offense

Student will be subject to all of the following disciplinary measures:

1. The student will not be permitted to participate in any interscholastic athletic activities for the balance of their middle or high school career, whichever is appropriate.
2. The student will be advised to seek additional help from a trained chemical dependency professional.

INJURY PROCEDURE

The athletic trainer will be responsible for the prevention, management and treatment of all athletic injuries. All injuries must be reported to the athletic trainer as soon as possible.

Any athlete who is taken to a physician as recommended by the athletic trainer or by the parent as a result of a possible injury, must provide a medical release to the athletic trainer in order to return to participation in his/her sport.

The coach or designee must notify the parents and/or guardians of any serious injuries.

If necessary, the athlete will be taken to the hospital for necessary care.

All injuries that occur during a practice session or during a contest must be reported to the Athletic Director in a timely manner.

The athletic trainer, not a coach, will determine whether an injured player is capable of practicing and/or playing.

First Aid Kits

The athletic trainer's office will supply all first aid boxes and the necessary supplies. Supplies will be handled on a seasonal and as-needed basis. It is the coach's responsibility to secure the proper supplies. Medical kits must be returned to the athletic trainer at the conclusion of the current sport season.

Ambulance Service

Ambulance service is provided at all varsity football games. Ambulance personnel are assigned to all junior varsity and ninth grade football games. The ambulance personnel are to identify themselves and be on the home team sideline during the contest.

Emergency Procedure Plan

Emergency telephone numbers:

Pittsburgh Poison Center	412-681-6669
O'Hara Township EMS/Police	911
St. Margaret's Hospital	412-784-4000
Training Room	412-967-4407

Information to be related to emergency personnel if requested:

1. Caller's name and position (e.g., John Doe, Assistant Football Coach)
2. Location of accident and the sport
3. Gender and approximate age of the athlete
4. Suspected injury (knee sprain, head or neck injury)
5. Condition of athlete (conscious, breathing, pulse)
6. Location of where the ambulance is to be met

The person who makes the telephone call is to meet the ambulance at a predetermined site and escort them to the site of the injured athlete.

The person in charge should never leave the accident victim.

Always keep emergency numbers in an easily accessible location.

Coaches should keep a list of all student emergency contact information with them at all times.

NOTE: In the event of an emergency situation that could endanger student and/or employee welfare, you may be required to remain until the emergency situation is alleviated. If any other emergency condition exists, all coaches are to seek out an administrator and follow his/her specific directions.

WEIGHT ROOM/FITNESS CENTER REGULATIONS

1. Shirts and shoes are required at all times; tank tops are acceptable
2. Nobody is to be in the weight room alone. Wait outside the weight room for a coach. Under NO circumstances is any student permitted to be in the weight room unsupervised.
3. Lifters must work with a partner.
4. Replace all weights on racks immediately following use.
5. Know your limits! Work with the instructor in determining your limits.
6. Do the lifts correctly. It is better to use lighter weights for lifting than heavier weights and run the risk of injury.
7. Warm up with the proper stretching exercises.
8. No chewing gum or eating candy while lifting.
9. No food or drinks are allowed inside the weight room.
10. No horseplay or profanity.
11. Do not abuse the equipment. This equipment will have to be used for years to come. Please respect all the school district property.
12. Any equipment that is broken must be reported immediately to the Athletic Director.

APPENDIX A:
FORMS SECTION

