

Frazier Athletic Department



2026-2027
Athletic Handbook

Table of Contents

Chain of Command	3
PIAA Constitution and Guidelines	3
Ethics in High School Athletics	3
General Regulations for All Coaches	4
Coaching Duties by Role:	5
Head Coach Responsibilities:	5
Required Certifications:	6
Dual Sport Participation & Sport Switching:	6
Professional Expectations	6
Use of Facilities:	6
Vertical Practice Policy:	7
Rules and Regulations for Athletes:	7
Medical Responsibilities of the Coaching Staff	8
Volunteer Coaches	8
Hazing Policy	8
Displaying of Trophies	11
Athletic Training Services	12
Participation Requirements	13
Academic Guidelines:	13
Attendance Guidelines:	14
Discipline Guidelines:	14
PIAA Eligibility Rules	14
Know Your Eligibility Rules	15
Age	15
Amateur Status and Awards	15
Consent of Parent or Guardian	16
Comprehensive Initial Pre-Participation Physical Evaluation	16
Enrollment	16
Transfers	16
Period of Time after Eighth Grade, Participation, and Grade Repetition	17
Outside Participation	17
Academic and Curricular Requirements	17
All-Star Contests	18

Out-of-Season Participation	18
Concussion Recognition and Management	18
Academic Program Accommodations	19
Drugs, Alcohol, Tobacco, and Nicotine	19
Lettering Criteria	20
Baseball	20
Boys' Basketball	20
Cheerleading	21
Football	21
Girls' Basketball	21
Coed Golf	22
Softball	22
Track and Field	23
Volleyball	23
Team Selection Policy	23
Philosophy	23
Cutting Policies	24
Athletes Going Home with Parents after Away Contest	24
Non-Discrimination on the Basis of Sex	25
TITLE IX	25
Sportsmanship Code for Athletes	26
1ST Offense:	26
2nd Offense:	26
3rd Offense:	26
Fundraising Guidelines	28
Booster Organization	28
Parent/Coach Relationship	29
Appropriate Concerns to Discuss with Coaches	29
Issues Not Appropriate to Discuss with Coaches	29
Payment of Supplemental Salaries	29
Regulations Regarding Travel for District/State Competitions	30
Acknowledgements	31

Chain of Command

The Frazier School District believes the establishment of a chain of command provides the control and communication steps necessary to seek answers and solve problems at the lowest possible level.

Chain of Command

1. Head Coach
2. Athletic Director
3. Principal
4. Superintendent of Schools
5. Board of School Directors

PIAA Constitution and Guidelines

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.

General Regulations for All Coaches

All coaches in the Frazier School District are expected to uphold the highest standards of professionalism and integrity. The following general regulations apply:

- Adhere to all WPIAL and PIAA rules and regulations.
- Maintain current and approved background clearances.
- Submit team rules to the Athletic Director and Principal before the start of the season.
- Review team rules with athletes.
- Supervise student-athletes before, during, and after practices and competitions.
- Ensure all athletes have a valid physical, ImPACT test, and accident insurance.
- Be the first to arrive and last to leave team events.
- Submit a complete practice schedule in advance, including any holiday practices (subject to Athletic Director approval).
- Maintain professional dress and language at all times.
- Refrain from profanity and tobacco use on school property or during school-sanctioned events.
- Ensure responsible bus conduct and assist in building security after practices.

- Maintain an inventory of athletic equipment and report any outstanding items.
- Contact athletes who have not returned school-issued equipment.
- Practice time may not exceed 2 ½ hours.
- Coaches are responsible for ensuring all the lights are off and securing the building after their practice sessions on days when school is not in session.
- Upon returning to school after a contest, coaches should remain with the athletes until all athletes have been picked up or driven home.
- Coaches are responsible for reporting event results to the local media, which shall include.

Coaching Duties by Role:

Head Coach Responsibilities:

- Budget planning and inventory management.
- Coordinating physical exams and athlete eligibility.
- Managing injury care, clearances, and rehabilitation.
- Organizing practices, transportation, and game logistics.
- Enforcing team rules and monitoring behavior.
- Representing the program publicly and at school functions.
- Evaluating assistant coaches.
- Communicating schedule changes and completing administrative tasks.

Assistant Coach Responsibilities:

Assistant coaches support the head coach by:

- Attending all practices and contests.
- Supervising athletes and enforcing team policies.
- Issuing and tracking team equipment.
- Assisting with registration and eligibility documentation.
- Supporting instruction, injury care, and scouting.
- Submitting end-of-season inventories and award recommendations.
- Keeping up to date on rule changes and attending professional development.
- Complete any other responsibilities given by the head coach

Required Certifications:

All coaches (head, assistant, and volunteer) must complete the following certifications annually:

- NFHS Concussion in Sports
- NFHS Sudden Cardiac Arrest
- First Aid, Health, and Safety for Coaches (one-time for new coaches unless completed previously)
- PIAA Coaching Principles (one-time for new coaches unless completed previously)

Dual Sport Participation & Sport Switching:

- Athletes in grades 7–12 may not participate in two sports in the same season without mutual consent of both head coaches.
- Athletes in grades 8–12 may not switch sports after three practice days; 7th graders may not switch after five practice days.
- Exceptions must be approved by the Athletic Director following consultation with head coaches.
- New students may join with approval from the Athletic Director and the head coach.
- Athletes who quit or are dismissed from a team may not participate in the same sport's intramural program during that season.

Professional Expectations

- Varsity head coaches must attend the annual PIAA Rules Interpretation Meeting for their sport and are responsible for associated fees.
- Coaches may be required to attend district meetings, clinics, and training.

Use of Facilities:

When a coach wishes to use school district facilities during the off-season, a Use of Facilities Form must be filled out. Forms are available in any district office. Once completed, the form should be turned into either the building principal (for classrooms) or the Athletic Department (for athletic facilities).

Vertical Practice Policy:

- Vertical practices are not allowed.
- Middle school and high school athletes may not practice together under any circumstances.

Rules and Regulations for Athletes:

All athletes participating in Frazier School District athletics are expected to adhere to the following policies:

- Students must be present of learning on the day of the extracurricular event. If the event occurs on the weekend, the student must be present of learning on the previous school day. Students who are not present of learning for 20 or more days shall not be permitted to participate in any co-curricular program. Variances, as stipulated in WPIAL regulations, will be considered. The building administrator has final authority over participation.
- Athletes are responsible for all equipment issued to them and must pay for any lost or damaged items.
- Athletes must follow all training rules established by their coaches.
- Profanity by athletes is strictly prohibited.
- No athlete in grades 7–12 may participate in two sports during the same season without mutual consent of both head coaches.
- Athletes removed from a team due to disciplinary reasons may not join another team during the same season.
- No athlete is permitted in the weight room without supervision from a coach.
- Students serving out-of-school suspension may not participate in practices or contests during the suspension period.
- All students participating in athletics must be covered by health insurance.

SITUATIONS MAY OCCUR THROUGHOUT THE SCHOOL YEAR THAT ARE NOT COVERED ABOVE. IF THIS SHOULD HAPPEN, EACH CASE WILL BE HANDLED INDIVIDUALLY BY THE ATHLETIC DIRECTOR OR OTHER ADMINISTRATION IF NECESSARY.

Medical Responsibilities of the Coaching Staff

Several serious medical situations can arise during athletic participation. Because coaches are with athletes throughout practices and competitions, they must be prepared to respond appropriately. If an athletic trainer is not on site, a paid staff member should immediately attend to the injured or ill athlete. At the same time, another coach or staff member

Volunteer Coaches

Any volunteers who work with Frazier athletes must have prior approval from the administration in order to be covered by school insurance. Therefore, it is important that you contact the athletic director prior to using volunteers in your program.

Each volunteer coach should fill out a volunteer application available in the athletic office. Also, Act 34, Pennsylvania Child Abuse History Clearances (Act 151) and fingerprinting are required of individuals working with students. The Administration believes that because volunteer coaches will be working closely with our student athletes, a criminal history background check (Act 34 Clearance and Act 151 Pennsylvania Child Abuse History Clearance and fingerprinting) is required before working in any district athletic program.

Hazing Policy

(As Taken Directly From the Student Handbook)

Purpose:

The opportunity for students to participate on athletic teams and in athletic or extracurricular events sponsored by the school district is a privilege extended to the students of the district, which privilege may be suspended or revoked under circumstances. The Frazier School District Board strives to provide a safe, positive, educational and extracurricular climate for its students and participants in athletic and extracurricular events. Hazing as hereinafter defined, regardless of the form in which it takes, shall not be tolerated, and activities, which constitute hazing, shall be disciplined and governed by the provisions hereinafter set forth.

Definitions:

The term hazing is hereafter defined as follows: Any action or situation which recklessly or intentionally endangers the mental or physical health or safety of a student or which willfully destroys or removes public or private property for the

purpose of initiation or admission into or affiliation with, or as a condition for continued membership in any organization operating under the sanction of or recognized as an organization by an institution of higher education. The term shall include, but not be limited to, any brutality of a physical nature, such as whipping, beating, branding, forced calisthenics, exposure to the elements, forced consumption of any food, liquor, drug or other substance, or any other forced physical activity which could adversely affect the physical health and safety of the individual and shall include any activity which would subject the individual to extreme mental stress, such as sleep deprivation, forced exclusion from social contact, forced conduct which could result in extreme embarrassment, or any other forced activity which could adversely affect the mental health or dignity of the individual, or any willful destruction or removal of public or private property. For purposes of this definition, any activity as described in this definition upon which the initiation or admission into or affiliation with or continued membership in an organization is directly or indirectly conditioned shall be presumed to be “forced” activity, the willingness of an individual to participate in such activity notwithstanding.

Delegation of Responsibility:

It shall be the responsibility of all employees, including without limitation, coaches, assistant coaches and athletic and extracurricular coordinators to protect the rights, safety and welfare of the students and athletes and to ensure an atmosphere free from all forms of hazing. Any and all information received by such individuals and all knowledge or reports of hazing, or anticipated hazing, shall be reported to the principal.

Guidelines:

1. If a student, athlete or extracurricular activity participant obtains information or hears about an actual or potential “hazing” incident, such student shall immediately report this information to his/her coach or principal.
2. The coach shall immediately notify the principal and athletic director, all of whom shall take immediate measures to address the situation, as hereinafter set forth. Students or athletes who become aware of a “hazing” incident, or if they are personally confronted with a hazing situation, the student should immediately make it known to the hazing participants that this behavior is unwelcome and that he/she refuses to take part in it. Any retaliation for a student’s refusal to participate in a hazing event shall be

immediately reported to the coach or principal. A student who willingly participates in a hazing event, regardless of whether he/she initiated it, shall have violated this policy and shall be subject to disciplinary action.

3. Upon receipt of information regarding hazing, the coach shall inform the principal and Athletic Director thereof. Likewise, the coach shall be notified, should either the principal or the Athletic Director be the first recipient of information pertaining to hazing.
4. The principal shall immediately conduct a full investigation, which shall be conducted in a confidential and thorough manner. The principal shall notify the Superintendent of the pending investigation and the circumstances related thereto.
5. As a part of the principal's investigation, the parent(s) and/or guardian(s) of any such student who may be involved in the hazing incident shall be notified and apprised of the facts pertaining to their child.
6. In the event the hazing involved, or will involve, illegal activity, the principal shall notify the appropriate police agencies.
7. The administration shall provide a written report of their findings and recommend disposition and any disciplinary measures to the Superintendent, based upon such findings.

Disciplinary Measures:

The disciplinary measures imposed herein shall not be exhaustive and may be imposed in addition to any other disciplinary measures which may be applicable and/or appropriate, provided for elsewhere in the policies of the Frazier School District.

1. A student found to be in violation of this policy shall be subject to disciplinary measures set forth in the discretion of the Superintendent, which may include suspension and/or exclusion from athletic teams, athletic events and extracurricular activities and events.
2. A student found to have made false statements in connection with this policy shall be subject to the same disciplinary measure as those found to have violated the policy.
3. The policy herein shall be applicable to any and all incidents of hazing involving the District's students or athletes, regardless of whether they occurred on or off school premises, or regardless of whether they occurred

during the school year, or outside of the school year, including without limitation during the summer recess months.

Due Process:

If, as a result of the aforesaid investigation the Superintendent concludes that a violation of the policy occurred, then the students and/or athletes involved shall be notified, along with their parent(s) and/or guardian(s), and a meeting shall be held at which the student shall have an opportunity to review and challenge the evidence substantiating the violation. If, after the due process meeting the Superintendent finds that a violation occurred, then the Superintendent shall take such disciplinary action as may be appropriate.

Annual Notification:

The athletic director shall, on an annual basis, inform the district's coaches of the foregoing policy on hazing.

Discipline for Hazing:

Disciplinary action shall be applied to students who violate the "Hazing Policy" of Frazier School District

Displaying of Trophies

1. All Section, WPIAL, and PIAA championship and runner-up trophies/plaques and awards will be permanently displayed.
2. All tournament and competition trophies/plaques and awards will be displayed for one year. After one year, the trophies/plaques and awards will be returned to the head coach.
3. All district recognized awards will be permanently displayed in the trophy case. (Memorial awards, etc.)
4. Any prestigious award will be considered for permanent display.
5. Any awards not described above will be considered on an individual basis.

Athletic Training Services

1. The Athletic Trainer should be present at the school at least one (1) hour prior to the start of practices and remain for approximately one (1) hour after completion of the last practice of the day. The times and dates of the practices will be coordinated between the Athletic Director and head coaches. The coverage will include pre-practice taping and wrapping, evaluation of injuries, on-field coverage and first aid, and post-practice assessments.
2. The Athletic Trainer will be responsible for the prevention, treatment, and rehabilitation of all student/athletes with the expressed goal of providing physical activity and health without compromising physical and mental well-being. The Athletic Trainer will service as a liaison coordinating the efforts of physicians, coaches, student athletes, parents/guardians.
3. The Athletic Trainer will be present for all varsity and junior varsity athletic practices, and all home varsity and junior varsity events.
4. The Athletic Trainer will attend all home and away varsity football events including scrimmages.
5. The Athletic Trainer will be available to provide evaluation and immediate care of all athletic injuries; as well as make arrangements for return of athletes for examination by the team physician, family physician, or orthopedic surgeon. The Athletic Trainer will also assist the ambulance staff when preparing an athlete for transport to the emergency room. In order to care for athletic injuries, the Athletic Trainer will:
 - a. Render first aid
 - b. Make routine observations at the practice fields and be present for hazardous play
 - c. Render decisions on the playing status of student athletes injured in the games, practices, and scrimmages for the benefit of the student athlete as an individual.
6. The Athletic Trainer under the supervision of the school physicians or the referring physician will design and supervise the rehabilitation of all athletic injuries.
7. If requested, the Athletic Trainer will be available to assist coaches in the designing of off-season, pre-season, or in-season conditioning programs.
8. If requested, the Athletic Trainer will provide educational programs for the coaching staff and students interested in promoting the health and well-being of the student athletes.
9. The Athletic Trainer will be available to assist coaches in the selection of protective athletic equipment and gear and checking it for safety.

10. The Athletic Trainer will supervise all activities involving the athletic training room, which includes:
 - a. Issuing necessary medical supplies and medical equipment to all athletic teams at the beginning of each season. At the conclusion of the season of each team sport, collect unused medical supplies and equipment.
 - b. Maintaining records of services provided to all student athletes. These records will be confidential and kept on file for at least seven years.
 - c. Selecting and requisitioning medical supplies and equipment for the athletic program.
 - d. Presenting the school district with statistical reports of injuries, services rendered, and data necessary for justification of medical services at the completion of each year. The Athletic Trainer will establish a student athletic training organization for the entire year.
11. The Athletic Trainer will promote sound health information to the student athletes, i.e., encourage proper nutritional habits for the athlete, promote the concept of total physical fitness regardless of sport, and provide sound advice on matters of drugs, ergogenic aids, smoking, rest and alcohol.
12. The Athletic Trainer shall have the authority to overrule any coach in matters pertaining to the safety and well-being of the student athletes.
13. The Athletic Trainer will assist in other duties not covered by the above, but authorized by the Athletic Director and Superintendent.

Participation Requirements

(As Taken Directly From the Student Handbook)

Academic Guidelines:

Each nine week period, all students participating in co-curricular activities must have a minimum of a 1.75 cumulative grade point average for the current school year. Students who fail to maintain a 1.75 grade point for the current school year shall be denied participation in co-curricular activities for the first (15) school days of the next marking period, effective the day after the issuance of report cards.

Students who wish to participate in interscholastic athletics must also comply with PIAA academic regulations. These regulations require students to pass at least four (4) full credit subjects or their equivalent (two (2) full credit classes on a block schedule, one of these being a core subject class) during the previous grading period in order to participate in that activity during the first (1st) Fifteen(15) school days of the next grading

period. At the end of the school year the student's final credits, rather than the credits for the last grading period, shall be used to determine eligibility for the next grading period. For the first marking period of the current school year, the students' eligibility will be determined by the cumulative grade point average of the prior year.

During each grading period, students must continue to pass four (4) full credit subjects or their equivalent (two (2) full credit subjects on a block schedule, one of those being a core subject class) in order to participate in that activity. Eligibility shall be cumulative from the beginning of the grading period and shall be reported weekly. In cases where a student's cumulative work from the beginning of the grading period does not, as of any Friday, meet the standards provided in this article, he/she shall be ineligible from the immediate following Sunday through the following Saturday and until such time that his/her grades meet these standards.

Attendance Guidelines:

Students must be present of learning on the day of the extracurricular event. If the event occurs on the weekend, the student must be present of learning on the previous school day. Students who are not present of learning for 20 or more days shall not be permitted to participate in any co-curricular program. Variances, as stipulated in WPIAL regulations, will be considered. The building administrator has final authority over participation.

Discipline Guidelines:

Students who are suspended or expelled from school are not permitted to participate in or attend any co-curricular activity held during the period of their suspension or expulsion. Students who are assigned to detention are not permitted to participate in or attend any co-curricular activity during the time of the detention.

*Students who are suspended or expelled from school are not permitted on school property for the duration of this period.

PIAA Eligibility Rules (Taken From PIAA Website)

Know Your Eligibility Rules for Pennsylvania Interscholastic Athletic Association, Inc. Sponsored Athletic Competition

Know Your Eligibility Rules

A student who participates in interscholastic athletics at a school which is a member of the Pennsylvania Interscholastic Athletic Association, Inc. ("PIAA") must comply with PIAA eligibility rules. If you fail to comply with these rules, you will lose your eligibility to participate in interscholastic athletics. If you participate while ineligible, you, your school, and/or your Team will be penalized. It is, therefore, important for you to be aware of applicable eligibility provisions.

The information set forth below highlights and summarizes the major requirements you must meet to be eligible. It does not identify every rule or every detail. Unless otherwise indicated, each requirement applies to students in grades 7 through 12.

The Principal of your school is responsible for certifying your athletic eligibility. If you have any questions concerning your athletic eligibility, either now or in the future, you should discuss the matter with your school Principal or Athletic Director. If they are uncertain about a matter, they can request guidance and even a formal ruling from PIAA as to your athletic eligibility. A complete copy of the PIAA eligibility rules may be viewed on the PIAA Website at www.piaa.org/resources/handbook, or may be obtained from your Principal or Athletic Director.

Age

To be eligible to participate in grades 10 through 12, you must not have reached your 19th birthday by June 30 immediately preceding the school year. Where you will participate only in grades 7 and 8, you may not have reached your 15th birthday by June 30 immediately preceding the school year; where you will participate only in grades 7 through 9, you may not have reached your 16th birthday by June 30 immediately preceding the school year.

Amateur Status and Awards

To be eligible to participate in an Inter-School Practice, Scrimmage, and/or Contest, a student must be an amateur in the sport involved. An amateur student is one who engages in athletic competition solely for the educational, physical, mental, social, and pleasure benefits derived thereof and does not receive monetary or similar or equivalent compensation or remuneration for such participation. Where the official rules for a sport provided for under ARTICLE XVIII of these Bylaws establish requirements for amateur status, such requirements shall govern to the extent inconsistent with this ARTICLE II.

Consent of Parent or Guardian

You are eligible only if there is on file with the Principal of your school a certificate signed by your parent(s) or guardian(s) consenting to your participation in the particular sport(s) involved.

Comprehensive Initial Pre-Participation Physical Evaluation

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

Wrestlers must also obtain a certification of the minimum wrestling weight at which they may wrestle during that season.

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

Enrollment

To be eligible to participate in an Inter-School Practice, Scrimmage, or Contest, a student must be regularly enrolled in a secondary school and in full-time attendance, or be home-schooled. Except as otherwise provided in this ARTICLE, a student is eligible only at the school at which the student is enrolled. The number of days of enrollment necessary to count as a semester is 15 days or more of enrollment in a semester in any secondary school counts as one semester of attendance. Enrollment at summer school does not count as a semester or part of a semester. If you are absent from school during a semester for a total of 20 or more school days, you will lose your eligibility until you attend school for a total of 45 school days following your 20th day of absence.

Transfers

You are treated as having transferred whenever you seek eligibility to participate in interscholastic athletics at a school other than the one at which you were previously either enrolled or otherwise eligible. You are considered to have transferred even if you are promoted to a higher level school or are out-of-school

for a period of time before entering the new school. If your Transfer from one school to another is materially motivated in some way by an athletic purpose, you will lose your athletic eligibility in each sport in which you participate within a period of one year immediately following the date on which you transferred. This requirement applies even if you would be otherwise eligible at the school to which you transferred. If your school eliminates a sport for budgetary reasons, you may be permitted to Transfer to another school to participate in that sport. You must enroll and attend the other school. If you desire to participate in any other sports at that school, your PIAA District Committee will assess whether the Transfer was materially motivated in some way by an athletic purpose relating to those sports.

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

Your athletic eligibility extends only until you have reached the end of your fourth consecutive year (8th consecutive semester or the equivalent) beyond the eighth grade. Therefore, if you repeat a grade after eighth, you will be ineligible as a senior.

Additionally, you may participate in (1) a maximum of six seasons in each sport during grades seven through twelve, (2) a maximum of four seasons in each sport during grades nine through twelve, and (3) a maximum of three seasons in each sport during grades seven through nine.

You may participate in only one season in each sport during each school year.

Outside Participation

If you participate in a non-school athletic program during the PIAA Season for that sport, while enrolled at a school which has a Team in that sport, you will not be eligible for District and Inter-District Championship Contests in that sport unless you are in uniform and available to participate as a member of your school Team for at least 75% of its Regular Season Contests.

Academic and Curricular Requirements

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

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

You must have passed at least four full-credit subjects or the equivalent during the previous grading period, except that eligibility for the first grading period is based on your final grades for the preceding school year. If you fail to meet this

requirement, you will lose your eligibility for at least 15 or 10 school days of the next grading period, beginning on the first day that report cards are issued. If your school has four grading periods, you will be ineligible for at least 15 school days; if your school has six grading periods, you will be ineligible for at least 10 school days.

All-Star Contests

You will lose your eligibility in a sport for one year if you participate in an all-star Contest in that sport. Your eligibility will not be affected if you participate in an event that (1) is not advertised or promoted as an all-star Contest; (2) is open to all participants on the basis of a tryout or a uniform standard of qualification; and (3) you do not represent your school and do not wear any school-affiliated uniform or apparel in the event.

Out-of-Season Participation

All PIAA sports have a defined season. If your school Team conducts Practice and/or participates in Inter-School Practices, Scrimmages, and/or Contests outside that PIAA defined season, your school will be penalized.

If you desire to play interscholastic football for a PIAA member school, and you engage in Physical Contact (as that term is defined in ARTICLE XVI, SEASON AND OUT-OF-SEASON RULES AND REGULATIONS, Section 2, Rules and Regulations, subsection C, Football, sub-subsection 1, of the PIAA By-Laws) outside the PIAA-defined football season, you will be ineligible to participate in interscholastic football for a period up to one year from the date of such participation.

Use of Anabolic Steroids

By state law, all Pennsylvania school districts are required to adopt and enforce rules and regulations prohibiting the use of anabolic steroids, except for a valid medical purpose, by students involved in school-related athletics. School Boards are also required to establish penalties for students found in violation of the adopted rules and regulations. As penalties may vary from school district to school district, you should consult with your Principal or Athletic Director as to the penalties that your School Board has adopted.

Concussion Recognition and Management

A concussion is a brain injury that results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. Athletes

at your age are particularly vulnerable to the effects of concussions. Once considered little more than a minor "ding" on the head, it is now understood that a concussion has the potential to result in death or short- and/or long-term changes in brain function.

If a sports official removes you from a Contest because you have exhibited signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, and/or balance problems) you may not return to participating in Practices, Inter-School Practices, Scrimmages, and/or Contests until cleared by a licensed physician of medicine or osteopathic medicine who is sufficiently familiar with current concussion management.

Academic Program Accommodations

Students whose academic programs exceed the normal school day may experience a conflict with sports/extracurricular activities. These academic services may include work-study programs, after-school tutoring programs or other academic endeavors.

If these academic responsibilities interfere with the opportunity to access extracurricular activities because of the inability to fully participate in sports practices or other extracurricular pre-requirements, then accommodations should be made to ensure equal opportunity for student access.

Students may be provided with additional practices, schedule flexibility or other means deemed appropriate to allow the opportunity to compete in a sports program or extracurricular activity when their academic program impedes normal participation.

Drugs, Alcohol, Tobacco, and Nicotine

The possession, use, distribution, or transmission of narcotics, stimulant drugs, alcohol, steroids, or any unauthorized substances by student-athletes is strictly prohibited. The use of any tobacco or nicotine products, including electronic cigarettes or vaping devices, is also strictly prohibited. Any violation of this policy will result in disciplinary action in accordance with the Frazier School District Student Code of Conduct

Lettering Criteria

Athletes will receive an actual letter the first time they meet the necessary requirement in each sport. Each time thereafter, they will receive a metal insert. An athlete may or may not earn a letter at the discretion of the head coach even if established criteria is not met, depending on the athlete's commitment and contribution made to the total program.

An athlete must play in varsity competition to be considered for a letter.

The requirements for earning a varsity "F" letter for the different athletic teams are as follows:

Baseball

1. A varsity player who participates in at least one third (1/3) of the season's total innings in **varsity games**.
2. A senior player who has participated in the program for four (4) years, has shown dedication to the program, and has made a contribution to the program, or upon the head coach's recommendation.
3. A player, (i.e., Pitcher, DH, DR), who has made a significant contribution to the varsity team as determined by the coaches.
4. A student may letter if they satisfactorily meets any of the above requirements. The coaching staff, however, makes final determination.
5. A manager/statistician may be awarded a letter after three (3) years of satisfactory service or upon the head coach's recommendation (must have a minimum of two (2) years).

Boys' Basketball

1. A player that plays 40 quarters in a **varsity game**.
2. A player can earn a letter at the discretion of the head coach regardless of the situation. The coach may deny a letter to a player if he leaves the team.
3. A student who serves satisfactorily as a manager/statistician for three (3) years or upon the head coach's recommendation will be awarded a letter (must have a minimum of two (2) years).
4. Any combination of three (3) years participation will entitle an athlete to letter at the end of their senior year. For example:
 - a. Player and Manager
 - b. Player and Statistician
 - c. Manager and Statistician

Cheerleading

A cheerleader will letter when they have successfully completed one year of participation.

Football

1. To qualify for a letter, the player must complete the **varsity** season in good standing.
2. If injured during the season and cannot compete, you should travel with the team and be on the sidelines to help. The coaching staff may waive this, if being with the team is harmful to the athlete.
3. Participate in over one half (1/2) of the varsity regular season quarters (20).
4. Attendance and participation in at least 50% of summer conditioning workouts. (Not mandatory)
5. Seniors who have participated for three (3) years are eligible for a letter upon recommendation of the head coach or staff.
6. A manager/statistician may be awarded a letter after completion of three (3) years of service or upon the head coach's recommendation (must have a minimum of two (2) years).
7. An athlete that leaves the team is ineligible for a letter.

Girls' Basketball

1. A player that plays 40 quarters in a **varsity game**.
2. A player can earn a letter at the discretion of the head coach regardless of the situation. The coach may deny a letter to a player if he leaves the team.
3. A student who serves satisfactorily as a manager/statistician for three (3) years or upon the head coach's recommendation will be awarded a letter (must have a minimum of two (2) years).
4. Any combination of three (3) years participation will entitle an athlete to letter at the end of their senior year. For example:
 - d. Player and Manager
 - e. Player and Statistician
 - f. Manager and Statistician

Coed Golf

A letter will be awarded if one of the following criteria is met and the athlete finishes the season in good standing.

1. Earn an average of $\frac{1}{2}$ point per match played during the season (Exhibition and Section games). See the point chart.
2. A senior who has participated on the golf team for four years and has shown dedication to the program.
3. A player who has participated on the golf team for three years, played in 75% of the varsity matches for two years, and has shown dedication to the program.
4. The coach has the right to award a letter to any individual considering special circumstances such as illness, injury, etc.

Golf Letter Point Chart

<u>Girl's Position</u>	<u>Boy's Position</u>			<u>Team Win</u>
#1-6	#1-8	Win	= 2 points	+ $\frac{1}{2}$ point
#1-6	#1-8	Tie	= 1 point	+ $\frac{1}{2}$ point
#1-6	#1-8	Loss	= $\frac{1}{2}$ point	+ $\frac{1}{2}$ point
#1-5	#1-6	Low Score	= $\frac{1}{2}$ point	+ $\frac{1}{2}$ point

Medalists = + $\frac{1}{2}$ point - Disqualification = - 1 point

Softball

In order for an athlete to be considered for a letter she must complete the entire varsity season (including playoffs) in good standing, and meet at least one of the requirements as follows.

1. Participate in at least $\frac{1}{3}$ of the season's total innings. (Exhibitions and section games)
2. Participate in at least $\frac{1}{2}$ of the season's total innings for section games only.
3. Participated in softball for three consecutive years (making varsity as a junior or senior), showed dedication to the program, and has made a contribution to the team as determined by the coaches.
4. A player (i.e., pitcher, DH, etc.) who has made a significant contribution to the team as determined by the coaches.
5. A manager/statistician/player (or combination) may be awarded a letter after three years of satisfactory service or the recommendation of the head coach (must have a minimum of two (2) years).

Track and Field

1. An average of two (2) points per varsity dual meet. Example: 10 dual meets, you would need 20 points.
Dual relays – 5 points for each runner for first or second
Triangular – 5-3 points to each runner for first or second
2. Total points are tripled for invitational and county meets.
3. Any senior who has participated for at least three (3) years in Varsity Track.
4. Managers and statisticians are eligible for letters upon completion of three (3) years of satisfactory service.
5. JV track or invitational meets – points will not be doubled or tripled.

Volleyball

1. A player must participate in at least one half (1/2) of the varsity games played during the season.
2. If a senior has made a significant contribution to the team, she may be awarded a letter even though she has not participated in the required number of games. She must have been a member of the program for three (3) years.
3. A manager or statistician may be awarded a letter after three (3) years of service to the program or upon the recommendation of the head coach (must have a minimum of two (2) years).
4. A player who has made a significant contribution to the team as determined by the head coach but for certain reasons did not compete in the required number of matches.

Team Selection Policy

Philosophy

In accordance with the Frazier School District's philosophy of athletics and our desire to see as many students as possible participate in the athletic program while at Frazier, we encourage coaches to keep as many students as they can without unbalancing the integrity of their sport. Time, space, facilities, equipment, personal preference, and other factors will place limitations on the most effective squad size for any particular sport. However, when developing policy in this regard, please strive to maximize

the opportunities for our students without diluting the quality of the program

Cutting Policies

A. Responsibility

1. Choosing the members of athletic squads is the sole responsibility of the coaches of those squads.
2. Lower level coaches shall take into consideration the policies as established by the Head Coach in that particular program when selecting final team rosters.
3. Prior to trying out, the coach shall provide the following information to all candidates for the team:
 - a. extent of try-out period
 - b. criteria used to select during the selection process

B. Procedure

1. When a cut becomes a necessity, the process will include three important elements. Each candidate shall:
 - a. have competed in a minimum of three practice sessions
 - b. be informed of the cut by the coach and the reason for action
2. Cut lists are not to be posted.
3. Coaches will discuss alternative possibilities for participation in the sport.
4. If a coach foresees difficulties arising as a result of the cuts, they should discuss the situation with the Athletic Director.

Athletes Going Home with Parents after Away Contest

Each coach's Rules and Regulations should address the problem of athletes going home with their parents/guardians after away events. Students are NOT permitted to ride home with their parents only with written permission prior to departure for the contest. Athletes may not leave a contest with a friend or other relative for any away event. Athletes must ride to and return home from an away event with the team. In case of an emergency, student athletes will be permitted to ride with a parent or guardian at the discretion of the coach and/or Athletic Director.

Non-Discrimination on the Basis of Sex

TITLE IX

Section 86.41 of the Title IX Regulation states that an institution or a district must develop and operate athletic programs according to the following specifications:

1. General – No person shall, on the basis of sex, be excluded from participation in, be denied the benefits of, be treated against in any interscholastic, intercollegiate, club or intramural athletic offered by a recipient, and no recipient shall provide any such athletics separately on such basis.
 - (i) whether the selection of sports and levels of competition effectively accommodate the interests and abilities of members of both sexes
 - (ii) the provision of equipment and supplies
 - (iii) scheduling of games and practice time
 - (iv) travel and per diem allowance
 - (v) opportunity to receive coaching and academic tutoring
 - (vi) assignment and compensation of coaches and tutors
 - (vii) provision of locker rooms, practice and competitive facilities
 - (viii) provision of medical and training facilities and services
 - (ix) provision of housing and dining facilities and services
 - (x) publicity

Unequal aggregate expenditures for members of each sex or unequal expenditures for male and female teams if a recipient operates or sponsors separate teams will not constitute non-compliance with this section, but the Director may consider the failure to provide necessary funds for teams for one sex in assessing equality of opportunity for members of each sex.

Sportsmanship Code for Athletes

1ST Offense:

1. Mandatory meeting with the Principal and Athletic Director
2. Athletes will be asked to explain their behaviour and to give just cause as to why they acted in that way.
3. Athletes will be asked to consider the consequences of their actions on others.
4. The athlete is required to complete the NFHS Sportsmanship Course and submit the certificate of completion before returning to competition
5. After evaluating the severity of the incident, the Principal and Athletic Director will determine whether an additional game suspension should be added to the PIAA disqualification.

2nd Offense:

1. Mandatory meeting with the Principal, Athletic Director, Head Coach, and Parents/Guardians.
2. The athlete will again be required to explain the incident and reflect on its impact.
3. The athlete will reflect on how their behavior represents themselves and the school community.
4. The athlete is required to complete the NFHS Sportsmanship Course and submit the certificate of completion before returning to competition
5. A mandatory one-game suspension will be issued, in addition to any PIAA disciplinary actions.

3rd Offense:

1. Mandatory meeting with the Principal, Athletic Director, Head Coach, and Parents/Guardians.
2. The athlete is required to complete the NFHS Sportsmanship Course and submit the certificate of completion before returning to competition
3. The athlete will be removed from the team and suspended from all athletic participation for the remainder of the academic year.

Sportsmanship Code for Spectators/Fans

All spectators are expected to conduct themselves in a respectful and sportsmanlike manner at all school-sponsored athletic events. The following behaviors are strictly prohibited:

1. Intimidation or taunting of opposing teams
2. Verbal abuse or harassment of officials
3. Disorderly or disruptive conduct in the stands
4. Drawing attention away from the event through inappropriate behavior

Violations of these expectations will result in the following disciplinary actions:

1st Offense:

1. Immediate ejection from the event
2. Warning issued: any further ejection will result in a ban from all remaining athletic events for that sport season
3. The individual must complete the NFHS Sportsmanship Course and submit proof of completion to the athletic office before being permitted to attend future events

2nd Offense:

1. Immediate ejection from the event
2. Banned from attending all school-sponsored athletic events for the remainder of the sport season
3. The individual must complete the NFHS Sportsmanship Course and submit proof of completion to the athletic office before returning to any future events

3rd Offense:

1. Immediate ejection from the event
2. Banned from attending all school-sponsored athletic events for one calendar year from the date of the incident
3. The individual must complete the NFHS Sportsmanship Course and submit proof of completion to the athletic office before returning after the one-year ban

Fundraising Guidelines

1. **Fund raising activities shall be limited to the support groups of the scheduled event; i.e., Football = Football Boosters, Band Parents, Cheerleaders. Other support groups must have permission from the Athletic Director.**
2. All support groups intending to conduct fundraising activities must complete a Fundraiser Approval Form and submit this document to the Athletic Director.
3. **The sale of “tickets” will be limited to the “50/50” type where the winner will be announced and rewarded prior to the conclusion of the event. NO LOTTERY OR STRIP-TYPE TICKET SALES WILL BE PERMITTED AT THE EVENT .**
4. The sale of “tickets” shall not include weapons or alcohol type items.
5. The sale of items such as cushions, pompoms, etc., by the specific event support groups will be permitted if notification is made in accordance with Number 3.
6. **Sales may occur only at designated areas. NO SALES WILL BE PERMITTED IN NON-DESIGNATED AREAS SUCH AS THE BLEACHERS.**
7. Failure to abide by the aforementioned rules may result in the loss of fundraising privileges at future events.
8. The Frazier School District assumes no responsibility or liability for any problems that may occur between the fund raising support groups and the patrons who make purchases from them.

Booster Organization

The role of booster organizations play a vital role in our athletic programs. Because they are an extension of the team, hence the school, the head coach must be the person to whom the club is responsible. The Head Coach shall serve as the official liaison between the school and the club and vice versa. A parent/booster club should not make decisions without the input and approval of the head coach.

Following are recommendations that the Frazier School District would like all parent/booster organizations to follow:

- I. Each group should be known as a parent organization. Membership may at the discretion of the Head Coach include non-parent members.
- II. The Head Coach will attend all meetings and must be consulted for approval before any decisions are finalized concerning the activities of the program.
- III. Develop a Constitution and By Laws for your organization so that your purpose for existing is clearly established. Keep an updated copy of Constitution and By Laws on file in the office of the Athletic Department.

Parent/Coach Relationship

Appropriate Concerns to Discuss with Coaches

1. The health and well being of your athlete both mentally and physically..
2. Ways to help your child improve.
3. Concerns about your child's behavior.

Issues Not Appropriate to Discuss with Coaches

1. Playing time.
2. Team Strategy
3. Play Calling
4. Other student-athletes

All issues should be discussed directly with the coach prior to moving through the chain of command.

Payment of Supplemental Salaries

Athletic coaches shall be paid one half of their supplemental salary at mid-point in the sport season and the remainder at the close of the season. Professional employees shall submit a supplemental pay form to the Athletic Director requesting payment. This should only be submitted after all coaching duties are complete and uniform and equipment inventories are completed. Supplemental salaries shall be paid to professional employees only after approval by the building principal and the superintendent of schools.

Regulations Regarding Travel for District/State Competitions

It is realized that it is an honor to the school district to have a student or team become eligible for district and/or state competition. The school district will continue to provide financial support for such activities as much as possible. However, at this time it is necessary to provide some guidelines for coaches.

1. Only athletes who have been declared eligible to participate will be permitted to attend. If only one male or female athlete is attending, an underclassman may accompany them. If a team is attending, managers and statisticians who normally travel with the team may attend.
2. Only coaches employed by the district will be considered. This excludes parents, friends, relatives, volunteer coaches, and substitute teachers. The number of coaches permitted to attend will be determined by the administration.
3. Departure times will be decided by the administration.
4. When the postseason competition is distant enough to require overnight lodging, the district will pay all reasonable expenses. Mode of travel and number of vehicles to be used will be determined by the administration. Overnight expenses will not be paid for in-season events not related to post-season play.
5. Maximum expenditures for lodging, travel, and meals will be limited to the amounts approved in the School Board's travel policy.
6. Any deviation from the above must be approved by the Athletic Department.

Acknowledgements

Superintendent of Schools – Mr. Michael V. Turek

Business Manager – Mr. Tyler Jacobs

ATHLETIC DEPARTMENT

Athletic Director –Mrs. Mandy Hartman

Assistant Athletic Director - Mr. Nicolas Hixenbaugh

High School Principal – Dr. Jason Pappas

High School Secretary – Mrs. Georgann Shepler

BOARD OF DIRECTORS

Thomas Shetterly (President)
Michael Tretinik (Vice-President)
Megan Hoff (Treasurer)
Vicki Olexa (Secretary)
Alicia Puskar
Melissa Patitucci
Michaelle Anderkovitch
Doug Clingan
Michael Rendina

*** Denotes Athletic Committee Board Member**