

# Frazier Athletic Department



2022-23

Athletic Handbook

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(Approved )

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## Chain of Command

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. The flow of information is more accurate and

- A. **Head Coaches:** All head coaches shall be responsible to report 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.
- B. **Athletic Director :** The athletic director reports directly to the Principal. The primary responsibility of the athletic director is the administration and supervision of the interscholastic athletic program in the Frazier School District. 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.
- 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 Frazier High School Athletics and conference affiliations. The principal is solely responsible for any official action taken by his/her school.
- D. **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.
- E. **Board of School Directors:** The Board of School Directors is responsible to the residents of the District and is the ruling agency for the Frazier 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.

## 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.

## **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.

## **Rules and Regulations for Coaches and Athletes**

1. All policies of the WPIAL and the PIAA will be strictly adhered to.
2. Students **who are tardy or** absent from school beyond 8:00 A. M. will not be permitted to participate that evening in any interscholastic activities including practices. Prior approval must be obtained for exceptional cases through the principal and athletic director.
3. Provide a list of team rules and lettering criteria to both the athletic director and principal **prior to the start of the season**.
4. Students on out-of-school suspension will not be permitted to participate in any interscholastic activities or practices during the term of suspension.
5. All students participating in athletics must be covered by accident insurance.
6. Athletes are responsible for all equipment issued to them. They will pay for all lost or damaged material.
7. Athletes must abide by all training rules and regulations established by the coaches.
8. Coaches are to submit to the office of the athletic director at least one week prior to the first contest, a typed copy of their eligibility form.
9. Transportation forms must be completed by the head coach, approved by the principal and athletic director, and forwarded to the Transportation Supervisor.
10. Athletes and managers are not to be excused from classes by coaches for any reason.
11. Coaches, at times, may be asked to attend workshops or meetings relative to their coaching positions.
12. Coaches are responsible for securing the building after their practice sessions on days when school is not in session.
13. Practice sessions at times when school is not in session will be scheduled through the athletic director.
14. Coaches should be dressed appropriately for practice sessions and interscholastic contests.
15. Coaches should participate in school functions designed to promote their sport.
16. Coaches are to refrain from smoking or using tobacco while around athletes and locker room facilities.
17. Profanity by coaches and players will not/cannot be tolerated.

18. Coaches will not condone the initiation of athletes at any time. Students caught doing this are to be disciplined by the respective head coach and reported to the athletic director. Initiations are to be dealt with by suspensions and eventual expulsion from the team.
19. Upon returning to school after a contest, coaches should remain with the athletes until all of them have been picked up or driven home.
20. Provisions should be made for the safekeeping of all valuables.
21. Rowdiness on team buses is strictly prohibited.
22. Coaches are responsible for the general upkeep and protection of equipment under their jurisdiction.
23. Coaches, along with the equipment manager, are responsible for completing an annual inventory at the completion of their season.
24. Coaches are responsible for completing records and forms as requested by the athletic director.
25. Coaches are responsible for reporting event results to the local media.
26. Head coaches are responsible for submitting requisition forms and budget forms to the athletic director.
27. Coaches make recommendations for letter awards at the conclusion of their seasons.
28. Assistant coaches are to assume responsibility set forth for them by the head coach.
29. At the conclusion of their season, coaches are to provide the athletic director with an inventory of all resources and a report of any outstanding equipment. Each athlete that has outstanding equipment is to be notified also.
30. Coaches, in conjunction with the athletic director and custodial staff, are to see that playing areas, showers, and locker rooms are clean and safe for student participation.
31. Volunteer coaches are not to be used without prior approval of the athletic director. Head coaches should submit all volunteer coaches' names to be kept on file and each volunteer coach must have Act 34 and 151 clearances, fingerprints and a completed volunteer coaching application. Volunteer coaches are to fill out an application available in the Athletic Director's office.
32. No athlete, in grades 7 - 12, will be permitted to participate in two sports during the same season without the mutual consent of both head coaches.
33. No athlete, in grades 8 - 12, will be permitted to change from one sport to another after six (6) practice days. (7<sup>th</sup> grade - 10 practice days) Respective coaches should have no influence on the athlete's decision whether to change from one team to another. Whether the athlete quits or is asked to leave the team will have no bearing on the issue. For example: An athlete who quits the track team may go out for the baseball team within six (6) practice days, but after the 6<sup>th</sup> practice day, he/she may not join another team without the permission from the athletic director who will consult with both head coaches for their input.
34. Students who enter the school district after the 6<sup>th</sup> practice day will be permitted to join the various athletic teams with the approval of the athletic director and the respective head coach.
35. Students who quit a team or are asked to leave a team may participate in the programs sponsored by the Recreation Department. EXCEPTION: Intramural, (see below).
36. Intramural - A student, who for any reason, leaves a team which competes interscholastically, cannot during the same season compete in an intramural program of the same sport. Example: A basketball player (JV or VARSITY) cannot play on an intramural basketball team.
37. No athlete may join another team during the same season if he/she has been thrown off of the team as a result of a disciplinary incident.
38. Head coaches, high school and middle school, must present to each athlete and parent/guardian a list of rules and regulations for their respective sport. The rules and regulations should spell out all disciplinary procedures that the head coach intends to enforce. A "Rules Confirmation Form" signed by both the athlete and

parent/guardian, stating that they have read and understand the rules and regulations, shall be kept on file in the athletic office.

39. Head coaches, high school and middle school, must attend PIAA sponsored "Rules Interpretation Meeting" held each year for their respective sport.
40. As of July 1, 2012 any Frazier student participating in a school sponsored sport must participate in an IMPACT concussion baseline test which will be provided by the Frazier School District.
41. It is mandatory that as of July 1, 2012, any head, assistant or volunteer coach for the Frazier school district must take and pass an annual concussion test before they begin coaching for the season.
42. Middle School and High School athletes may not participate in vertical practices (i.e. high school students may not attend middle school practices and vice versa)
43. No athletes are permitted in the weight room without the supervision of their coach.

**SITUATIONS MAY OCCUR THROUGHOUT THE SCHOOL YEAR THAT ARE NOT COVERED IN THE ABOVE "RULES AND REGULATIONS". IF THIS SHOULD HAPPEN, EACH CASE WILL BE HANDLED INDIVIDUALLY BY THE RESPECTIVE HEAD COACH AND ATHLETIC DIRECTOR.**

## **Medical Responsibilities of the Coaching Staff**

There are several serious medical situations that can arise during the course of athletic participation. The coaches are the only people with athletes one hundred percent of the time; therefore, they must be prepared to handle some situations.

### **Pre-Season**

You must develop a workable system for handling serious injuries/illnesses.

- Requires appointing a person of primary responsibility (to stay with athlete and/or direct care -- trainer)
- A person with secondary responsibilities (to summon professional help and provide ready access)
- Designation of other coaches to handle other players, crowd control, etc.
- Consider running a drill or mock injury
- DOCUMENT your system in memo, etc.

Proper safety equipment must be available (athletic trainer).

- Usually includes: oral airway, ice, water, backboard, come clean sterile pads for bleeding

Handling information and informed consent for parents.

- Specific, written information, with a returned signed consent
- Especially important for collision sports, where injury is more likely
- Advise parents that you have a system and that students will be transported to the hospital, if necessary
- Parents might want to discuss these issues, introduce athletic trainer and medical staff
- Request that parents inform you of any illnesses/injuries which player may have if you are not already aware of it

### **Early Season**

Discuss management of injuries/illnesses with players.

- Insist that they make coaching staff aware of any health problems, injuries/athletic trainer
- Teach players NOT to move or attempt to treat an injured player
- Maintain close liaison with athletic trainer, be aware of players with recent illness/injury, be sure athletic trainer has access to injured players



1. The coach should never override health-related recommendations of the athletic trainer.
  2. Obviously, do not force an ill or injured player to participate
- Be sure player has received medical clearance BEFORE SEASON and before return to play after injury or serious illness
  - Players who have not practiced during the week should not play in the game (be sure players and parents are aware of this rule).

#### Equipment

- Must be of proven quality
- Must fit each player properly (athletic trainer)
- If you are unhappy with equipment, be sure to document your opinions to the Athletic Director, medical staff, and possibly the School Board.

### Serious or Potentially Serious Injuries

- I. Head Trauma
  - a. Wide range of severity –from “ding” to unconsciousness (brief or prolonged)
    1. “Ding” refers to head-banging incidents in which athletes might “see stars”, etc. – but **NO** change in awareness, headache, visual change, etc.
    2. “Concussion” – imprecise term
      - a. Implies **SOME** alteration of level of awareness (visual change, confusion, forgetfulness, personality change, etc.)
      - b. Usually means no more participation that day
      - c. Must have medical clearance before return to participation
    3. Unconsciousness
      - a. While the player is unconscious, DO NOT ATTEMPT TO MOVE HIM/HER. Always **ASSUME** cervical trauma while the athlete is unconscious.
      - b. If airway, breathing, circulation (ABC) impaired, initiate CPR
      - c. Any player who has been UNCONSCIOUS for any time period requires medical evaluation (ER, etc.).
- II. Neck Injury
  - A. Most likely to occur in collision sports (football, hockey, diving)
  - B. Should be suspected if athlete complains of weakness of **BOTH** arms, legs or pins/needles, numbness of BOTH arms, legs
    1. If an athlete has these symptoms, do not attempt to move him/her without proper supervision, bracing, backboard, etc.
  - C. If single extremity symptoms and no neck pain, may allow gradual movement and refer for medical evaluation
    1. These are USUALLY “burners”
- III. Sudden Collapse
  - A. Could be related to unsuspected cardiovascular disorder
    1. Always check ABC’s and be prepared to do CPR
  - B. More common reason – “heat injury”
    1. Types of heat injury
      - a. Heat cramps – muscles
      - b. Heat fatigue – weakness/tiredness, responds quickly to rest, fluids, cooling
      - c. Heat exhaustion
        - (1) Extreme weakness, dizziness, profuse sweating, occasional unconsciousness
        - (2) Should have normal core body temperature and sweating

- (3) Force fluids, no more practice that day
- (4) Watch closely thereafter
- d. Heat stroke
  - (1) May appear suddenly without other preceding symptoms
  - (2) High core body temperature, dry, hot skin
  - (3) True emergency – immediate cooling with ice, water, shade, etc.
  - (4) Transport to hospital
- 2. Prevention
  - a. Avoid practice during extremely high humidity
  - b. Water must be available ad lib
  - c. Light clothing
  - d. No salt tablets
  - e. Weigh-ins
- 3. Athlete Awareness
  - a. Be sure athletes understand importance of WATER
  - b. Advise athletes to report dizziness, etc., during hot weather practice
  - c. Acclimatization – athletes should begin GRADUAL athletic activity earlier in summer
- I.
- II.
- III.
- IV. Injuries to chest/abdomen/back
  - A. Most serious CHEST injuries are self-evident: pain and shortness of breath
    - 1. Evaluation before resuming participation
  - B. Abdomen
    - 1. Any blow to ABDOMEN or FLANK which seems severe (“doubles over”, etc.) is best managed by observation away from any participation for 3 – 5 minutes
      - a. No return to play if on-going pain
      - b. Consider ruptured spleen, liver trauma, kidney trauma
      - c. Symptoms may be only MODERATE to begin – then INCREASE
  - D. Back
    - 1. Watch for hyper-extension injuries
    - 2. Athlete should show normal mobility and have only little or no pain before continued participation
- V. Extremities – knees, ankles, shoulders, etc.
  - A. Athlete should have no joint swelling, have full range of motion, no pain, normal strength
  - B. Might require some “active testing” such as: “figure 8’s, carioca drill, etc.”
- VI. Illnesses
 

Any athlete absent from school or practice because of illness should have medical clearance before return

  - A. Especially true if illness is associated with fever, vomiting and diarrhea, productive cough, a period of bed rest, etc.
  - B. Athletes (and parents) should be informed not to try to play when ill. Athletes may be more susceptible to injury, plus complications of illness.

## Team Physicians

- I. Team physicians are responsible BY CONTRACT to determine readiness to play (not orthopedist, etc.)

- II. Team physicians usually agree with specialist assessment
- III. Team physicians want to maintain a close relationship with coaches
- IV. Athletic Trainer is our liaison

## Coaching Duties

All personnel working with Frazier athletes at any level must have proper clearances prior engaging with students.

### Head Coach

1. Plan a budget and maintain inventory of resources within the limitations as suggested by the athletic director.
2. Organize and supervise practices during designated season as established by WPIAL/PIAA regulations and in accordance with officially adopted school district athletic schedules. The HEAD COACH is responsible for informing the Principal and Athletic Director of such practices.
3. Oversee a total athletic program for his/her respective sport including junior varsity and middle school activities.
4. Assist the athletic director in arranging for physical exams by the school physician and to consult with the school physician regarding the physical welfare of all athletes.
5. Serve as trainer when necessary, and to maintain effective communication with the team doctor and trainer.
6. Obtain the school physician's approval for return from injury to participate in practice sessions and competitions.
7. Give emergency care for injuries in conjunction with team physician and/or athletic trainer and see that a coach serving in his stead gives such care.
8. Assist trainers, if necessary to make appointments for athletes who must see the team physician.
9. Act upon the physician's diagnosis by:
10. Informing coaches and parents as to the nature and care of injury and limitations it imposes.
11. Be certain the proper insurance forms have been filled out and turned in to the Athletic Office.
12. Assure that the athletic trainer has developed a rehabilitation program for injured athletes with the aide of the trainer and team physician.
13. Assist the athletic director in arranging bus transportation for team travel and to prepare a daily practice schedule, which will indicate the following:
  - a. Days on which buses are needed.
  - b. Time for departure from the respective practicing area.
  - c. Number of athletes being transported.
  - d. Place athletes are being transported to.
14. Develop a scouting program within the approved budgetary allocations and assign scouting teams.
15. Assist the athletic director in the evaluation of assistant coaches.
16. Assume responsibility for maintaining rapport with the news media.
17. Assume responsibility for team conduct at home, away, and while traveling on the bus.

18. Act in a supervisory capacity to the Equipment Manager and the assistant coaches in the distribution of uniforms and equipment, also in the collection and proper storage of same equipment including a complete inventory to be submitted to the athletic director at the conclusion of your season.
19. Contact assistant coaches and players if a contest is cancelled or postponed.
20. Contact parents who serve as concession workers if a contest is cancelled or postponed. (Except football)
21. Serve as a representative and publicly promote the team and staff at in-school and after-school functions (pep assemblies, parades, banquets, etc.).

## **Assistant Coach**

The assistant coach (es) of each sport shall have responsibilities for fulfilling those duties as assigned by the Head Coach, providing that those duties assigned conform to the duties and responsibilities as charged to the Head Coach.

### **I. Year Around**

- A. Have understanding knowledge of rules and regulations regarding the sport as presented in the PIAA Handbook and National Federal Rule Book.
- B. Keep abreast of all rules and rule changes.
- C. Keep abreast of new developments, innovative ideas and techniques by attending clinics, workshops, and reading in the field.
- D. Assist the Head Coach in carrying out assigned responsibilities.

### **II. Seasonal**

- A. Before the season
  1. Assist the Head Coach in proper registration of all athletes.
  2. Assist the Head Coach in making systematic issuance equipment
  3. Assist the Head Coach in providing accurate information needed to compile eligibility lists and other reports.
  4. Meet with the squad to discuss all rules and regulations.
- B. During Season
  1. Assist in implementing athletic objectives.
  2. Assume responsibility for constant care of equipment and facilities.
  3. Assume supervisory control over athletes and teams assigned and over all athletes when such control is needed.
  4. Be in regular attendance at all contests and practices.
  5. Apply discipline in a firm and positive manner.
  6. Emphasize safety precaution, **FAILURE TO WARN**; be aware of best training procedures and injury preventive action.
  7. Conduct yourself and teams in an ethical manner during contests and practices.
  8. Instruct players in rules of the game, rule changes, new developments and innovative ideas.
  9. Carry out all Regulations for Coaches.
- C. End of season
  1. Assist in return, storage, and inventory of school equipment.
  2. Recommend athletes for awards.
  3. Recommend facility maintenance and improvements.
  4. Recommend equipment to be purchased
  5. Recommend schedule improvements.
  6. Make reports as requested by the head coach and athletic director.

- D. Additional Responsibilities:
  1. Scouting opponents
  2. Equipment supervisor
  3. Publicity reports
  4. Filming
  5. Serve as trainer when team athletic trainer is not available

## Regulations for All Coaches

Any coach in charge of athletes at any level and in any sport will be expected to maintain a high degree of integrity for carrying out duties and responsibilities. Enumerated below are those most often encountered:

### I. Coaches' Duties

- A. Assign managers and the duties each is expected to perform.
- B. Be first to arrive and make sure that you are the last to leave.
- C. Be certain that each athlete has a medical examination before being permitted to begin practicing.
- D. Check on academic eligibility.
  1. Be sure that each player has a parental permission slip on file.
  2. Check all players for eligibility (age-residence).
- E. Prepare a complete roster of players and necessary information so that certified lists of eligibility may be sent to competing schools.
- F. Have first aid equipment handy at all times.
- G. Demonstrate the manner in which equipment is to be worn, how to take care of it, and how it is to be hung in the lockers.
- H. Be present at school functions designed to promote your particular sport, be willing to become actively involved.
- I. Hold a group meeting before each departure to firm up general directions. Each player should inspect equipment and assume responsibility for it throughout the trip.
- J. Prepare ahead, a checklist of needed equipment so that nothing is forgotten by the managers.
- K. When players arrive back at school, the coach must be sure that each individual has a way home. Any injured player must be personally turned over to the doctor or to the parents.
- L. Make provisions for safe keeping of all valuables.
- M. The coach or a designated assistant or manager should check the dressing rooms and bus as soon as the athletes have left the facility. This will help prevent the loss of clothing and equipment and give the coach the information as to the condition of the property.
- N. Impress upon the students that rowdiness and the use of obscene language will not be tolerated. Set the standards of behavior and hold to them.

Discuss with the athletes the type of clothing to wear.

- O. Bus conduct:
  1. Managers and players must see that the bus is clean at the end of the trip.
  2. Do not tolerate horseplay, loud talking, and players shouting out the window.

### P. Use of Opponent's Dressing Facilities

Coaches should discuss with team members the appropriate conduct when using the dressing facilities of the opponents. Note the general condition of the dressing room both upon arrival and departure to forestall vandalism. Coaches should ask to have their dressing room locked during their team's absence. Carrying out these procedures may save the school and the school district some unfavorable publicity. A coach should check the conditions of the locker room after all athletes have departed.

### II. Attendance at Mandatory Meetings

When mandatory rules meetings are held for a specific sport, the head coach in that sport is responsible for attending the meeting. The head coach will be responsible for seeing that his assistants are in attendance, if required. Any coach who misses a mandatory PIAA rules meeting will assume responsibility for any fines.

### III. Practices – Days and Times

General comment – Start on time and end on time. You are not improving your athletic program by jeopardizing your relationship with parents and administrators from holding late practices. The less you can disrupt the family dinner hour with practices, the more apt you are to have a favorable reaction from the parents to the athletic program.

A. All practices are to be supervised by certified coaches at all times. If a coach is unable to be present, his/her practice should not be held.

B. Practices should not exceed 2-1/2 hours.

C. Special Holidays: Practice is not permitted on Thanksgiving, Christmas, and New Year's Day. Practices during the more extended vacations may be scheduled at the discretion of the coach with the approval of the administration.

### IV. Scrimmages

The athletic director must approve all scrimmages. Scrimmage on Sundays or overnight will not be permitted. Students normally will not be excused early from school to attend scrimmages.

### V. 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).

## **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.

Forms may be picked up in the Athletic Office or Business Office.

## **Saturday and Sunday Practices**

Due to negotiated changes in the custodial contract, which provides for an increased number of non-working Saturdays and Sundays --- there will not always be a custodian in the building to open before and lock up after your practices. Therefore, it shall be your responsibility to open the necessary doors and lock them afterward. Please open only those doors which are essential to the entry and exit of your team. If you do not have the necessary or appropriate keys, please contact the Athletic Director and/or Principal of the building in which you practice to obtain the necessary keys. Again, I would remind and emphasize - it is your responsibility to open and lock/secure the doors your team will use.

It shall also be your responsibility to supervise your team. They should not be given keys to go to another part of the building or school lockers or to be in the halls. They should be under your immediate supervision at all times. It is requested that you not permit persons not involved with your team to enter the building.

If you have any questions, please contact the Athletic Director. Your cooperation will be greatly appreciated.

## **Coaching Tips**

### **Actively Listen:**

As a coach, your primary concern is with your team's overall progress. Naturally, you have a lot to say to the players on that team. But to communicate effectively with them, you must first understand them - and that means listening.

Being a good listener entails applying the rules of courtesy and common sense. You may not intend to be rude, but the demands and the pace of your job can override common courtesy. Sometimes, you may be so eager to get your viewpoint across that you neglect to actively listen to your players.

Active listening is the level where we hear and understand most of what the other individual is saying. The active listener refrains from evaluating and tries to understand the other person's viewpoint. You try to put yourself in the other person's position. To help create the habit of active listening, ask "reflective" questions, such as, "Are you saying that you have trouble playing a zone defense?"

With active listening, you not only listen to the words, but you also sense thoughts and feelings. Any time you aren't sure you have understood a player, repeat what has just been said: "Are you telling me that your grades aren't improving?"

Here's how to use active listening with your players:

1. Let them tell you about themselves. When a player asks to speak to you, arrange a time and a place so you can listen. If possible, take steps to minimize interruptions and other annoyances. When you face each other, let the player talk before you say anything at all. Give nods or smiles of encouragement. If you need reminders for later, take notes.
2. Ask questions to get him or her to open up. Use "open-ended" questions that cannot be answered by yes, no, or with just one word. Examples: "Tell me what you have on your mind", or, "Why are you finding this position so difficult to play?"
3. Clarify before trying to solve. Suppose a player has presented or described a situation that needs your attention. Take time to clarify what has been said: "Do I understand you correctly that you need more playing time?". Keep repeating what you think you heard until the player acknowledges that you heard accurately.
4. Listen for needs. Continue to focus on this player while listening between the lines to understand his or her needs. While there are an infinite number of human needs, try to determine if one of these basic needs is apparent.

### **Here's What Makes a Coach Dynamic**

The relationship between coach and student-athlete depends on perceptions. In other words, coaches may like and want to help their players, yet do things that reflect otherwise.

You're guilty of such a transgression if you..

- Start or end practices late, showing little responsiveness to student-athletes' time or the value they place on it.
- Offer assignments or plays that are too easy or too difficult, thereby not showing sensitivity to the abilities of athletes.
- Provide little time for interaction or discussion, thus showing little respect for the ideas of student-athletes.
- Fail to consider student-athletes' schedules, problems, and concerns, making it appear you do not care.
- Fail to allow time for student-athletes to visit your office for non athletic-related reasons, showing little responsiveness to their needs (especially their need for personal attention).
- Aim derisive humor or sarcastic remarks toward individual student-athletes
- Belittle or embarrass student-athletes. This can create intense bitterness, destroy self-concept, and foster hostility.

## 12 Traits Good Coaches Have In Common

When former players remember high school coaches, there are a number of characteristics that make the memories the most pleasant. From surveys, the staff of *The Coach's Letter* has determined that these traits determine whether a coach is held in esteem or disdain:

1. The coach asks the players to work only as hard and enthusiastically as he or she is willing to work. No good general sends the troops to do a job that he or she wouldn't do; no good coach does either.
2. The coach treats the players like responsible persons, not scatter-brained children. Unless a player demonstrates that he or she cannot handle responsibility, the coach assumes the player can perform without constant monitoring.
3. The coach offers praise for competent performances, and lots of pats on the back, nods of recognition, and smiles of appreciation for honest effort.
4. The coach gives players the benefit of the doubt, assuming that they are conscientious, honest, competent, hardworking, and reliable. And the coach defends them when anyone dares to suggest otherwise.
5. The coach asks players politely for what they need without raising his or her voice, barking orders, or talking down to them. And the coach never takes his or her personal frustrations or problems out on the players.
6. The coach is objective and even-handed, never playing favorites or carrying out personal vendettas against players.
7. The coach is compassionate (within reason) when the personal responsibilities of players must come before their obligations to compete as athletes.
8. The coach is assertive – willing to confront players directly instead of sabotaging them in backstabbing ways.
9. The coach is open-minded. He or she is eager for new ideas, new points of view, and new ways of looking at things.
10. The coach is discreet. He or she never discusses one player with another or humiliates them in front of other students or teachers.
11. The coach respects the dignity of each player, even when a reprimand is called for.
12. The coach is accessible. He or she keeps the door open (both literally and figuratively) to ask questions, problems, ideas – even complaints – and takes them seriously.



## What GOOD Coaches Do

1. Explain the game.
2. Work on fundamentals.
3. Work on strength, conditioning, and flexibility.
4. Provide situations for practice in a variety of game settings
5. Practice in real, "live" settings.
6. Scout the opponent.
7. Know the conditions, officials, rules, and integrations.
8. Put the right people in the right position.
9. Make necessary adjustments.
10. Play the game.
11. Review strengths, weaknesses, opportunities, and threats.
12. Prepare for the next game.
13. Concentrate on results.
14. Use what they have, get what they need, and get rid of what they don't need.

## The Coach's Responsibilities to Student Athletes

Use the following checklist to remind yourself through the year if you have met the needs of your student-athletes.

### PRE-SEASON

#### DID I? :

- \_\_\_ Maintain updated athletic and academic statistics of college-bound student-athletes?
- \_\_\_ Notify appropriate colleges of student-athletes who are likely to compete at their level?
- \_\_\_ Have the student-athletes conduct a college search as if they had no interest in playing a sport in college?

### IN - SEASON

#### DID I?:

- \_\_\_ Continually update statistics of student-athletes?
- \_\_\_ Motivate student-athletes to perform well in the classroom and on the field or court?
- \_\_\_ Assure appropriate press coverage and other forms of recognition for deserving athletes?

### POST - SEASON

#### DID I?:

- \_\_\_ Consolidate all statistics and forward to appropriate colleges?

- \_\_\_ Meet with athletes and parents to identify schools that are consistent with athletic and academic abilities?
- \_\_\_ Seek postseason honors and recognition for deserving athletes?
- \_\_\_ Review with athlete and parents NCAA bylaws regarding recruiting and financial aid?
- \_\_\_ Determine graduation rates at colleges on student-athlete's list?
- \_\_\_ Maintain contact with parents, athlete, and counselor as appropriate?

## **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 of FSD and the Athletic Training Team Leader California University of Pennsylvania. 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 at FSD will be medically supervised by the California University Athletic Training Department. He/she 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 and FSD.
3. The Athletic Trainer will begin duties at 2:00 P.M. until approximately 6:30 P.M. or until the last home event or practice is completed. The Athletic Trainer will be present for all home weekday varsity and junior varsity athletic practices and events, and all home Saturday 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 will evaluate and manage athletic injuries to FSD 7-9<sup>th</sup> grade athletes when the Athletic Trainer is on site. The Athletic Trainer will also assist in emergency care situations and see that proper

- procedures are taken for the athlete to be taken to a physician or hospital for proper treatment. However, it must be noted that varsity and junior varsity athletes will be given priority unless the situation is an emergency.
7. The Athletic Trainer under the supervision of the school physicians or the referring physician will design and supervise the rehabilitation of all athletic injuries.
  8. When events are occurring at the same time, the Athletic Trainer will maintain contact between events by walking or using a district vehicle.
  9. If requested, the Athletic Trainer will be available to assist coaches in the designing of off-season, pre-season, or in-season conditioning programs.
  10. 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.
  11. The Athletic Trainer will be available to assist coaches in the selection of protective athletic equipment and gear and checking it for safety.
  12. 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. The Athletic Department is responsible for purchasing these supplies and equipment at the discretion of the FSD.
    - 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 school year. The Athletic Trainer will establish a student athletic training organization for the entire school year.
  13. The Athletic Trainer will be in charge of filling out all insurance claims of athletes who have been injured. These claim forms will be turned in to the athletic office for processing.
  14. 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.
  15. The Athletic Trainer shall have the authority to overrule any coach in matters pertaining to the safety and well-being of the student athletes.
  16. The Athletic Director will assist in other duties not covered by the above, but authorized by the Athletic Director.

## **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 (1<sup>st</sup>) 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 cannot participate in any co-curricular activity on the day of their absence from school. Students who report to school after 7:30 A.M. and/or students, who are dismissed early, will not be permitted to participate in any co-curricular activity held on that day unless documentation is provided to the principal showing evidence of a medical appointment, legal appointment, binding religious obligation or attendance of the funeral of a relative or close friend. If the tardiness occurs on a Friday, these provisions shall apply to any co-curricular activity held on the following Saturday or Sunday.

Students who are absent twenty (20) or more days without a medical excuse during any semester shall not be permitted to participate in any co-curricular activity during the following semester. Variances, as stipulated in WPIAL regulations, will be considered.

### **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**

(Revised: July 1, 2011)

#### **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](http://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 a sport, you must be an amateur in that sport. Amateur status, and eligibility, is lost if you, or your parent(s) or guardian(s), receive money or property for or related to your athletic ability, participation, performance, services, or training in a sport.

You may be recognized and receive awards for your participation only from your school or school-affiliated booster club, the sponsor of an athletic event, a non-profit service organization approved by your school Principal, or the news media. Permissible awards include items of apparel, a blanket, watch, ring, scroll, carry-on or warm-up bag, photograph, medal, plaque, or similar award, which must bear appropriate institutional insignia or comparable identification. The fair market value of all of the items provided to you may not exceed \$200. If they do, you must return the items in excess of \$200.

## **Attendance**

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

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

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

## **Consent of Parent or Guardian**

You are eligible only if there is on file with the Principal of your school 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.

## **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, furnishing or transmission of narcotics, stimulant drugs, alcoholic beverages, steroids or other unauthorized substances and the use of any tobacco products by student-athletes is strictly prohibited. The Frazier School District discipline policy will be applied where there is an infraction dealing with drug, alcohol and tobacco use.

## 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 can 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 he/she 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 a boy to letter at the end of his senior year. For example:
  - a. Player and Manager
  - b. Player and Statistician
  - c. Manager and Statistician

### Cheerleading

A cheerleader will letter when she has successfully completed one year of participating on the **Varsity Squad**. J.V. Squad members will not be eligible to letter.



**Note** - The exception to this rule will be: a cheerleader who, as a junior, completed a successful year as a member of the JV squad will be eligible to purchase a letterman's jacket at the beginning of her senior year (if she has not lettered in any other sport at Frazier). She will not receive a pin or certificate until she has successfully completed her senior year as a member of the Varsity Squad.

## Cross Country

Cross country letter requirements are based on both **attendance and performances**. **Twenty-two (22) points are needed to letter.**

	<u>POSSIBLE POINTS</u>
<b>Attendance</b>	
Practice – one (1) point will be awarded for each week of attendance (11 weeks)	11
Scrimmages – one (1) point will be awarded for the scrimmage run	1
Invitational Meets, WPIAL meets – one (1) point will be awarded for each meet	4
<b>Performance</b>	
Dual meets – one (1) point will be awarded each time the athlete places in the top 12 (11 meets)	11
Invitationals – one (1) point will be awarded each time The athlete places in the top 30	2
<b>ONLY VARSITY RACE</b>	
County – Three (3) points will be awarded if the Athlete places in the top 30	3
WPIAL – Three (3) points will be awarded if the Athlete places in the top 30	3
PR – One (1) point will be awarded if athlete improves His/her time three (3) times during the season	1
<b>NO SCRIMMAGES</b>	
<b>TOTAL POSSIBLE POINTS</b>	<b>36</b>

## Football

- To qualify for a letter, the player must complete the **varsity** season in good standing.
- 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.
- Participate in over one half (1/2) of the varsity regular season quarters (20).
- Attend and participate in practices regularly. No excuses honored except those from a doctor. If a doctor removes an athlete from practice, attendance is still needed unless it is harmful to the athlete.
- Attendance and participation in at least 50% of summer conditioning workouts. (Not mandatory)
- Seniors** who have participated for three (3) years are eligible for a letter upon recommendation of the head coach or staff.
- 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).
- An athlete that leaves the team is ineligible for a letter.

## Girls' Basketball

1. A player who has participated in one half (1/2) of the total **varsity** quarters played in a season (exhibition and section games).
2. A player who has made a significant contribution to the team as determined by the coaches.
3. A senior who has participated in the program for three (3) years.
4. Any combination of three (3) years participation by a senior as a manager, statistician, or player or upon the recommendation of the head coach (must have a minimum of two (2) years).

## Girls' and Boys' 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 ½ 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	+ ½ point
#1-6	#1-8	Tie	= 1 point	+ ½ point
#1-6	#1-8	Loss	= ½ point	+ ½ point
#1-5	#1-6	Low Score	= ½ point	+ ½ point

Medalists = + ½ 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 1/3 of the season's total innings. (Exhibitions and section games)
2. Participate in at least ½ 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. Obviously, 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 the team
    - c. number to be selected

- d. practice commitment if they make the team
- e. game commitments

B. Procedure

1. When a squad 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. have performed in at least one intrasquad game
  - c. be personally 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 squad cuts, he/she should discuss the situation with the Athletic Director.
5. In the event an athlete appeals the cut as being unfair, he/she may be granted one day of additional try-out.

### **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.

### **Joining and/or Switching Teams Late**

#### **Rules and Guidelines**

- I. In fairness to athletes who have been with a team since the first day of practice, it is recommended that no athlete be permitted to join a team after the fifth practice day. The Athletic Director and Head Coach may make special considerations after considering the athlete's reason for coming out late.
- II. No athlete in grades 7-12 will be permitted to participate in two sports during the same season without the mutual consent of both head coaches.
- III. No athlete in grades 8-12 will be permitted to change from one sport to another after six (6) practice days or the first scrimmage (7<sup>th</sup> grade – 10 practice days). Respective coaches should have no influence on the athlete's decision whether to change from one team to another. Whether the athlete quits or is asked to leave the team will have no bearing on the issue. For example: An athlete who quits the track team may go out for the baseball team within six (6) practice days, but

after the sixth practice day, he/she may not join another team without permission from the Athletic Director who will consult with both Head Coaches for their input.

- IV. Students who enter the school district after the sixth practice day will be permitted to join the various athletic teams with the approval of the Athletic Director and the respective Head Coach.
- V. Students who quit a team or are asked to leave a team may participate in programs sponsored by the Recreation Department. Exception – intramurals (see below).
- VI. Students may not quit one team to join another team without the written permission of both coaches

*Situations may occur throughout the school year that are not covered in the above Rules and Guidelines. If this should happen, the respective Head Coach and the Athletic Director will handle each case individually.*

## **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**

### **1<sup>ST</sup> Offense:**

1. Mandatory meeting with the Principal, Athletic Director, and Head Coach
2. Athletes will be asked to explain why he/she was ejected from the contest and to give just cause as to why he/she acted in that way.
3. Athletes will be asked to consider how his/her actions reflect upon himself/herself, family, school, and community.
4. After evaluating the severity of the incident, a decision will be made by the Principal, Athletic Director, and Head Coach as to whether a one game suspension should be applied. (Unless already prescribed by PIAA rules.)

### **2<sup>nd</sup> Offense:**

1. Mandatory meeting with the Principal, Athletic Director, Head Coach, and Parents.
2. Same as the first offense.
3. Same as the first offense.
4. Mandatory one game suspension from next contest.

### **3<sup>rd</sup> Offense:**

1. Same as the second offense.
2. Same as the first offense.
3. Same as the first offense.
4. Expulsion from the team and all athletic participation for the remainder of the year.

Examples of incidents that would fall under the proposed Sportsmanship Code:

Baseball – ejection from game by PIAA umpire

Basketball – ejection from game by PIAA official

Football – ejection from game by PIAA official

Golf – disqualification from match by tournament or match/meet director or official

Cross Country – ejection from meet by PIAA official

Softball – ejection from game by PIAA umpire

Volleyball – ejection from game by PIAA official

## **Team/Individual Sportsmanship Goals**

Each coach is to develop team or individual goals of good sportsmanship. As a school, we want to be able to take pride in the fact that our coaches and players never lose sight of good sportsmanship even during the stress of a hard fought game.

Good sportsmanship is not an inborn quality, but following a few simple guidelines can develop it. Review these guidelines with your athletes at the beginning of your season and continue to stress them throughout the season.

### **Basic Fundamentals of Good Sportsmanship:**

1. Be sure your athletes know and understand the rules of the contest.
2. Have athletes show respect for the officials, including accepting their decisions.
3. Show respect for the opponents at all times, never taunt or provoke them.

4. Maintain self-control at all times.
5. Always show a positive attitude, even when the breaks are going against you.

The players expect to learn about teamwork and cooperation on and off the playing field. If the players are properly coached, they also learn about the value of sportsmanship – a concept, which can influence the rest of their lives.

## Sportsmanship Code for Spectators/Fans

Fans are another issue that we must address. Few, if any, would dare admit they didn't support good sportsmanship – as a concept. It is in practicing that concept that the sportsmanship goal sometimes leaves much to be desired. It is hoped that by establishing team/individual goals for good sportsmanship, on the part of coaches and players, the fans will show their support for the program by doing the same.

The most common types of inappropriate fan behavior at high school games are trying to intimidate the opposing team or abusing game officials. In the stands, fans can also become disorderly or abusive, thus bothering those sitting around them. Fans that create disturbances at or around the site of an athletic event and draw attention to themselves thus away from the event will be affected by this code.

There is no place in high school athletics for spectators who make fun of players, disrupt game officials, or create disturbances of any kind. Therefore, the following guidelines should be followed when dealing with spectators who are ejected from an athletic contest by an official, security officer, or school official.

### 1<sup>st</sup> Offense:

1. Ejected from the event.
2. Informed that another ejection would not allow them to attend another school-sponsored athletic event for the remainder of that sport season.

### 2<sup>nd</sup> Offense:

1. Ejected from that event.
2. Informed that they will not be permitted to attend another school-sponsored athletic event that sport season.

### 3<sup>rd</sup> Offense:

1. Ejected from that event.
2. Informed that they will not be permitted to attend another school-sponsored athletic event until one year from that date.

## Fundraising Guidelines

1. Fund raising activities at athletic events shall be limited only to high school-related groups, unless specifically approved by the Frazier School Board or the Frazier School District Athletic Department. Fundraising is not permitted at the middle school level without permission from the Principal or Athletic Director.
2. **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.**
3. All support groups intending to conduct fundraising activities at an event **MUST NOTIFY THE ATHLETIC DIRECTOR OF THEIR INTENTIONS AT LEAST 24 HOURS PRIOR TO THE SCHEDULED EVENT OR ONCE AT THE BEGINNING OF THE SEASON.**

4. **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 .**
5. The sale of “tickets” shall not include weapons or alcohol type items.
6. 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.
7. Food items sold in the concession stands (except football and soccer) should be approved by the athletic director. Items should be limited to pizza, sandwiches, large candy bars, and Pepsi products. Items that can drop on the bleachers and floor should not be sold (M & M’s, gummy bears, Skittles, cookies, etc.). **\*Lollipops have been permitted in the gymnasium as long as they don’t become a problem. If they do, they will not be permitted to be sold.**
8. **Sales may occur only at designated areas. NO SALES WILL BE PERMITTED IN NON-DESIGNATED AREAS SUCH AS THE BLEACHERS.**
9. No sales will be permitted outside the stadium or buildings except event program sales, unless approved by the Frazier School Board.
10. **All groups conducting fundraising activities must provide a table and a sign designating the support group.**
11. Failure to abide by the aforementioned rules may result in the loss of fundraising privileges at future events.
12. 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.

## **Parent Clubs**

There is no doubt that parent/booster clubs provide a valuable service to the athletic programs they are involved with. Without the hard work and loyal support of parent/booster clubs for fundraising and other activities, your job as coach would be intolerable and impossible when it came to providing the little extras that everyone involved in athletics has come to expect (awards, banquets, etc.) But at the same time, we must keep in perspective the role these organizations play when connected without 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 be making decisions without your input and approval. In order for this to occur, there must be some consistency within any club that works with an athletic team sponsored by the Frazier School District.

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.

Recommendations for Constitution and By Laws:



Article I	Name of Organization
Article II	Purpose of Organization (What do you wish to accomplish as an organization.)
Article III	Membership (Who is eligible to join.)
Article IV	Dues (If it applies)
Article V	Organization

Section I – Officers

- Duties of officers
- Who can be an officer
- When will elections be held
- Role of Head Coach within organization

Section II – Time and place of meetings

Section III – Representation

- Who has a vote
- What constitutes a quorum
- Majority vote shall rule

Section IV – Order of business

1. Roll Call
2. Reading of minutes
3. Reports
4. Unfinished Business
5. New Business
6. Adjournment

Article VI – Amendments

List under Sections the various services you plan to provide (meals, awards, banquet) and the projects you plan to undertake. (Sell tickets, hoagie sales, 50-50 tickets, etc.)

Keep an updated copy of Constitution and By Laws on file in the office of the Athletic Department.

The above recommendations were provided as a guide for setting up your Constitution and Bylaws; you may adapt them to suit your needs and purposes.

We trust you will accept these recommendations in the way they were intended, to help provide consistency between different parent/booster organizations and help improve your working relationship with parents/boosters.

### **Parent/Coach Relationship**

Both Parenting and Coaching are extremely difficult Vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your children become involved in our programs, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

### **Communication from the Coach**

1. Philosophy of the coach
2. Expectations the coach has for your child, as well as all the players on the squad.

3. Locations and times of all practices and contests.
4. Team requirements, I.E., fees, special equipment, off-season conditioning.
5. Procedure should your child be injured during practice or contests.
6. Discipline that may result in the denial of your child to participate.

### **Communication from Parents**

1. Concerns expressed directly to the coach or assistant coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concern in regards to a coach's expectation for your child.
4. As your children become involved in their programs at Frazier High School, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes.

### **Appropriate Concerns to Discuss with Coaches**

1. The treatment of your child, mentally or 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.*

*SECTION: PERSONNEL*

*TITLE:    PAYMENT OF SUPPLEMENTAL SALARIES*

*ADOPTED:    2/15/94*

*REVISED:*

### **Payment of Supplemental Salaries**

This policy is intended to provide general and specific guidelines for the payment of coaching and co-curricular supplemental salaries paid to professional staff. It is not applicable to payment of salaries for full or part time duties performed under a professional employee contract.

This policy is applicable only to professional employees who are members of the collective bargaining unit represented by the Frazier Education Association.

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.

Facility sponsors of directors of the student councils, marching and stage bands, chorus, cheerleaders, dramatic productions, and senior and junior high school media services shall be paid one half their supplemental salaries at the end of the first semester and the remainder at the close of the school term.

All other faculty sponsors of co-curricular activities shall be paid their supplemental salaries, at the close of the school term.

Supplemental salaries shall be paid only if the professional employee has completed all duties and obligations of the position and assignments covered by the employee's supplemental contract.

Professional employees shall submit a form to the building principal requesting payment of supplemental salaries in accordance with this policy.

Supplemental salaries shall be paid to professional employees only after approval by the building principal and the Superintendent of Schools.

This policy may be rescinded at the discretion of the Board of School Directors.

**Frazier School District Policy 3401**

**POLICY NO.: 3401**

*SECTION: PERSONNEL*

*TITLE: NON-TEACHER COACHES*

*ADOPTED: 2/15/94*

*REVISED:*

**Non-Teacher Coaches**

The school coaches, to whom the non-teacher coach is assigned, shall be responsible for directing and supervising his coaching duties.

The school coaches shall always maintain a professional and objective status relationship with the non-teacher coach.

The non-teacher coach will not administer disciplinary action against any student on the team or any other student.

The non-teacher coach shall not administer first aid to an injured player unless he or she is certified in first aid.

The non-teacher coach is not to coach at any time in the absence of a member of the school coaching staff.

Non-teacher 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.

## **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. A "Request to Attend a Conference or Convention" form must be completed at least one week prior to the scheduled departure. For overnight conferences or events board approval is required before the event. Upon return, within 14 days, the coach must submit a brief resume of the trip and submit receipts for all expenses to the Athletic Department.
7. Any deviation from the above must be approved by the Athletic Department.

**FRAZIER SCHOOL DISTRICT  
(COACH'S EVALUATION FORM)**

Date: \_\_\_\_\_

Coach: \_\_\_\_\_

Sport: \_\_\_\_\_

Principal: \_\_\_\_\_

Athletic Director: \_\_\_\_\_

<b>Coaching Leadership</b>	E	S	NI	U	NA
Character-projecting professionalism and caring attitude					
Is prompt in meeting team for practices and games					
Team members are instructed in the basic skills					
Provides leadership and demonstrates the ability to command the respect of his/her team.					

<b>Personal Qualities and Responsibilities</b>	E	S	NI	U	NA
Dedication to job					
Knowledge of sport he/she is coaching					
Attitude toward self-development					
Knowledge of physical training/conditioning					
Attends association and clinic meetings					
Motivates players					
Takes the initiative to get things done					
Administrative duties-eligibility lists, budgets, awards, etc.					
Conduct and plans during practice sessions					
Conduct during games and public areas in representing the district					
Discipline-firm, fair and consistent					
Concern for health and safety of players					
Organization of staff and their duties					
Instructional techniques and methods of conveying information					
Promotes teamwork, spirit, etc.					
Delegates tasks to assistants					
Sportsmanship-towards team members, student body, officials and general public					
Care and responsibility for supplies/equipment					
Scheduling of practices					
Works cooperatively with other members of the coaching staff, the athletic director and administration					
Complies with the rules and regulations as set forth by the governing agency of the sport					

Sets a positive example for students and develops respect by example, appearance, manners, behavior, language, and interests					
Supervises buses, locker rooms, and training room					

Rating Scale (E-S-NI-U-NA)

(E) Exemplary- Shows the highest level of performance at all times. At no time was the coach’s behavior questionable or of concern to players, parents, or supervisors. Consistently exceeds expectations as outlined in the Frazier Athletic Coach’s Handbook.

(S) Satisfactory- Shows a satisfactory or higher level of performance at all times. Consistently meets or exceeds expectations as outlined in the Frazier Athletic Coaches Handbook. No unresolved or incomplete tasks.

(NI) Needs Improvement- Does not maintain a satisfactory level of performance, but does so most of the time. Does not meet expectations as outlined in the Frazier Athletic Coaches Handbook in a consistent manner, although the coach will do so most of the time.

(U) Unsatisfactory- Not meeting expectations as outlined in the Frazier Athletic Coaches Handbook. This may be a series of contributing behaviors of a single serious (in the opinion of the evaluator) episode. The quality of performance in this area is not to the standard of the Frazier School District.

(NA) Not Applicable- Does not apply. May be used for assistant coach evaluations at the discretion of the head coach.

Recommendation(s) for Improvement:

Questions or Concerns for Coach:

Signature of Coach \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Principal \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Athletic Director \_\_\_\_\_ Date: \_\_\_\_\_

## WPIAL Lightning Policy

Coaches, officials, Certified Athletic Trainers and players must recognize the hazard posed by lightning and know what to do to minimize the risk of serious injury or death during outdoor activities.

Use the electronic devices to **determine** potential for lightning **injury and convey this risk** to game officials and coaching staffs. If you do not have a lightning detector use the “Flash-to-bang” method for measuring lightning distance. As lightning approaches, the time in seconds from seeing the stroke to hearing the thunder decreases. For each 5-second count, lightning is 1 mile away. At a count of 15 seconds (3 miles) there is imminent danger! Seek shelter immediately. It is strongly recommended that you seek shelter at a count of 30 seconds (6 miles).

Follow your institution's policy and go to a safe location, **(a completely enclosed area), staying away from open doors and windows.**

Turn off and stay away from electrical appliances. Avoid using a regular telephone (except in emergency situations).

A cellular or portable phone is safe if the person and the antenna are located within a safe location and if all other precautions are followed.

A car or bus can act as a “safe location” as long as the windows are closed completely and you stay away from the windows.

If no safe structure or location is within a reasonable distance, find a thick grove of small trees surrounded by taller trees or a dry ditch. Assume a crouched position on the ground with only the balls of the feet touching the ground, wrap your arms around your knees and lower your head.

### **DO NOT LIE ON THE GROUND**

Wait a minimum of 30 minutes from the last lightning strike/visual/sound or until the lightning detector indicates that the storm is no longer a threat. Any subsequent lightning or 30 minute count should reset the clock and another count should begin.



# FAQ's Regarding Act 101: the Safety in Youth Sports Act

## 1. Are ALL Secondary Schools (i.e. Middle/High Schools) and Schools of Higher Education (i.e. Colleges/Universities) required to adhere to the Safety in Youth Sports Act?

The Safety in Youth Sports Act applies to all school entities as defined in Section 1602-A of the Act of March 10, 1949 (P.L. 30, No.14) and is not intended for the higher education level. According to the definition of "Interscholastic athletics" which is defined under the Public School Code of 1949, both nonpublic and public are required to adhere to this Act. See definition below.

Section 24 P.S. §16-1602-A. Definitions.--The following words and phrases when used in this article shall have the meanings given to them in this section unless the context clearly indicates otherwise:

Association: The Pennsylvania Interscholastic Athletic Association.

Committee: The Legislative Budget and Finance Committee.

Council: The Pennsylvania Athletic Oversight Council as established in Section 24 P.S. §16- 1603-A.

Interscholastic athletics: All athletic contests or competitions conducted between or among school entities situated in counties of the second class, second class A, third class, fourth class, fifth class, sixth class, seventh class and eighth class.

Nonpublic school: A school, other than a public school within this Commonwealth, wherein a resident of this Commonwealth may legally fulfill the compulsory school attendance requirements of this act and Title VI of the Civil Rights Act of 1964 (Public Law 88-352, 78 Stat. 241).

School entity: A public school, school district, nonpublic school or private school in this Commonwealth other than a private or nonpublic school which elects not to become a member of the association.

(1602-A added Nov. 22, 2000, P.L.672, No.91)

## 2. If a rugby club is a school club does it fall under the Act?

This club would be considered "...sports activities sponsored by school-affiliated organizations," and would, therefore, be covered under the act.

## 3. Does a youth school organization (pee wee/midget football in elementary school) fall under the regulations if they hold their games and practices on the high school fields?

If the athletic activity is sponsored by a school-affiliated organization it is covered. The language of the Act seems to indicate that it is the substance of the activity (e.g. athletic activity including interscholastic athletics and non-interscholastic athletics) and not the location that determines whether the activities falls within the scope of the Act.

## 4. Interscholastic -Does it cover 7-12 grades only or can it also cover elementary schools?

There is no language in the Act which limits the coverage to Grades 7-12. Rather the Act refers to a school entity. A school entity as defined by the Public School Code of 1949 is "A public school, school district, nonpublic school or private school in this Commonwealth other than a private or nonpublic school which elects not to become a member of the association." 24 P.S. § 16-1602-A.

The Safety in Youth Sports Act defines what activities are specifically included in the definition of "Athletic Activity."

"Interscholastic Athletics" is the first enumerated item that is included under the definition of "Athletic Activity." The Act provides "Interscholastic Athletics" as defined in the Public School Code of 1949. 24 P.S. § 16-1602-A.

The Interscholastic Activities Accountability chapter of the Public School Code of 1949 defines Interscholastic Athletics as: "All athletic contests or competitions conducted between or among school entities situated in counties of the second class, second class A, third class, fourth class, fifth class, sixth class, seventh class and eighth class. 24 P. S. § 16-1602-A. This seems to broaden the definition of interscholastic athletic to possibly include grades other than 7-12.

The Safety in Youth Sports Act does not contain language that limits its scope to grade 7-12.

## 5. Under the definition of a physician who would make the decision to return to play...what education on concussion management is acceptable and where would they get this training?

The Act specifically references training courses offered by the Centers for Disease Control and Prevention, the National Federation of State High School Associations, or another provider approved by the Department of Health. Links to approved training courses are available on the Department of Health website.

**6. Will the Department of Health offer concussion training? Who can attend? Will there be a charge to attend?**

The Department is in the process of developing regionally based concussion training. The training will be free of charge and will be open to all interested groups on a first come, first serve basis. For additional information see:

[http://www.portal.state.pa.us/portal/server.pt/community/grants\\_funding/14140/traumatic\\_brain\\_injury/666239](http://www.portal.state.pa.us/portal/server.pt/community/grants_funding/14140/traumatic_brain_injury/666239)

**7. How do I go about having my concussion management training course approved by the Department of Health?**

The Department has approved the concussion management training courses offered by the Centers for Disease Control and Prevention, the National Federation of State High School Associations and the Pennsylvania Athletic Trainers Society. In order to ensure the integrity and consistency of the information provided to coaches and athletes, these curricula will be the only training courses approved by the Department of Health. The Department will reexamine the need for approval of additional curricula in the second full year of implementation of the Act.

**8. How long is the online coaches training?**

Approx. 20-30 minutes online. A certificate of completion is provided at the end.

**9. Who is responsible for monitoring the coaches' penalties?**

The governing body of a school entity.

**10. When a return to play note is provided, is there a specific person who must receive the note to allow the student to play again?**

School entities must create and implement procedures to comply with the Act. This question would fall under procedures that the school entity must implement.

**11. How do I develop a policy for return to play? Is there a sample available?**

Schools should collaborate with coaches, school administrators, school nurses and other interested parties to develop a policy for return to play. Having a policy in place will insure consistency of application. For an example to a model policy please see <http://www.biapa.org/site/apps/nlnet/content2.aspx?c=iuLZJbMMKrH&b=1843921&ct=11590269&notoc=1>

**12. Is it mandatory that each school entity develop a policy for return to play?**

This is not mandated by the Pennsylvania Law.

**13. What is the BIAPA Model Policy?**

In response to the passage of the Safety in Youth Sports Act, the Brain Injury Association of Pennsylvania (BIAPA) developed a Model Policy and Guidance for Pennsylvania Schools for Sports-Related Concussion/Mild Traumatic Brain Injury. This document is designed to provide guidance to Pennsylvania school boards of education in the development, establishment, and implementation of policies, protocols and programs for the prevention, detection, and treatment of Sports Related Concussion/Mild Traumatic Brain Injury.

**14. What is BrainSTEPS?**

BrainSTEPS is a school re-entry program aimed at facilitating a return to school for students who have sustained a brain injury. BrainSTEPS teams work with schools to develop educational programs, academic interventions, strategy implementation and monitoring of students. BrainSTEPS stands for Strategies Teaching Educators, Parents, Students.

**15. Is there an entity to which coaches will be reported when they are suspended?**

This protocol is not addressed in the Act.

**16. Do all coaches need to complete annual training or just the head coach (example- assistant coaches)?**

All coaches must be trained.

**17. What personnel are responsible for communicating that a concussion has been identified at a sporting event to other personnel at the district level (nurse, guidance, etc.)? Coach? Athletic Trainer? Athletic Director?**

This protocol is not addressed in the Act.

**18. Why does the act require that "medical personnel making return to play decisions must complete training in evaluation and management of concussion?"**

The science of the evaluation and management of concussions has changed dramatically. In addition it is reasonable to expect that changes will continue to happen. It is imperative that medical professionals who are involved in the treatment of our student athletes be current in the most recent developments in this science.

**19. How will the school entity know that the physician providing the medical note for return to play has been properly and recently trained in concussion?**

This is not specified in the act.

**20. Is there a school affiliated professional that would take a student through the step by step return to play progression or does this have to happen in an outpatient setting at a concussion clinic?**

The Act does not specifically mention the step-by-step return to play. The language of the Act indicates that return to play evaluation and clearance is limited to appropriate medical professionals.

**21. How will confidentiality of a student's medical information be protected if this information is shared with school officials?**

Any provider who evaluates or treats a student with concussion must follow HIPAA guidelines in terms of the dissemination of Protected Health Information (PHI), which means that (in the case of a minor) a parent would have to sign a release of information form for the provider to communicate with the school.

**22. Is the baseline for all athletes required or recommended? Is it for each sport played? Or is it once a year? Do you need parent permission for the baseline testing taken by the student?**

Concussion baseline testing is not required under the Act.

**23. In Pennsylvania who is considered a "licensed physician"?**

The Medical Practice Act defines Physician as: "A medical doctor or doctor of osteopathy. 63 P.S. § 422.2.

**24. How does the school know if a psychologist has been trained in concussion?**

The school entity should develop a policy to ascertain this information.

**24. In terms of parents signing off on the information sheet: the new PIAA physical sheet includes a disclaimer on acknowledging that your child can sustain a concussion. If school entities ask if this is "good enough" to fulfill this requirement, is it?**

The law states that students/parents shall sign and return an acknowledgement of receipt and review of a "concussion and traumatic brain injury information sheet" to the student's school each school year.

**25. Is there a sample acknowledgement form available?**

The Pennsylvania Department of Education (PDE) has developed a sample concussion information/acknowledgement form which has been reviewed and adopted by the PIAA. It can be accessed here:

[http://www.portal.state.pa.us:80/portal/server.pt/gateway/PTARGS\\_0\\_75878\\_1235269\\_0\\_0\\_18/sample%20parent%20athlet%20acknowledgement%20form.pdf](http://www.portal.state.pa.us:80/portal/server.pt/gateway/PTARGS_0_75878_1235269_0_0_18/sample%20parent%20athlet%20acknowledgement%20form.pdf)

Additionally, PDE has developed a sample return to play form which can be access here:

[http://www.portal.state.pa.us:80/portal/server.pt/gateway/PTARGS\\_0\\_75878\\_1235270\\_0\\_0\\_18/Sample%20return%20to%20play%20form.pdf](http://www.portal.state.pa.us:80/portal/server.pt/gateway/PTARGS_0_75878_1235270_0_0_18/Sample%20return%20to%20play%20form.pdf)

**26. Who is policing, enforcing the coach violations and who is that reported to?**

The school entities are responsible for policing and enforcing violations.

The Act states, "medical personnel making return to play decisions must complete training in evaluation and management of concussion" - Is this just another way of saying they have to be evaluated by an appropriate medical professional trained in concussion? Because the phrase "must complete training" is confusing. It leads one to believe that these individuals don't already have those credentials and need to acquire them.

It is quite common to find physicians who have had no training in concussions. A physician, without current concussion training, would not know the protocol for dealing with a concussion.

**27. Who is responsible for collecting and keeping track that coaches have met their annual concussion management certification training course?**

Each school entity is required to maintain that the appropriate information is maintained. If a coach is questioned for a violation of the Safety in Youth Sports Act for any reason the school will have to demonstrate that they have met the law. If not, the penalties would be enforced.

*\*The PATS ConcussionWise registry could be used to determine who has passed the course.*

**28. Which students and parents or guardians need concussion education and how often?**

All students participating in or desiring to participate in an athletic activity and the student's parent or guardian shall each school year, prior to participation sign and return an acknowledgement of receipt and review of a concussion and traumatic brain injury information sheet. Athletic activity includes: 1) interscholastic athletics, 2) An athletic contest or competition, other than interscholastic athletics, that is sponsored by or associated with a school entity, including cheerleading; club-sponsored sports activities and sports activities sponsored by school-affiliated organizations, 3) Noncompetitive cheerleading that is sponsored by or associated with a school entity, 4) Practices, interschool practices and scrimmages for all of the activities listed above.

**29. Who is responsible for collecting and keeping track of the students and parents or guardians who must sign concussion and traumatic brain injury information sheets?**

Each school entity is required to ensure that the appropriate information is maintained.

**30. Who is responsible for penalizing coaches in penalties of found?**

The governing body of the school entity shall set and enforce all penalties. The Safety in Youth Sports Act clearly established minimum penalties for first, second, and third violations.

**31. Should a coach wait until July 1, 2012 in order for their concussion education to be effective?**

The Act states that the concussion education course must be taken each school year.

**32. If coaches take a concussion course successfully, does that allow them to make Return to Play decisions if there is NO appropriate medical professional present?**

No, the coach can remove them from play but the law specifically states that the coach shall not return a student to participation until the student is evaluated and cleared for return to participation in writing by an appropriate medical professional.

**33. Who should determine if a concussion has occurred?**

The appropriate medical professionals on-site should be used to determine whether a concussion has occurred.

This Act gives the official the opportunity to remove an athlete from a game to be examined by an appropriate medical professional to determine if a concussion has occurred. For example, if an official would see an athlete vomiting, unbalanced, confused, or struggling to get back into play he would refer to the appropriate medical professional onsite. At this point, the appropriate medical professional will evaluate the athlete and if they are in distress for any reason other than a concussion they may return to the game when fit to do so. Once the diagnosis of concussion has been determined, an athlete will not return to play. If an appropriate medical professional is not available to determine if a concussion has, or has not, been sustained the athlete should not return to play until evaluated by an appropriate medical professional.

**34. Are Athletic Trainers considered appropriate medical professionals?**

Yes. Athletic trainers (ATs) are licensed health care professionals who are considered appropriate medical professionals as long as they are designated by a licensed physician trained in the management of concussions. Athletic trainers should have an

established and delineated subsection on concussion included in their written protocol with their physician that discusses criteria on how concussions will be handled from assessment to establishing a safe return to play and school.

<b>Sudden Cardiac Arrest Prevention Act – Enactment</b>	
<b>Act of May. 30, 2012, P.L. 574, No. 59</b>	<b>Cl. 24</b>

AN ACT

Establishing standards for preventing sudden cardiac arrest and death in student athletes; assigning duties to the Department of Health and the Department of Education; and imposing penalties.

The General Assembly of the Commonwealth of Pennsylvania hereby enacts as follows:

Section 1. Short title.

This act shall be known and may be cited as the Sudden Cardiac Arrest Prevention Act.

Section 2. Definitions.

The following words and phrases when used in this act shall have the meanings given to them in this section unless the context clearly indicates otherwise:

"Athletic activity." All of the following:

(1) Interscholastic athletics.

(2) An athletic contest or competition, other than interscholastic athletics, that is sponsored by or associated with a school entity, including cheerleading, club-sponsored sports activities and sports activities sponsored by school-affiliated organizations.

(3) Noncompetitive cheerleading that is sponsored by or associated with a school entity.

(4) Practices, interschool practices and scrimmages for all of the activities listed under paragraphs (1), (2) and (3).

"Department." The Department of Health of the Commonwealth.

"Interscholastic athletics." As defined in section 1602-A of the act of March 10, 1949 (P.L.30, No.14), known as the Public School Code of 1949.

"School entity." As defined in section 1602-A of the act of March 10, 1949 (P.L.30, No.14), known as the Public School Code of 1949.

Section 3. Sudden cardiac arrest.

(a) Educational materials.--

(1) The department and the Department of Education shall develop and post on their publicly accessible Internet websites guidelines and other relevant materials to inform and educate students participating in or desiring to participate in an athletic activity, their parents and their coaches about the nature and warning signs of sudden cardiac arrest, including the risks associated with continuing to play or practice after experiencing one or more symptoms of sudden cardiac arrest, including fainting, difficulty breathing, chest pains, dizziness and abnormal racing heart rate.

(2) In developing the guidelines and materials, the department and the Department of Education may utilize existing materials developed by organizations such as Parent Heart Watch and Sudden Arrhythmia Death Syndromes.

(3) A student participating in or desiring to participate in an athletic activity and the student's parent or guardian shall, each school year and prior to participation by the student in an athletic activity, sign and return to the student's school an acknowledgment of receipt and review of a sudden cardiac arrest symptoms and warning signs information sheet developed under this subsection.

(b) Informational meeting.--A school entity may hold an informational meeting prior to the start of each athletic season for all ages of competitors regarding the symptoms and warning signs of sudden cardiac arrest. In addition to students, parents, coaches and other school officials, informational meetings may include physicians, pediatric cardiologists and athletic trainers.

(c) Removal from play.--

(1) A student who, as determined by a game official, coach from the student's team, certified athletic trainer, licensed physician or other official designated by the student's school entity, exhibits signs or symptoms of sudden cardiac arrest while participating in an athletic activity shall be removed by the coach from participation at that time, subject to paragraph (3).

(2) If a student is known to have exhibited signs or symptoms of sudden cardiac arrest at any time prior to or following an athletic activity, the student shall be prevented from participating in an athletic activity, subject to paragraph (3).

(3) A student removed or prevented from participating in an athletic activity under paragraph (1) or (2) shall not return to participation until the student is evaluated and cleared for return to participation in writing by a licensed physician, certified registered nurse practitioner or cardiologist.

(4) In order to help determine whether a student is ready to return to play, the licensed physician or certified registered nurse practitioner may consult any other licensed or certified medical professionals.

(d) Training course.--

(1) Once each school year, a coach of an athletic activity shall complete the sudden cardiac arrest training course offered by a provider approved by the department.

(2) A coach of an athletic activity shall not coach the athletic activity until the coach completes the training course required under this subsection.

(e) Penalties.--The governing body of a school entity shall establish the following minimum penalties for a coach found in violation of the requirements under subsection (c), which penalties shall take effect two years following the effective date of this section:

(1) For a first violation, suspension from coaching any athletic activity for the remainder of the season.

(2) For a second violation, suspension from coaching any athletic activity for the remainder of the season and for the next season.

(3) For a third violation, permanent suspension from coaching any athletic activity.

(f) Other youth athletic activities.--The sponsors of youth athletic activities not associated with a school entity are encouraged to follow the guidance stated in this act.

(g) Construction.--Nothing in this act shall be construed to:

(1) abridge or limit any rights provided under a collective bargaining agreement in effect on the effective date of this section or any rights provided under the act of July 23, 1970 (P.L.563, No.195), known as the Public Employee Relations Act; or

(2) create, establish, expand, reduce, contract or eliminate any civil liability on the part of any school entity or school employee.

Section 4. Effective date.

This act shall take effect in 60 days.

**Senate Bill 200; Concussion and Traumatic Brain Injury Management**

HOUSE AMENDED

PRIOR PRINTER'S NOS. 333, 441, 1332, 1403

PRINTER'S NO. 1637

**THE GENERAL ASSEMBLY OF PENNSYLVANIA**

**SENATE BILL**

**No. 200**

Session of

2011

INTRODUCED BY BROWNE, COSTA, PILEGGI, DINNIMAN, FONTANA, BREWSTER,  
SOLOBAY, ERICKSON, RAFFERTY, ALLOWAY, TARTAGLIONE, PIPPY, BOSCOLA, YAW,  
YUDICHAK, WILLIAMS, GREENLEAF, FERLO, LEACH, WARD, BRUBAKER, EARLL,  
FARNESE, WASHINGTON AND BLAKE, FEBRUARY 1, 2011

AS AMENDED ON SECOND CONSIDERATION, HOUSE OF REPRESENTATIVES, OCTOBER  
3, 2011

AN ACT

Establishing standards for managing concussions and traumatic brain injuries to student athletes; assigning duties to the Department of Health and the Department of Education; and imposing penalties.

The General Assembly of the Commonwealth of Pennsylvania hereby enacts as follows:

Section 1. Short title.

This act shall be known and may be cited as the Safety in Youth Sports Act.

Section 2. Definitions.

The following words and phrases when used in this act shall have the meanings given to them in this section unless the context clearly indicates otherwise:

"Appropriate medical professional." All of the following:

(1) A licensed physician who is trained in the evaluation and management of concussions OR A LICENSED OR CERTIFIED HEALTH CARE PROFESSIONAL TRAINED IN THE EVALUATION AND MANAGEMENT OF CONCUSSIONS AND DESIGNATED BY SUCH LICENSED PHYSICIAN.

~~(2) A certified athletic trainer who is trained in the evaluation and management of concussions and is working under the direction of a licensed physician.~~

~~(3)~~ (2) A licensed psychologist neuropsychologically trained in the evaluation and management of concussions or who has postdoctoral training in neuropsychology and specific training in the evaluation and management of concussions.

~~(4) A licensed physical therapist trained in the evaluation and management of concussions.~~

"Athletic activity." All of the following:

(1) Interscholastic athletics.

(2) An athletic contest or competition, other than interscholastic athletics, that is sponsored by or associated with a school entity, including cheerleading, club-sponsored sports activities and sports activities sponsored by school-affiliated organizations.

(3) Noncompetitive cheerleading that is sponsored by or associated with a school entity.

(4) Practices, interschool practices and scrimmages for all of the activities listed under paragraphs (1), (2) and (3).

"Interscholastic athletics." As defined in section 1602-A of the act of March 10, 1949 (P.L.30, No.14), known as the Public School Code of 1949.

"School entity." As defined in section 1602-A of the act of March 10, 1949 (P.L.30, No.14), known as the Public School Code of 1949.

### Section 3. Concussions and traumatic brain injuries.

(a) Educational materials. The Department of Health and the Department of Education shall develop and post on their Internet websites guidelines and other relevant materials to inform and educate students participating in or desiring to participate in an athletic activity, their parents and their coaches, about the nature and risk of concussion and traumatic brain injury, including the risks associated with continuing to play or practice after a concussion or traumatic brain injury. In developing the guidelines and materials, the departments shall utilize existing materials developed by the Centers for Disease Control and Prevention. A student participating in or desiring to participate in an athletic activity and the student's parent or guardian shall each school year, prior to participation by the student in an athletic activity, sign and return to the student's school an acknowledgment of receipt and review of a concussion and traumatic brain injury information sheet developed under this subsection.

(b) Informational meeting. A school entity may hold an informational meeting prior to the start of each athletic season for all ages of competitors regarding concussions and other head injuries, the importance of proper concussion management and how preseason baseline assessments can aid in the evaluation, management and recovery process. In addition to students, parents, coaches and other school officials, informational meetings may include physicians, neuropsychologists, athletic trainers and physical therapists.

(c) Removal from play. A student who, as determined by a game official, coach from the student's team, certified athletic trainer, licensed physician, licensed physical therapist or other official designated by the student's school entity, exhibits signs or symptoms of a concussion or traumatic brain injury while participating in an athletic activity shall be removed by the coach from participation at that time.

(d) Return to play. The coach shall not return a student to participation until the student is evaluated and cleared for return to participation in writing by an appropriate medical professional. The governing body of a school entity may designate a specific person or persons, who must be appropriate medical professionals, to provide written clearance for return to participation. In order to help determine whether a student is ready to return to participation, an appropriate medical professional may consult any other licensed or certified medical professionals.

(e) Training course. Once each school year, a coach shall complete the concussion management certification training course offered by the Centers for Disease Control and Prevention, the National Federation of State High School Associations or another provider approved by the Department of Health. A coach shall not coach an athletic activity until the coach completes the training course required under this subsection.

(f) Penalties. The governing body of a school entity shall establish the following minimum penalties for a coach found in violation of the requirements under subsection (c) or (d), which penalties shall take effect two years following the effective date of this section:

(1) For a first violation, suspension from coaching any athletic activity for the remainder of the season.

(2) For a second violation, suspension from coaching any athletic activity for the remainder of the season and for the next season.



(3) For a third violation, permanent suspension from coaching any athletic activity.

(g) Other youth athletic activities. The sponsors of youth athletic activities not specifically addressed by this act are encouraged to follow the guidance set forth in this act.

(h) Construction. Nothing in this act shall be construed to abridge or limit any rights provided under a collective bargaining agreement or any rights provided under the act of July 23, 1970 (P.L.563, No.195), known as the Public Employee Relations Act.

(i) Civil liability.

(1) Except as provided under paragraph (2), nothing in this act shall be construed to create, establish, expand, reduce, contract or eliminate any civil liability on the part of any school entity or school employee.

(2) Any coach acting in accordance with subsections (c) and (d) shall be immune from any civil liability.

Section 4. Effective date.

This act shall take effect ~~in 60 days~~ JULY 1, 2012, OR IMMEDIATELY, WHICHEVER IS LATER.

### FRAZIER SCHOOL DISTRICT Insurance Waiver

KNOW ALL MEN BY THESE PRESENTS, that the undersigned is the parent and/or parents of \_\_\_\_\_ who is a student in the **FRAZIER SCHOOL DISTRICT** and who I expressly consent to participate in the sport of \_\_\_\_\_. I carry insurance for hospitalization and medical care in which the named child is covered with \_\_\_\_\_ **Insurance Company** (or other coverage) **Policy #** \_\_\_\_\_

**Group #** \_\_\_\_\_. In the event of any injury caused during the course of participation in interscholastic or intramural sports or during practice for the same, I expressly authorize the proper representatives of the **FRAZIER SCHOOL DISTRICT** to incur medical expenses and hospitalization expenses for such minor child by use of the above policy. In any event, I indemnify and save free from suit, claim or demand made by or on behalf of said minor child from any injury arising as a result of participation in athletic endeavors and authorize, empower and direct such school representatives to use the coverage provided by the insurance policy above set forth to protect against the cost of injury.

\_\_\_\_\_ Date: \_\_\_\_\_  
**Parent/Guardian Signature**

**\*\*\*\* IMPORTANT NOTE TO PARENT \*\*\*\***

PARENT PLEASE LIST BELOW THE NAME OF YOUR INSURANCE AGENT AND A PHONE NUMBER WE MAY USE TO VERIFY YOUR INSURANCE COVERAGE.

AGENT'S NAME: \_\_\_\_\_

VERIFICATION PHONE NUMBER: \_\_\_\_\_

**EVIDENCE OF HEALTH CARE COVERAGE INSURANCE MUST BE PROVIDED PRIOR TO STUDENT PARTICIPATION.**

## Waiver and Release of Liability

(Read Before Signing)

In consideration of being allowed to participate in any way in the **FRAZIER SCHOOL DISTRICT** athletic sports program, related events and activities, the undersigned acknowledges, appreciates, and agrees that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASES or others, and assume full responsibility for my participation. And,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS **FRAZIER SCHOOL DISTRICT**, their officers, officials, agents, and/or employees, other participants sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event ("RELEASEE"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE. I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

X \_\_\_\_\_ Date signed: \_\_\_\_\_

(Participant's Signature)

FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT TIME OF REGISTRATION)

This is to certify that, as the parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releases, and for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releases from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE.

X \_\_\_\_\_

(Parent/Guardian Signature)

(Emergency Phone Number): \_\_\_\_\_

Date Signed: \_\_\_\_\_

## **Acknowledgements**

**Superintendent of Schools – Dr. Bill Henderson**

**Business Manager – Kevin Mildren**

### **ATHLETIC DEPARTMENT**

**Athletic Director –John Malone**

**Athletic Department Secretary – Jessica Emricko**

**High School Principal – Jason Pappas**

**High School Secretary – Georgann Shepler**

### **BOARD OF DIRECTORS**

**Stacey Erdely (President)**

**Rick Adams (Vice-President)**

**\*Tracy Angelo (Treasurer)**

**Vicki Olexa (Secretary)**

**\*Jason Erdely**

**\*Doug Clingan**

**Jill Devine**

**\*Rick Adams**

**Angie Ritz**

**\* Denotes Athletic Committee Board Member**