

Allegheny-Clarion Valley School District

Student Athlete's Handbook



A-C Valley, in conjunction with the community, will ensure a comprehensive education that inspires students to:

Dream Big, Work Hard, and Act Responsibly.

2019-2020

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A-C VALLEY'S REGULATIONS OF ATHLETICS

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Purpose

The Allegheny-Clarion Valley School Board believes the district's goals and objectives are best achieved by a diversity of learning experiences, some of which are more appropriately conducted outside the regular curriculum of the schools. The District works diligently to provide a positive, wholesome, and safe environment for teaching and learning; the School Board recognizes the value of supporting a comprehensive program of interscholastic athletics as an integral part in that endeavor. The District's interscholastic athletic programs are viewed as providing quality opportunities to teach and learn many values, such as competition, teamwork, and sportsmanship, to foster the growth of school loyalty within the student body as a whole, and to stimulate student and community interest in our schools. The primary sources of the goals and expectations included in this *Athletic Handbook* include the A-C Valley Strategic Plan, Pennsylvania Code of Professional Practice and Conduct, P.I.A.A. (Pennsylvania Interscholastic Athletic Association) Constitution and By-Laws, K.S.A.C. (Keystone Shortway Athletic Conference) guidelines and regulations, and the A-C Valley Interscholastic Policies and Regulations.

Definition

For purposes of this handbook, the program of interscholastic athletics shall include all activities related to competitive sports contests, games or events involving individual students or teams of students of this District with any school from another district.

Authority

It shall be the policy of this School Board to offer opportunities for participation in interscholastic athletic programs to male and female students on as equal a basis as is practical and in accordance with state and federal regulations.

The School Board shall approve a program of interscholastic athletics and shall require that all facilities used in that program, whether or not the property of the District, be properly safeguarded in such a manner that students and spectators are free from hazardous conditions.

The School Board shall determine the standards of eligibility to be met by all students participating in the interscholastic program. Such standards shall require that each student, before participating in any interscholastic program activity, be covered by school or family insurance, be in good physical condition, be free of injury, and be fully recovered from illness (as determined by the district physician or family doctor) before participating in any practice or contest.

The School Board adopts those eligibility standards established by the Pennsylvania Interscholastic Athletic Association (P.I.A.A.). Further, the School Board shall review such standards annually to ascertain that they continue to be in conformity with the objectives of this District.

No student may participate in the program of interscholastic athletics who has not maintained a record of academic proficiency as prescribed by the current P.I.A.A. standards and local District policies. Furthermore, in order to participate in or attend an event or practice, the student athlete must be in school by 10AM the day of the scheduled event or practice unless previously excused from school by the high school principal, attendance officer or his/her designee.

A-C Valley Junior-Senior High School Athletic Programs

The following athletic programs are offered to our students:

Fall

Cross Country – Boys/Girls – Varsity /Junior High (Co-op with Union SD)
Golf – Boys/Girls – Varsity /Junior High (Co-op with Union SD)
Football –Varsity/Junior High (Co-op with Union SD)
Volleyball – Girls – Varsity/JV
Basketball – Girls – Junior High (late Fall)
Cheerleading – Varsity/Junior High
Soccer – Varsity/JV/Junior High (Co-op with KCSD)

Winter

Basketball – Boys/Girls – Varsity/JV; Junior High Boys (late Winter)
Wrestling – Co-op with Keystone - Varsity/JV/Junior High
Cheerleading – Varsity/Junior High

Spring

Track and Field – Boys/Girls – Varsity/Junior High
Baseball – Boys - Varsity/JV
Volleyball – Girls – Junior High
Softball – Girls – Varsity/JV

Keystone Shortway (KSAC) Membership

Allegheny-Clarion Valley Falcons
Brookville Raiders
Clarion Area Bobcats
Clarion-Limestone Lions
Cranberry Area Berries
East Forest Bears
Karns City Gremlins
Keystone Panthers

Moniteau Warriors
North Clarion Wolves
Punxsutawney Chucks
Redbank Valley Bulldogs
Union Golden Knights
Venango Catholic Vikings
West Forest Indians

District IX Member Schools
(as of 2011-2012)

| | | |
|--------------------------|-------------------------|------------------|
| Allegheny-Clarion Valley | Austin | Bradford |
| Brockway | Brookville | Cameron County |
| Clarion | Clarion-Limestone | Clearfield |
| Coudersport | Cranberry | Curwensville |
| DuBois | DuBois Central Catholic | Forest Area |
| Elk County Catholic | Immaculate Conception | Johnsonburg |
| Kane | Karns City | Keystone |
| Moniteau | North Clarion | Northern Potter |
| Oswayo Valley | Otto-Eldred | Port Allegany |
| Punxsutawney | Punxsutawney Christian | Redbank Valley |
| Ridgeway | St. Marys | Sheffield |
| Smethport | Union | Venango Catholic |

Delegation of Responsibility

The Athletic Director shall prepare and the Principal shall approve and present to the School Board for its consideration, a program of interscholastic athletics which shall include a complete schedule of events and a supporting budget, all of which shall have been reviewed by the Board or District Superintendent.

The School Board shall prepare local regulations for the conduct of staff and students participating in interscholastic athletics. Such regulations shall be in conformity with the rules of the State Board of Education, P.I.A.A., Keystone Shortway Athletic Conference (KSAC), and any other athletic association/conference with which the District may become affiliated. In no case shall these regulations be limited to the rules of the above organizations/associations. All regulations/rules described in the “Falcon’s Handbook” for students will be enforced. Circumstances not covered by these policies will be decided on an individual basis by the administration.

Appeal Process

Any staff member, student, Athletic Director, or Administrator who feels any action by another party is not in keeping with the intent of this policy may begin an appeal process through a written complaint to the Board for final action at the local level.

Duties of Athletes

- 1) Shall be eligible as determined by the Athletic Director and Principal under the By-laws of the P.I.A.A. Any challenge will be reviewed by the School Board.
- 2) In addition to abiding by all school regulations with respect to conduct, grades, and attendance, shall also abide by training guidelines established by the coach and approved by the Athletic Director and Principal.
- 3) Abide by all P.I.A.A. and KSAC regulations.
- 4) Prior to the end of the first week of practice in each sport, the athlete shall return to his/her coach a signed copy of the A-C Valley Sports Regulation form. This form must also be signed by the parents/guardians and the coach prior to the Athletic Director adding the athlete to the eligibility list.
- 5) When currently involved in a season, athletes should NOT participate in “Open Gym” opportunities for an out-of-season sport unless permission is obtained by coaches of both sports, parents and administration and appropriate documentation is submitted to the Athletic Director.
- 6) Athletes who choose to participate in more than one in-season sport must do the following:
 1. **Declare which in-season sport will be their primary sport** of interest and notify both coaches and the Athletic Director prior to the first contest of either sport.
 2. Attend all primary sport league contests.
 3. Attend secondary league contests that do not conflict with primary sport contests.
 4. If practices of both sports do not overlap, the athlete must attend both practices.
 5. If practices of both sports do overlap, the athlete must make arrangements with coaches of both sports to attend each practice in a manner of fairness.
 6. Realize that there is a possibility of not lettering in the secondary sport due to schedule conflicts with the primary sport.
 7. Any issues not previously mentioned may be resolved by contacting the athletic director and/or administration.
- 7) Individual athletes are to notify their coaches when they will be missing practice at the earliest possible time.
- 8) Meet with the administration following a game ejection or technical foul.

Requirements for Earning Athletic Awards

Note: Athletes may be members of two sports during the same season so long as his/her degree of participation meets with the satisfaction of the coaches, the Athletic Director, and the Principal prior to the start of the season and is in accordance with PIAA guidelines.

1. No UNEXCUSED absences from practice sessions
2. No UNEXCUSED absences from games, meets, matches, etc.
3. Maintain academic eligibility during the entire season
4. No level 3 disciplinary suspensions from school
5. No ejections from contests

Football:

Letters are awarded to those players who have been a member of the squad for the entire season, have participated in a minimum of 50% of the team's total quarters played, are recommended by the coach, and approved by the Athletic Director and the Principal.

Basketball (Boys and Girls)

Letters are awarded to those players who have been a member of the squad the entire season, have participated in a minimum of 50% of the team's total quarters played, are recommended by the coach, and approved by the Athletic Director and the Principal.

Volleyball:

Letters are awarded to those players who have been a member of the squad the entire season, have participated in a minimum of 50% of the team's total games played, and are recommended by the coach, and approved by the Athletic Director and the Principal.

Golf (Boys and Girls):

Letters are awarded to those players in grades 9-12 who have been members of the squad for the entire season, placed in the top seven (7) positions for at least 50% of the matches, are recommended by the coach, and approved by the Athletic Director and Principal.

Track (Boys and Girls):

Letters are awarded to students in grades 9-12 who have been members of the squad the entire season and have a minimum of 15 points, all determined by their rank placement in any recognized team meet event and have been recommended by the coach and approved by the Athletic Director and Principal.

Cross Country (Boys and Girls):

Letters are awarded to students of either squad in grades 9-12 who have been members of the squad the entire season, who place in the top twelve (12) of all meets OR have placed as the top five (5) A-C Valley athletes on the squad for all meets, are recommended by the coach and approved by the Athletic Director and the Principal.

Wrestling:

Letters are awarded to students in grades 9-12 who have been members of the squad for the entire season and have scored 12 varsity team points, and/or are recommended by the coach and approved by the Athletic Director and the Principal.

Baseball/Softball:

Letters are awarded to students in grades 9-12 who have been members of the squad the entire season and have participated in a minimum of 50% of the team's total games played, and are recommended by the coach, and approved by the Athletic Director and the Principal.

Managers:

Letters will be awarded in grades 9-12 to varsity managers, who have served two or more years in a given sport, are recommended by the coach for their service, and approved by the Athletic Director and the Principal. These awards will be considered for the Academic Athlete Award.

Cheerleaders:

Letters will be awarded to varsity cheerleaders who have been members of the squad for the entire year (or participate in two single sport seasons), participated in all games, are recommended by the coach and approved by the Athletic Director and the Principal. Cheerleading letters will be counted when considering the Academic Athlete Award.

Honorary Letters:

Honorary letters may be granted to senior athletes who have participated in that particular sport prior to their senior year, but have not participated enough in regards to playing time/points earned/ meet or match placement. These athletes must be recommended by the coach and approved by the Athletic Director and the Principal.

Senior Awards:

Seniors will be presented with an award based on the total number of letters earned throughout his/her high school career. The following awards may be earned:

- 1 letter: a certificate
- 2-4 letters: a certificate mounted in a frame
- 5+ letters: a wooden plaque with mounted certificate.

Each of the above certificates will identify the sport.

Academic Athlete Award:

1. The student must be a senior athlete.
2. The student must have obtained a minimum QPA of 93%.
3. The student must have obtained a minimum of five (5) letters during his/her high school career.
4. The student must have exhibited leadership, initiative, loyalty and responsibility to the school and to the sport during his/her career.
5. All senior athletes who meet the above criteria will receive the award.

K.S.A.C. Scholarship Nomination

1. The senior must maintain the highest cumulative QPA of all senior athletes during his/her senior year. (Determined on April 15th)
2. The student must have earned letters- not honorary- in a minimum of two sports during his/her senior year.

Physicals

The PIAA requires that each athlete pass a physical examination and impact testing in order to participate in interscholastic athletics. Athletic physicals are given at various times during the regular school year. The school physician will conduct physicals for fall sports in June/July/August, winter sports in October/November, and spring sports in February/March. A student-athlete may choose to have his/her physical done by his/her family physician, at the athlete's expense. The physical form must be completed prior to the scheduled physical. The school nurse will schedule the dates for physicals. If the form is not complete, the student will NOT be given a physical. A student athlete will only be required to pass one athletic physical per

school year UNLESS he/she has sustained an injury or developed a serious illness or concussion during a sport season. If a student has sustained a concussion, impact tests will be conducted to ascertain if and when the student may return to play.

CONCUSSION/ CARDIAC ARREST

The safety and health of our students is our top priority. Any student who, as determined by a game official, coach of the team, athletic trainer, licensed physician, or other official designated by the district, 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 and must be cleared by said officials before returning to play.

School Attendance Requirement

Students participating in or attending any extracurricular activity or sport must be in attendance for the day to participate in that day's practice or event. Students must have reported to school by 10:00AM to be in attendance for the day for eligibility in activities. Medically pre-approved tardies as a result of a scheduled doctor's appointment, attendance at a funeral service, or a tardy/absence pre-approved by the Principal or designee, are the only excusable reasons for being late to allow for participation in the extracurricular or athletic activity on that day.

Extracurricular Eligibility Policy

Student-athletes will become ineligible to participate if they are failing two or more 1 credit core courses (English, math, science, social studies and PE/health) or the equivalent one core and two elective 1credit courses. This will be reviewed weekly for eligibility for competition in the following week. Student-athletes must also maintain a minimum weighted grade average of 75% at the end of each grading period in order to remain eligible during the following grading period. Failure to achieve the 75% minimum average at the end of a grading period will result in the student-athlete being placed on academic probation for the first three weeks of the probation grading period. The grades of a student-athlete on academic probation will be checked after three weeks and six weeks of a probation grading period; if a student-athlete does not have a 75% average at either the three-week or six-week checkpoint, the student-athlete is ineligible for the following three weeks. Athletic eligibility regulations are to be published annually in the student handbook.

Eligibility for fall activities will be based on the final grades for the prior year and ineligibility will run from the day after final report cards are issued through the first 15 days of the next school year. Students may make up a failing grade in the summer at their own expense to restore eligibility.

Students involved in interscholastic sports must practice during the 15 days of ineligible time, but may not participate in any game, match, scrimmage, or performance nor may they travel with the team or participate as part of the team at home or away events.

Students receiving an “I” (Incomplete) grade are ineligible until the “I” is replaced by a passing grade.

School officials will also complete a weekly eligibility check that is required by the PIAA for all interscholastic sports and cheerleading. A student must be passing at least four credits – 2 coming from core courses (English, math, science, social studies & PE/health) - during the weekly check to be eligible for the next week (Sunday through Saturday). This weekly check is based on the student’s cumulative average in each class for the current quarter.

Release From Class

Requests to leave class for extracurricular activities should be kept at a minimum. The Athletic Director will determine the time that students are to be dismissed for athletic activities, and this information will be given to staff members in advance when possible.

All team rosters will be distributed to all staff at the beginning of each season by the Athletic Director. When athletes need an early dismissal, the respective sport will be identified on the daily bulletin. It is the coach’s responsibility to give any variances of the roster to the attendance secretary prior to 8:30 AM the day of the early dismissal.

Transportation

All buses and vans for athletic events are scheduled by the Athletic Director and/or Transportation Director and are intended to transport coaches and student athletes exclusively. Any other passengers must be approved by school administration. Coaches should check the schedule for bus departure times and inform the Athletic Director if a change is necessary. It is the coach’s responsibility to maintain order on the bus and ensure that appropriate discipline measures are taken for misconduct.

All team members must travel as a group to all scheduled events on school-provided transportation unless previously excused by the Principal or Athletic Director for a known emergency other than “personal reasons.” Students may return home with parents/guardians if the parents/guardians personally meet the coach following an away event and sign the athlete out. An athlete who needs to ride home with an adult other than his/her guardian can bring a note from the guardian to the office no later than 8AM the morning of the event; this note giving the athlete permission to ride with another responsible adult must be signed by an administrator. In all cases, the adult must sign out the student athlete with the coach.

Parents or coaches will transport athletes attending summer camps or clinics.

Restrictions on Cheerleading Activities

The PIAA Board of Directors is most concerned with dangerous activities performed by cheerleaders in interscholastic events. In an effort to eliminate or minimize injury to cheerleaders, the following shall be in effect for all events:

- a. No cheerleader shall stand on another person unless that other person has at least one foot on the ground.
- b. No flips are permitted from another person unless that other person has both feet on the ground.
- c. Trampolines and/or mini-tramps shall not be used.

THESE POLICIES WILL BE REVIEWED WITH THE COACH OR ADVISOR OF THE CHEERLEADING SQUAD.

Practice Guidelines

- 1) All practices, as well as the competitions, are to be scheduled with the Athletic Director due to liability concerns. It is imperative that school personnel are aware of when students are in the facilities.
- 2) At least one coach **MUST** provide direct supervision at all times during practices and remain in the building until all athletes have left the school.
- 3) An athlete should attend all practices, and should be punctual unless he/she has a reasonable excuse.
- 4) In the event that schools are closed by the superintendent for any weather-related or emergency reasons, all extracurricular activities, including practices and contests, will be cancelled.
- 5) There shall be **NO** athletic practices on Sundays or specific holidays. Exceptions to this rule for rare extenuating circumstances may be permitted by administration.
- 6) All practices on school days will be limited in time to not exceed 2 ½ hours.
- 7) The Trainer will supply to the coaches and the Athletic Director a roster of students who have completed their sports physicals, and all required forms prior to the first practice. Students who have not fulfilled these requirements are **NOT** permitted to practice. Any changes to this roster **MUST** be confirmed with the Athletic Director.
- 8) All practices need to start on time, and end on time. Tardiness by the coach is unacceptable.
- 9) Practices, Inter-School Practices, Scrimmages, and Contests are limited to **SIX (6) DAYS** per calendar week during the regular season. A calendar week is defined as running from Sunday through the following Saturday.
- 10) Any student who is not an eligible member of the team is **not** permitted to participate in any way during drills, practices, warm-ups or competitions. This includes managers, statisticians, bookkeepers or other support personnel.

- 11) No team shall permit any students below the 7th grade level to hold support positions including but not limited to bat-boy/girls, waterboys, equipment managers, statisticians, bookkeepers and other team positions.

Participation of Alumni and Community Members

No alumni athlete or community member is permitted to physically participate in any practice with any current A-C Valley athlete for any reason unless they have been approved by the School Board as a volunteer coach. However, any community member is permitted to participate in scheduled open gym sessions.

According to the PIAA Handbook, Article XII, ATHLETIC RELATIONS, of the By-Laws section:

1. Permit Regular Season Scrimmages, in addition to Contests, with alumni (other than in the sports of football and wrestling), subject to the authorization by the school Principal;
2. Clarify that such Scrimmages and/or Contests count against the maximum permitted number of Regular Season Inter-School Practices, Scrimmages, and/or Contests with alumni (other than in the sports of football and wrestling) that are authorized by the school Principal, persons (other than Coaches) who have graduated or have withdrawn from high school are not eligible to participate in Practices, Inter-School Practices, Scrimmages, and/or Contests, all effective July 1, 2009.

And also Article XIV, COACHES, of the By-Laws section:

3. With the exception of Regular Season Scrimmages and/or Contests with alumni (other than in the sports of football and wrestling) that are authorized by the school Principal, persons (other than Coaches) who have graduated or have withdrawn from high school are not eligible to participate in Practices, Inter-School Practices, Scrimmages, and/or Contests, all effective July 1, 2009.

Facilities

Facility use priority shall be in the order of:

1. Student – school sponsored activities (In season sport)
2. Student- school sponsored activities (Out of season sport)
3. Student – non-school sponsored activities
4. Faculty and Community
5. If the above 3 filters are equal, the requests will be honored on a first-come, first-served basis in the order that requests are turned in with facility papers.

When parking for events held at the school, all coaches and athletes must respect handicap parking access and utilize general parking accommodations. Violators will be ticketed or towed.

PIAA Sportsmanship Information and Guidelines

The Sportsmanship Message

The following message is read by PIAA Officials to Team Coaches and Captains prior to each event.



“PIAA requires all registered sports’ officials to enforce the sportsmanship rules for coaches and contestants. Actions meant to demean opposing players, team, spectators, and officials are not in the highest ideals of interscholastic education and will not be tolerated. Let today’s contest reflect mutual respect. Coaches please certify to the umpire that your players are legally equipped and uniformed according to NFHS rules. Good luck in today’s contest.”

THE FUNDAMENTALS OF SPORTSMANSHIP

PIAA and its member schools are strongly emphasizing the importance of GOOD SPORTSMANSHIP. The one thing we need to realize is that many people have not had GOOD SPORTSMANSHIP explained to them. Hopefully the following will help everyone to understand their responsibilities at a Contest.

1. GAIN AN UNDERSTANDING AND APPRECIATION FOR THE RULES OF THE CONTEST.

The necessity to be well informed is essential. Know the rules. If you are uninformed, refrain from expressing opinions on officials, coaches, or administrative decisions. The spirit of GOOD SPORTSMANSHIP depends on conformance to a rule’s intent as well as to the letter of a given rule.

2. EXERCISE REPRESENTATIVE BEHAVIOR AT ALL TIMES.

A prerequisite to good sportsmanship requires one to understand his/her own prejudices that may become a factor in his/her behavior. The true value of interscholastic competition relies upon everyone exhibiting behavior that is representative of a sound value base. A proper perspective must be maintained if the educational values are to be realized. Your behavior influences others whether you are aware of it or not.

3. RECOGNIZE AND APPRECIATE SKILLED PERFORMANCES REGARDLESS OF AFFILIATION.

Applause for an opponent's good performance displays generosity and is a courtesy that should be regularly practiced. This not only represents GOOD SPORTSMANSHIP but also reflects a true awareness of the Contest by recognizing and acknowledging quality.

A- EXHIBIT RESPECT FOR THE OFFICIALS.

The officials of any Contest are impartial arbitrators who are trained and who perform to the best of their ability. Mistakes by all those involved in the Contest are a part of the Contest. We should not rationalize our own poor or unsuccessful performance or behavior by placing responsibility on an official. The rule of GOOD SPORTSMANSHIP is to accept and abide by the decision made. This value is critical for students to learn for later application in life.

5. DISPLAY OPENLY A RESPECT FOR THE OPPONENT AT ALL TIMES.

Opponents are guests and should be treated cordially, provided with the best accommodations, and accorded tolerance at all times. Be a positive representative for your school, team, or family. This fundamental is the Golden Rule in action.

A- DISPLAY PRIDE IN YOUR ACTIONS AT EVERY OPPORTUNITY.

Never allow your ego to interfere with good judgment and your responsibility as a school representative. Regardless of whether you are an adult, student, athlete, coach, or official, this value is paramount since it suggests that you care about yourself and how others perceive you.

“SPORTSMANSHIP: THE ONLY MISSING PIECE IS YOU!” GUIDELINES FOR BEHAVIOR

OF THE STUDENT-ATHLETE...

- Accept and understand the seriousness of responsibility, and the privilege of representing your school and your community.
- Live up to the standards of sportsmanship established by the school administration and the coaching staff.
- Learn the rules of the Contest thoroughly and discuss them with parents, fans, fellow students and elementary students. This will assist both them and you in the achievement of a better understanding and appreciation of the sport.
- Treat opponents the way you would like to be treated, as a guest or friend. Who better than yourselves can understand all the hard work and team effort that is required of your sport!
- Wish opponents good luck before the Contest and congratulate them in a sincere manner that you would like to be greeted following either victory or defeat.
- Respect the integrity and judgment of Contest officials. The officials are doing their best to help promote you and your sport. Treating them with respect, even if you disagree with

their judgment, will only make a positive impression of you and your team in the eyes of the officials and all people at the event.

OF THE CHEERLEADERS...

- Understand the seriousness and responsibility of your role, and the privilege of representing your school and your community.
- Learn the rules of the Contest thoroughly and discuss them with parents, fans, fellow students and elementary students. This will assist both them and you in the achievement of a better understanding and appreciation of the sport.
- Treat opposing cheerleaders the way you would like to be treated, as a guest or friend. Who better than you can understand all the hard work, training, and team effort that goes into a cheering squad?
- Wish opposing cheerleaders good luck before the Contest and congratulate them in a sincere manner following either victory or defeat.
- Establish standards of desirable behavior for the squad and attempt, in a cheerful manner, to transfer that to your spectators.
- Select positive cheers that praise your team without antagonizing the opponents.
- Encourage a positive crowd alternative when booing or an inappropriate chant begins by starting a popular cheer.
- Use discretion in selecting the times to cheer. Give the opposing school the same amount of time your squad would want in performing cheers, and treat opposing players like you would treat your own team.
- Give encouragement to injured players and recognition to outstanding performances for both teams.
- Respect the integrity and judgment of Contest officials. Treating them with respect, even if you disagree with their judgment, will only make a positive impression of your team and your community in the eyes of the officials and all people at the event.

OF OTHER SUPPORT GROUPS (BAND, BOOSTER CLUB, ETC.)...

- Establish themselves as leaders in their conduct before, during and after Contests. Always provide positive support for your team, rather than intimidating or ridiculing the other team.
- Assist cheerleaders with cheers, chants, etc., and be a working part of pep assemblies, with preparation, organization, and involvement.
- Treat opposing players, coaches, spectators and support groups with respect and enthusiasm.
- Conduct themselves in an exemplary manner. Remember, you represent your school both home and away.
- Respect the integrity and judgment of Contest officials. Treating them with respect, even if you disagree with their judgment, will only make a positive impression of your group, your team and your community, in the eyes of all people at the event.

- Be an exemplary role model by positively supporting teams in every manner possible, including content of cheers and signs.

OF SPECTATORS...

- Remember that you are at a Contest to support and cheer for your team and to enjoy the skill and competition; not to intimidate or ridicule the other team and its fans.
- Remember that interscholastic athletics are a learning experience for students and that mistakes are sometimes made. Praise student-athletes in their attempt to improve themselves as students, as athletes and as people as you would praise a student working in the classroom.
- A ticket is a privilege to observe the Contest, not a license to verbally assault others and be generally obnoxious.
- Learn the rules of the Contest so that you may understand and appreciate why certain situations take place.
- Show respect for the opposing players, coaches, spectators and support groups. Treat them as you would treat a guest in your own home.
- Respect the integrity and judgment of Contest officials. Understand that they are doing their best to help promote the student-athlete, and admire their willingness to participate in full view of the public.
- Recognize and show appreciation for an outstanding play by either team.
- Refrain from the use of any controlled substances (alcohol, drugs, tobacco, etc.) before, and during Contests and afterwards on or near the site of the Contest (i.e. tailgating).
- Use only those cheers that support and uplift the teams involved.
- Recognize and compliment school and athletic administrators for their efforts in emphasizing the educational benefits of interscholastic athletics and the role of good sportsmanship to that end.
- Be a positive role model through your own actions and by censuring those around you whose behavior is unbecoming.

ACCEPTABLE BEHAVIOR...

- Applause during introduction of players, coaches, and Contest officials.
- Players shaking hands with opponents who foul out while both sets of fans recognize player's performance with applause.
- Accept all decisions of Contest officials.
- Cheerleaders lead fans in cheers in a positive manner.
- Handshakes between participants and coaches at end of Contest, regardless of outcome.
- Treat competition as a Contest, not a war.
- Coaches/players search out opposing participants to recognize them for outstanding performance or coaching.
- Applause at end of Contest for performances of all participants.
- Everyone showing concern for an injured player, regardless of team.
- Encourage surrounding people to display only sportsmanlike conduct.

UNACCEPTABLE BEHAVIOR

- Yelling, waving arms or objects during opponent's free throw attempts.
- Disrespectful or derogatory cheers, chants, songs, or gestures.
- Criticizing officials in any way, displays of temper with an official's call.
- Cheers that antagonizes opponents.
- Refusing to shake hands or give recognition for good performances.
- Blaming loss of Contest on officials, coaches, or participants.
- Laughing or name-calling to distract an opponent.
- Use of profanity or displays of anger that draw attention away from the contest.
- Doing own cheers instead of following lead of cheerleaders.
- Wearing extreme or unusual clothing or excessive face or body painting that detracts from the action on the playing surface.

SPORTSMANSHIP AWARD

The Sportsmanship Award is presented at the Annual District IX Spring Meeting in April and encompasses the time frame from the Spring sports of the preceding year to and including the most recently completed Winter sports season of the current year.

Nominations will be received by the Committee from Principals, Officials Chapters, Leagues, and Conferences

The District Committee will select the winner of the Sportsmanship Award after reviewing all nominations. The winning school will receive a certificate, banner, and Lucite trophy from the PIAA office. The school will also be awarded a \$1500.00 stipend from the local District IX Committee.

To be eligible for the award schools may not have an unsportsmanlike disqualification by a coach or athlete.

COMPLAINT PROCESS

No parent, athlete, or coach should address problems or issues directly to PIAA without going through proper channels. At no time should a PIAA official be approached regarding concerns or issues during an event. The following guidelines should be taken with any concerns or issues.

- 1) Contact the Athletic Director to voice concern/issue
- 2) If the situation has not been satisfactorily addressed, contact the High School Principal.
- 3) Put concern or issue in writing to the High School Principal where it will be taken to the PIAA District 9 committee for consideration.
- 4) Follow up with High School Principal for determination of concern or issue.

From the PIAA By-laws:

PIAA PHILOSOPHY

It is unconscionable that a school or any of its employees would subvert the high purposes of interscholastic athletics by condoning any violation of the rules. To involve boys or girls in any practice or procedure which “gets around the rules” is unworthy of a person associated with athletics.

ATHLETIC COURTESY

Section 1. Athletics should foster clean sports. It is the privilege and duty of every person connected with athletics to exemplify these principles in that person’s own actions and earnestly advocate them before others.

- A.** Contest rules are to be regarded as mutual agreements, the spirit or letter of which no honorable person would break. The stealing of advantage in sport is theft.
- B.** No advantages are to be sought over others except those in which the Contest is understood to show superiority.
- C.** Unsportsmanlike or unfair means are not to be used even when they are used by opponents.
- D.** Visiting teams are to be honored guests of the home team, and should be treated as such.
- E.** 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.
- F.** Remember that student-spectators represent their school the same as student-athletes.
- G.** Any spectator who continually evidences poor sportsmanship should be requested not to attend future Contests.
- H.** Decisions of Contest officials are to be abided by, even when they seem unfair.
- I.** Contest officials and opponents are to be regarded and treated as honest in intention. In Contests when opponents conduct themselves in an unbecoming manner, and when Contest officials are manifestly dishonest or incompetent, future relationship with them should be avoided.
- J.** Good points in others should be appreciated and suitable recognition given.
- K.** The practice of “booing” is regarded as discourteous and unsportsmanlike.

Sport Regulation Form

The following is a list of regulations which all A-C Valley athletes are expected to respect during the season in which they are participating. In cases of severe discipline problems where a student has been restricted from extra-curricular activities, a student will not be eligible for sports.

1. CONDUCT

Conduct in school should be beyond reproach. Reports of misconduct will be reviewed by coaches, the Athletic Director, and the Administration. Good sportsmanship must be displayed at all times of practice and contests. Athletes are responsible for knowing all athletic-related regulations included in the Student Handbook.

2. GRADES

Athletes must maintain a minimum grade average of 75% at the end of each grading period. Failure to meet this academic standard will make the athlete ineligible for competition for the next 15 days of school. At the end of the 15 days of ineligibility the grades will be checked. The grades must have improved to above the 75% average to reinstate eligibility on a probationary status. The grades will be checked for a second time at the end of the 6 week mark. Weekly, students must be passing four one credit courses – 2 coming from core subjects (English, math, science, social studies, & PE/health)- to remain eligible Sunday through Saturday.

3. PRACTICE

Practice starts on a designated date and ends with the last event. Any athlete who intends to play should be present for the entire period. Only under the most unusual circumstances will an athlete be excused from practice, other than injury. If students are able to attend school, they are expected to attend practice. In order to participate in or attend an event or practice, a student must be in school by 10AM of the day of the scheduled event or practice, unless previously excused from school by the High School Principal, Attendance Office, or his/her designee. Refer to the Student Handbook for examples of excused absences.

4. ENFORCEMENT OF RULES

A penalty of suspension from participation WILL be imposed on any student athlete who is observed at a school function or school-related activity reported by a coach, teacher, parent, police, or other reliable source for breaking school rules.

Students serving an after school detention will serve their detention on the date assigned by the school administration. Upon the completion of detention, the student athlete is expected to report directly to their activity.

Student athletes serving in-school suspension or out-of-school suspension will not be permitted to attend practices or contests on the days they are serving this punishment, which may include weekend events. These absences will be UNEXCUSED and will prohibit the athlete from earning a varsity letter during the respective sport season.

5. TRAVEL

All team members must travel as a group to all scheduled events on school provided transportation, unless excused by the principal or principal's designee for a known emergency other than "personal reasons." Students may return home with parents/guardians if they personally sign the athlete out at the end of the contest. Athletes may also return home with another adult provided that the student has submitted a note to the office no later than 8AM the day of the event. This note will be signed by the Principal, copied and sent with the athlete. The athlete must then give the copied note to the coach prior to being released to the adult.

6. DRUG AND ALCOHOL

Participation in any co-curricular activity at Allegheny-Clarion Valley High School is a privilege and is contingent upon adherence to the following rules:

1. In addition to the school's drug policy, the illegal use or possession of alcohol, tobacco/nicotine products, drugs, steroids, drug paraphernalia, or other mind altering substances, out of school, by any student participating in co-curricular activities will not be tolerated. A penalty will be imposed on any participant who is observed and reported by a coach, teacher, parent, police, or other credible source.

Action taken for a first offense after an informal hearing with the principal:

- The student will be suspended from participation in the co-curricular activity or athletic competition for four weeks. (For safety reasons, athletes will be expected to participate in all practice sessions scheduled during the suspension.)
- The student will not be permitted to participate in any co-curricular activities until he/she has fulfilled all requirements recommended by the SAP Team and has been given official permission to resume such activities. Failure to fulfill this obligation will result in the immediate dismissal from the team and all activities until the requirements are met.

Action taken for a second offense after an informal hearing with the principal:

- The student will be immediately dismissed from the activity or athletic team for the remainder of his/her high school career and will not be permitted to participate in and/or attend any other school activity for the remainder of his/her high school career.
2. The illegal selling or distribution of alcohol, tobacco/nicotine products, drugs, steroids, or other mind-altering substances, either in or out of the school, by any student participating in co-curricular activities will not be tolerated.
 - The student will be immediately dismissed from the activity or athletic team for the remainder of his/her high school career and will not be permitted to participate and/or attend any other school activity for the remainder of his/her high school career.

HAZING

I. Purpose

The purpose of this policy is to maintain a safe learning environment for students and staff that is free from hazing. Hazing activities of any type are inconsistent with the educational goals of the Allegheny-Clarion Valley School District and are prohibited at all times.

II. Definitions

“Hazing” means committing an act against a student, or coercing a student into committing an act that creates a risk of harm to a person in order for the student to be initiated into or affiliated with a student organization, regardless of the person’s willingness to participate. The term hazing includes, but is not limited to:

1. Any type of physical brutality such as whipping, beating, striking, branding, electronic shocking, or placing a harmful substance on the body.
2. Any type of activity such as sleep deprivation, exposure to weather, confinement in a restricted area, calisthenics, or other activity that subjects the student to a risk of harm or that adversely affects the mental or physical health or safety of the student.
3. Any activity involving the consumption of any alcoholic beverage, drug, tobacco product or any other food, liquid, or substance that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health or safety of the student.
4. Any activity that causes or requires the student to perform a task that involves violation of state or federal law or of school district policies or regulations.

III. General Statement of Policy

- A. No student, teacher, administrator, volunteer, contractor or other employee of the school district shall plan, direct, encourage, aid, or engage in hazing.
- B. No teacher, administrator, volunteer, contractor, or other employee of the school district shall permit, condone, or tolerate hazing.
- C. Express or implied permission for or consent by a person being hazed does not lessen the prohibitions contained in this policy.
- D. Hazing activities are seriously disruptive of the educational process in that they involve students and violence or threats of violence. This policy applies to behavior that occurs on or off school property and during and/or after school hours.
- E. A person who engages in any act that violates school policy or law in order to initiate another person or to be initiated into or affiliated with a student organization shall be subject to discipline for that act.
- F. The Superintendent or his designee will act to investigate all complaints of hazing and will discipline or take appropriate action against any student, teacher, administrator, volunteer, contractor, or other employee of the school district who is found to have violated this policy.

IV. Reporting Procedures

- A. Any person who believes he or she has been the victim of hazing or any person with knowledge of conduct which may constitute hazing shall report the alleged acts immediately to an appropriate school district official designated by this policy.
- B. The building Principal is the person responsible for receiving reports of hazing at the building level. Any person may report hazing directly to the Superintendent.
- C. Teachers, administrators, coaches, volunteers, contractors, and other employees of the school district shall be particularly alert to possible situations, circumstances or events which might include hazing. Any such person who observes, receives a report of, or has other knowledge or belief of conduct which may constitute hazing shall inform the building principal immediately.

D. Submission of a good faith complaint or report of hazing shall not affect the complainant or reporter's future employment, grades, or work assignments.

V. School District Action

- A. Upon receipt of a complaint or report of hazing, the administration shall undertake or authorize an investigation by school district officials or a third party designated by the school district.
- B. The administration may take immediate steps, at their discretion, to protect the complainant, reporter, students, or others pending completion of an investigation of hazing.
- C. Upon completion of the investigation, the administration will take appropriate action. Such action may include, but is not limited to, warning, suspension, exclusion, expulsion, remediation, termination, or discharge. Disciplinary consequences will be sufficiently severe to deter violations and to appropriately discipline prohibited behavior. School district action taken for violation of this policy will be consistent with the requirements of applicable collective bargaining agreements, applicable statutory authority, and school district policies and regulations.

VI. Reprisal

The administration will discipline or take appropriate action against any student, teacher, administrator, volunteer, contractor, or other employee of the school district who retaliates against any person who makes a good faith report of alleged hazing or against any person who testifies, assists, or participates in an investigation, or against any person who testifies, assists, or participates in a proceeding or hearing relating to such hazing. Retaliation includes, but is not limited to, any form of intimidation, reprisal, or harassment.

The Allegheny-Clarion Valley School District believes that the implementation of these rules is an important step in achieving excellence throughout our entire educational system. Most importantly, the participants in these activities will be able to establish a positive set of values that will help them prepare for future life situations.

Check the appropriate sport(s):

- | | | |
|----------------|-------------------|------------------|
| Football () | Basketball () | Track () |
| Volleyball () | Cross-Country () | Cheerleading () |
| Baseball () | Wrestling () | Softball () |
| Golf () | | |

This form must be returned to the Athletic Director before the first practice. A primary sport must be chosen by dual athletes before the first practice. Athletes failing to turn in this form will not be placed on the eligibility list and hence will be unable to continue in that sport.

Please read this entire Athlete's Handbook with your son or daughter to become aware or reacquainted with the policies and procedures in this handbook. Your signature means you have received and read this document.

Student Athlete _____ Date _____

Coach _____ Date _____

Parent _____ Date _____

Dual Varsity Sport Enrollment Form

1. Participation
 - A. **The student athlete MUST declare by their first scheduled practice of the season which sport is their primary sport.** Practices and competitions for this sport will take precedence over conflicts with their secondary sport.
 - B. Student athletes may not change primary sports mid-season.
 - C. Student athletes must abide by the rules and policies of both teams of which they are a participant.
2. Attendance
 - A. Student athletes will be considered “present” at both their primary and secondary sport’s practice if they are present at a practice or event for either sport.
 - B. If a student athlete is illegally absent from a practice or competition for their primary sport, that illegal absence will also be counted against them in their secondary sport.
3. Schedule Conflicts
 - A. Competitions for either the primary or secondary sport will take precedence over practice for either sport.
 - B. When two competitions schedules conflict, the student will participate in the competition of the primary sport they selected at the onset of the season.
4. Dismissal
 - A. If a student athlete is dismissed due to a violation of team rules from either their primary or secondary sport team, they will become a full member of the team which they are still a member.
 - B. The student athlete will be expected to attend all practices and competitions for their remaining sport, as if they had not been a participant in Dual Sport Enrollment.
5. Acknowledgement of Agreement

By signing below, I indicate that I intend to participate in two varsity sports this season.

Student Athlete _____ Signature _____ Date _____

Parent _____ Signature _____ Date _____

Primary Sport _____ Coach’s Signature _____ Date _____

Secondary Sport _____ Coach’s Signature _____ Date _____

Principal _____ Signature _____ Date _____

Athletic Director _____ Signature _____ Date _____