

***PHILIPSBURG-OSCEOLA
SCHOOL DISTRICT
STUDENT-
ATHLETE/EXTRACURRICULAR
ACTIVITY and
PARENT/GUARDIAN HANDBOOK***

Varsity Fall Sports

Cheerleading
Football
Boys & Girls Golf
Boys & Girls Cross Country
Boys & Girls Soccer
Girls Volleyball

Varsity Winter Sports

Cheerleading
Boys & Girls Basketball
Wrestling
Competitive Spirit

Varsity Spring Sports

Baseball
Girls Softball
Boys & Girls Track

Middle School Fall Sports

Football
Co-Ed Soccer

Middle School Winter Sports

Boys & Girls Basketball
Wrestling

Middle School Spring Sports

Girls Softball
Baseball
Boys & Girls Track & Field

Extracurricular Activities

Band
Chorus
Drama
Student Clubs

STUDENT-ATHLETES, EXTRACURRICULAR PARTICIPANTS, and PARENT(S)/GUARDIAN(S):

This handbook has been put together to assist your understanding of the rules, regulations, and responsibilities of being a student-athlete/extracurricular participant at Philipsburg-Osceola. At POASD, we believe that participation in athletics and extracurricular activities, when administered properly, can be a very beneficial experience in the maturation process. Participation in athletics and extracurricular activities is a privilege that you earn, not a right you are entitled to, and we want to thank you in advance for giving us the opportunity to work with you during the school year.

This handbook is to be read by the student-athlete/extracurricular participant and their parent(s)/guardian(s) and retained for future reference. After reading the information, please sign and date the **PARENT/GUARDIAN & PARTICIPANT SIGNATURE PAGE**. That page **MUST** then be removed from the handbook and returned to the respective Head Coach or Advisor.

Please note that the information in this handbook might not be applicable to all extracurricular activities. If questions should arise, please do not hesitate to contact the school. (ex. PIAA age rule, physicals)

ATHLETIC OFFICE: (814) 342-5983

MAIN OFFICE: (814) 342-1521

To the athlete and extracurricular participant:

Being a member of a Philipsburg-Osceola Area School District athletic team or activity is a fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. Great traditions are not built overnight; it takes the hard work of many people over the years. As a member of an interscholastic squad of the Philipsburg-Osceola Area School District, you have inherited a wonderful tradition, which you are challenged to uphold.

Our tradition has been to win with honor. We desire to win, but only with honor to our athletes, our activities, our school, and our community. Such a tradition is worthy of the best efforts of all concerned.

It will not be easy to contribute to such a great traditions. When you wear the colors of blue and white, we assume that you not only understand our traditions, but also are willing to assume the responsibilities that go with them. However, the contributions you make should be a satisfying accomplishment to you and your family.

PARTICIPATION IN CO-CURRICULAR PROGRAMS

The Board requires equal opportunity for every student of the district. In every way possible this policy must communicate that each student has equal access to every program of the school.

It is understood that elections, tryouts and auditions are necessary for an organization whose numbers of participants must be limited. It is also understood that criteria for selection must apply to all candidates.

PIAA Regulations

1. Age Rule:

Senior High

If the age of 19 is attained after July 1st, the student is eligible.

Middle School

If the age of 15 is attained after July 1st, the student is eligible.

If the age of 16 is attained on or after July 1, the student is eligible to compete with students in 9th Grade.

2. **Semesters:** Once an athlete enters ninth grade, he/she has eight semesters to participate in athletics.

3. **Seasons:** Once an athlete enters seventh grade, he/she has six seasons to participate in a sport.

4. Attendance:

- a. Students are not permitted to participate in practice sessions or school events if they are absent from school that day. (exceptions are preplanned college visits, other school related functions such as a field trip, educational trip, doctor, emergency or extenuating circumstances approved by the building administrator)
- b. All students must be in attendance the entire school day (meaning you cannot be tardy or leave early) to be eligible to participate in extracurricular activities that day. This includes practices and rehearsals. The Principal in waiving this policy will consider only bonafide doctors' excuses or other urgent circumstances. Parent notes are not acceptable excuses for purposes of these guidelines.
- c. Any student sent home ill from school is ineligible for all activities that day.
- d. If an athlete/participant is absent for 20 days in a semester, he/she is ineligible until he/she is in attendance for 45 school days following the 20th day of absence. The 45 days need not be consecutive, just cumulative. (Medical documentation will circumvent this policy)

5. **Academic Eligibility:** A student-athlete/extracurricular participant must be passing (cumulative) four full credits per week to maintain eligibility.

- a. Weekly checks are conducted by the athletic department every Monday. The Athletic Director will notify the head coach/advisor when an participant is ineligible. The participant is then ineligible from Sunday through and including the following Saturday. They may practice, but cannot participate in any athletic event or extracurricular activity.
- b. If a student-athlete/ extracurricular participant is ineligible to begin the school year based on final credits from the previous year, the student is ineligible for 15 school days and at the end of 15 school days must be passing four or more credits.
- c. If a student-athlete/extracurricular participant becomes ineligible on the day report cards are issued by not passing at least 4 credits, the student-athlete is ineligible from the date of issue for 15 school days.
- d. If a student is cyber schooled from an organization outside our district, the student may participate in athletics/activities if they reside within the POASD. They are subject to the same PIAA eligibility standards as a POHS student. Any athlete extracurricular participant / that is cyber schooled must provide contact information for the cyber school counselor so that the athletic office needs to contact them regarding eligibility prior to participating in any PO sponsored event or practice. Failure to do so will make the cyber school student ineligible.
- e. Academic Eligibility: A student may not travel to away contests / games with the team if they are academically ineligible.

6. **Physical:** The PIAA form Comprehensive Initial Pre-Participation Physical Exam (CIPPE) must be completed and signed by student-athlete and their parent/guardian prior to trying out for a sport at Philipsburg-Osceola. Physical exams must be dated on or after June 1st. Physicals are not offered by the POASD and are the responsibility of each student-athlete. Sections 1-4 of the CIPPE are to be completed by the student-athlete and their parent/guardian. Your physician will complete section 5. One physical will cover the entire school year providing the student-athlete is not

injured, or absent for 20 or more days. Student athletes shall not participate in conditioning, practices, or games until student receives a physical examination.

7. **Recertification:** If a student-athlete goes out for 2 or more sports seasons, they need to be recertified. Sections 6 and 7 of the CIPPE are your recertification papers. Section 6 is required for each subsequent sport season, and Section 7 is only required if the student-athlete answers YES to specific questions on Section 6. (Section 8 of the CIPPE is only for wrestlers.)

SECTION ONE

Philipsburg-Osceola School District Rules & Regulations

Athletic/Extracurricular Regulations of the Philipsburg-Osceola School District

These rules apply during each season, from the start of practice until the final game, including the playoffs. They also apply to any competition, performance, or event.

1. The policy of the P.O. School District prohibits the use, consumption, possessing, selling, distributing and being under the influence of any controlled substance during school hours, on school property and at any school sponsored event. Controlled substances shall mean all dangerous controlled substances prohibited by law: look-a-like drugs, alcoholic beverages, anabolic steroids, drug paraphernalia, any volatile solvents or inhalants, such as, but not limited to glue and aerosol products, prescription or patent drugs, except those for which permission for use in school has been granted according to Board policy.
 - a. The first violation of any of the items mentioned will result in the student-athlete being suspended from participation (competition) for a period of fifty percent (50%) of the contests based on the regular season of that activity. If there is not fifty percent (50%) of that season remaining, the percentage not served shall be recalculated and applied towards the next season activity in which the student-athlete participates. Additionally, the student-athlete must participate in the SAP Program. The student may be required to participate in a drug/alcohol program with a certified drug and alcohol counselor. Failure to comply with the counselor's recommendations could result in complete expulsion from the activity.
 - b. The second violation of the items mentioned would result in the student-athlete being suspended from participation, practice, and competition in all interscholastic athletics for one (1) calendar year from the date of the last violation.
2. Possession of any tobacco product on school property or at any school event the student will be suspended from participation as follows:
 - a. The first violation will result in the participant being suspended for ten percent (10%) of the PIAA contest and/or extracurricular allowed for that activity.
 - b. For the second violation, the participant will be suspended twenty percent (20%) of the PIAA contests and/or extracurricular activity.
 - c. For the third violation, the participant will be dismissed from the team and/or activity.
3. **Hazing** – Hazing is defined as any activity that recklessly or intentionally endangers the mental health, physical health, or safety of a student. Any hazing activity, whether by an individual or a group, shall be presumed to be a forced activity, even if a student willingly participates. No student, coach, volunteer, or district employee shall plan, direct, encourage, assist or engage in any hazing activity. Hazing of any kind will not be tolerated and will result in immediate removal from the team for the remainder of the season. Suspected acts of hazing should be reported to the coach, athletic director, principal or other school administrator.
4. **Bullying** – Bullying is defined as an intentional verbal, physical, written, or electronic act directed at another student, which occurs in a school setting that is persistent or severe. Bullying will not be tolerated and will result in immediate removal from the team for the remainder of the season. If you are bullied or intimidated you should not retaliate, but report the incident to a coach, teacher, or adult. (School Board Policy 249)

5. **Stealing** – Stealing while representing the school warrants immediate dismissal from the team.
6. **Vandalism** – Vandalism / destruction of any property while representing the school warrants immediate dismissal from the team, with reparations.
7. **Other Circumstances** – Whenever any criminal offenses occur pertaining to participants out of school and out of season, a committee consisting of the building principal, assistant principal, athletic directors, and head coach will review the individual situation and take appropriate action. The athlete will have an opportunity, if desired, to appear before the committee before final action is taken.
8. Any obscene gesture during athletic competition or extracurricular activity warrants a one-week suspension with possible further review, which may result in dismissal from the team.
9. Fighting while representing the school warrants review, which may result in a one-week suspension or possible dismissal from the team or activity.
10. Misconduct on athletic busses or abuse of shuttle bus privileges warrants the following discipline:
 - a. The first offense is a warning.
 - b. The second offense is a one-week suspension.
 - c. The third offense is a two-week suspension.
 - d. The fourth offense is a dismissal from the team.
11. Outbursts towards officials, game officials, fans, or another player warrants review, which may result in a one-week suspension or possible dismissal from the team.
12. Cell phones in locker rooms/changing areas-- No cameras, video recorders, cell phones, or other devices that can be used to record or transfer images may be used in the locker rooms at any time. Under no circumstances can a person use a camera, video recorder, cell phone, or other recording device to capture, record, or transfer a representation of a nude or partially nude person in the locker room
13. **Expected Behavior**—please keep in mind that you are representing not only yourself, but also POHS. At all times, including travel to and from all events and practices an action that discredits you, the team, or the school will be subject to disciplinary actions.

Students who are engaged in criminal activity, vandalism, property damage, or otherwise bring discredit to the school through their actions or conduct off campus will be subject to disciplinary action.

A report of suspected violations should be made to the school administration. The principal will conduct an internal investigation to determine if reasonable proof exists. Reasonable proof does not require charges by law enforcement, admittance, or finding of guilt through the legal system.

13. School problems are handled as follows:
 - a. Detention issued during an athletic season warrants the following discipline:
 - i. The first offense is a warning.
 - ii. The second offense is a one-week suspension
 - iii. The third offense is a two-week suspension
 - iv. The fourth offense is dismissal from the team.

Detention is defined as a penalty for each separate incident, even though more than one detention might be issued for each incident. Suspension is defined as no participation or attendance at any interscholastic athletic contests/extracurricular activities; however, the suspended student may practice. A "week" is defined as a seven-day period and suspension begins immediately following the resolution of the infraction.

- b. In-School and Out-Of-School Suspension issued during an athletic season warrants the following discipline:
1. The first offense is a one-week suspension.
 2. The second offense is a two-week suspension.
 3. The third offense is dismissal from the team.
- c. Unexcused tardies during an athletic season warrant the following discipline:
1. Three (3) unexcused tardies is a warning.
 2. Four (4) unexcused tardies is a one-week suspension.
 3. Five (5) unexcused tardies is a two-week suspension.
 4. Six (6) unexcused tardies is dismissal from the team.
- d. No participation in any way on days of In-School-Suspension or Out Of School Suspension.
14. School administrators reserve the right to modify discipline procedures during the course of the school year should the need be warranted and appropriate. The consequences may change given context, cooperativeness and administrative discretion.

SECTION TWO

1. **Health Insurance:** The Philipsburg-Osceola School District (POSD) does not provide health insurance coverage for student activities, including athletics. Proof of insurance coverage must be provided on Section 1 of the PIAA CIPPE packet. All student-athletes, except for football players, may purchase School Insurance. Forms are available in the main office.
2. **Transportation:** If a student is transported home after an away competition by their parent/guardian, the parent/guardian must sign the P.O. High School Parental Transportation Request Form. Under no circumstances will a coach release a student to anyone else without a signed release by the principal or athletic director.
3. **Injuries:** All injuries should be reported to the Certified Athletic Trainer who will complete an injury form.

The Philipsburg-Osceola Area School District shall require the immediate removal of the Student-Athlete from athletic activity after sustaining a concussion or traumatic brain injury.

The coach may not return a student-athlete to play in any athletic activity. The student-athlete may not return to play until they have been evaluated and cleared for participation in writing by an appropriate medical professional.

SAFETY IN YOUTH SPORTS ACT - ENACTMENT
Act of Nov. 9, 2011, P.L. 411, No. 101
AN ACT

Cl. 24

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 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.

"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 July 1, 2012, or immediately, whichever is later.

4. **Postseason Awards:** At the end of the season each coach will submit a list of letter winners to the Athletic Director.
- The first award and athlete earns on the varsity squad will be the varsity letter.
 - To earn a varsity letter, the athlete must participate in one half of the contests for that year. For events that involve quarters/halves, such as football, basketball and soccer, they must have played one-half of the total quarters/halves for that season.
 - If an athlete earns a letter in a different sport after earning his/her initial letter he/she will receive a pin designating the additional sport for which he/she earned the letter.
 - A sophomore, junior, or senior who earns a second letter in a specific sport will be awarded a bar.
 - All seniors will receive a varsity letter and pin if they remain on the squad at least two years even if they do not meet the quarters/halves or contest requirement.
 - Middle School—the first award an athlete earns in middle school is a pin/certificate designating the sports for which he/she earned the award. Subsequent awards for the same sport, the athlete will receive a bar and certificate.
 - Coaches should make every effort to award letters earned and season awards at their team's end of season banquet.
5. **Letter of Intent Signings:** Will be scheduled with the Athletic Director and will be held for all Division One or Two athletic scholarship student –athletes.
6. **Schedules:** High School sports schedules can be found on the following website: www.schedulestar.com. Once on the website, type in the school zip code or school name in the search box at the top of the screen. If you are using a zip code, a drop box will appear with the school name. Click on the name of the school. Click *Register* to create an account or *Sign In* if you already have an account. There is no charge for this. A calendar will appear with the sporting event dates marked. If you wish to search by event or team, you may do that by clicking on the season, and complete the sport, level, and gender boxes. If you desire to receive alerts, click on the Get Alerts, which is in red under the school name. - If you have any questions, you may contact Schedule Star, toll free at 800-258-8550.

SECTION THREE

Compliance with HIPAA

In compliance with the Health Insurance Portability and Accountability Act (HIPAA) the Philipsburg-Osceola School District asks for your consent to release medical information to the sports medicine team as assigned by the P.O. School District relating to your child. The sports medicine team is limited to the team physician, certified athletic trainer, athletic director, school nurse and coaching staff. This information would include daily injury reports, practice or game status, and nature of the injury. Each member of the sports medicine team is familiar with and will be compliant with the rules and regulations of HIPAA.

SECTION FOUR

Expectations

In addition to the Philipsburg-Osceola School District Discipline Code, (which is contained in Section 1). The following rules have been developed for interscholastic athletics and all co/extra-curricular activities.

1. Students are the responsibility of the coaches/advisors until the organization returns to the high school or middle school. When returning from a contest, students are expected to leave the premises immediately. No student may be released by a coach/advisor prior to returning to the school unless it would be to a parent/guardian with written notification at least 1 day in advance signed by the athletic director or principal. Participants are strongly encouraged to travel with their organization at all times. We are striving to promote team unity and loyalty.
2. The only excusable absence from practice, games or public performance is an emergency. The following are considered emergency situations:
 - a. A death in the family.
 - b. Automobile accidents.
 - c. Illness and not in school.
 - d. Any other situation that may arise that the coach would consider an emergency.

Unexcused absences from practice, games or public performance will not be tolerated. An unexcused absence is any missing of practice or games in which the coach/advisor did not have prior knowledge of the absence. An emergency would be an exception to this rule. The first unexcused absence will result in a warning. The second unexcused absence will result in suspension from practices and/or games for 3 days. The third unexcused absence will result in expulsion from the team/activity.

- A. Students who participate in athletics or extracurricular activities are students first. The student needs to meet academic expectations before they participate in the given activity. No student should be attending practice in excess of 3 hours. When school is cancelled or closed due to inclement weather, all meetings, practices, or other scheduled extra-curricular activities are cancelled.
3. Equipment issued for practice and competition should be cared for properly. School equipment issued to the student is his/her responsibility and shall not be worn by parents and/or boyfriends/girlfriends. He/she is expected to keep it clean and in good condition. Loss of any equipment is the athlete's financial obligation and shall be returned promptly at the end of the sport season. Loss or failure to turn in equipment at the end of the season will result in payment to replace it.
4. The P.O. participant must understand that he/she and his/her actions are representative not only of him/herself, but also the entire activities program and every other individual involved. Students are expected to represent Philipsburg-Osceola High School and/or Middle School, the community, and yourself in a positive manner. You are expected to show respect for all authority as well as proper care for all school facilities, property, equipment and uniforms.

Disrespect towards any member of the coaching staff, faculty, and administration will not be tolerated. The first offense is a 3-day suspension from practices and/or games. The second offense is expulsion from the team.

5. Use of profanity is forbidden. The first offense is a warning. The second offense is a 3-day suspension from practices and/or games/public performance. The third offense is expulsion from the team.
6. **Playing time--** There are many benefits to be gained by participation in athletics at the high school level. Student-athletes learn discipline, to perform under stress, teamwork, sacrifice, commitment, effort, accountability, sportsmanship, confidence, leadership and to play within the rules. Although there are many measures of success in the minds of each athlete, perhaps the most emotional is "playing time" during contests. If an athlete has a question about the amount of playing time he/she is getting, he/she should be encouraged to discuss it with the coach. Being a member of a team at Philipsburg-Osceola High School does not guarantee "playing time". Time of each participant is the sole prerogative of the coach of the sport in his/her discretion and judgment; however, there are some guidelines:

Sub-Varsity Teams

- a. This is the development level where athletes learn skills and strategies and learn to become a positive member of a team to prepare them for varsity competition. The coaching staff will play all team members for as much time as is practical. There are many factors that govern an individual playing time. Some of the most important are: attendance at practice, effort, attitude, commitment, and athletic skill. This is the level for athletes to show their potential and demonstrate to the coaching staff that they are willing to work to prepare for varsity level competition.

Varsity Teams

- a. This level of competition has the same factors and guidelines as the sub-varsity teams. However, there is one additional major factor. The varsity teams compete against opponents at the highest possible level. There is a greater emphasis on winning. To reach this goal, the most competitive, skilled team members will get the most playing time. However, teams cannot be successful without committed substitutes or "non-starters". These athletes have to be ready to step up when needed, and practice hard to help make the team as competitive as they can be. They should constantly strive to move up to the "starting" role. There are many decisions made by the coaching staff during the course of a season. These include which athletes should be starters, who should play what position, and how long each athlete should play. These decisions, often difficult to make, are made only by the coaching staff, and are approached with the best interest of the team as the top priority.
 - b. Starting positions and playing time are not guaranteed to seniors making a team, or to anyone else. Each member of a team is very valuable to the teams overall success. Some members may play a great deal of time, while others may not. Each student should have personal improvement as one of his or her goals.
 - c. As educators and administrators we place trust in our coaches that playing time is distributed when the score or the game provides appropriate opportunities based on skill level and that coaches distribute playing time with both building individual skills and team success in mind.
7. **BENCH CONDUCT –** When you put on a uniform, spectator's keep a keen eye on you. Show them what kind of team person you are. Demonstrate support and be prepared at all times to enter the game. During time-outs, you are expected to listen and learn. Assist the managers if they need help. Horseplay, berating officials, opponents, or fans and assuming a reclining position on the bench will not be tolerated. **DO NOT RESPOND TO FANS!**
 8. The JV team should cheer and support the varsity team and vice versa. Players are required to sit on the team bench with their teammates during games. Watching is learning. This is not a time for buddies and friends. Teams are required to stay and watch after their game is over. Only the coach can excuse you from leaving.
 9. An athlete has not officially quit a sport until they have (1) talked to the head coach of the sport they are quitting, (2) handed in all of their equipment and (3) fulfilled all of their assigned responsibilities. Also, an athlete who quits a sport after the first 3 weeks of the season may not then participate in another sport during the same season. In addition, the athlete may not begin another sport, even if during another season, until they have completed all of the above.

SECTION FIVE

Philipsburg-Osceola School District Parent/Guardian Pledge

Over the course of your child's athletic career at the Philipsburg-Osceola School District, we hope that they will have a very rewarding experience. During the season, there will be difficulties that occur as an individual, and as a team; it is important to keep everything in perspective. When things do not go as planned or anticipated by student-athletes, parents, or coaches, it is important that certain guidelines are followed. In some instances, it is inappropriate for parents to become involved with coaches, while in other instances it is encouraged.

Parent Issues Appropriate to Discuss with the Coach/Advisor

- Concerns about your child's behavior.
- How to help your child improve their skills.
- The health and safety of your child.

Parent Issues NOT Appropriate to Discuss with the Coach/Advisor

- Playing time is not to be discussed. Parents must remember that coaches are professionals and make judgments based on attitude, performance at practice, effort, game situations, etc...
- Playing time for any other team/activity member.
- Personal feelings toward any other team/activity member.
- Team philosophy and game strategy employed by the coach/advisor.
- **Under any circumstance, do not approach a coach/advisor immediately before, during, or after a game/performance.** This is an emotional and inappropriate time for many reasons.
- **Under any circumstance, do not set foot on the playing field, gym floor or stage** to confront a coach, advisor, official, or student-athlete. This will not be tolerated and consequences will result.

Guidelines For Parents To Help Your Child Enjoy Athletics

From the....Physician and Sports Journal

- Make sure your child understands that, win or lose, you love them!
- Be REALISTIC about your child's athletic ability.
- Help your child set realistic GOALS.
- Don't relive your own athletic past through your child. It's their time.
- Control your emotions at games.
- Cheer for your child and other children on the team.
- Respect your child's coaches. Communicate with them in a positive way.
- Be a positive role model.
- Sportsmanship begins at home.

Chain of command/how to communicate with the school

To prevent that frustration, parents can become informed about the "chain of command," or where to begin the communication sequence regarding their problem or concern. Many questions are easily and completely answered by communicating directly with the appropriate level of the chain of command. Each situation should first be addressed at whatever level the initial action was taken with appeals moving on to the next level on the chain of command. For example if you have a question regarding a situation on a sports team you should talk to the head coach first and then if it is not resolved move up the chain.

On Matters Involving Athletics/Extracurricular Activities

- a. Head Coach/Advisor
- b. Athletic Director
- c. Principal or Assistant Principal
- d. Superintendent
- e. Board of Education

On Matters Involving Facilities/Grounds/Buildings

- a. Custodian
- b. Supervisor of Facilities/Event
- c. Principal or Assistant Principal
- d. Director of Buildings & Grounds
- e. Superintendent
- f. Board of Education

On Matters Involving Transportation

- a. Bus Driver
- b. Transportation Director
- c. Principal or Assistant Principal
- d. Superintendent
- e. Board of Education

**ACKNOWLEDGMENT OF RECEIPT OF
ATHLETIC/EXTRACURRICULAR HANDBOOK**

I/we have read the Philipsburg-Osceola Area School District Handbook of Interscholastic Athletics and Extracurricular Activities posted on the Philipsburg-Osceola School District website—in the Athletic Department category. This handbook lists the rules, regulations and policies. I/we fully understand its meaning and consequences and support its enforcement by persons responsible. It is also understood coaches and advisors may establish additional rules; however, they cannot be in conflict with the Student Athletic and Extracurricular Handbook. I/we also understand that I/we must abide by the school's code of conduct and it is my responsibility to know the rules set forth by the school, coach, and this handbook with the understanding that disciplinary actions can result up to and including involvement with law enforcement.

Please sign and return to your coach or advisor. This needs to be done only once during the school year. This form will be kept on file in the Athletic Administrator's office. Thank you for your cooperation and support. You may not participate in interscholastic athletic competitions or extracurricular activities until this form is signed and returned to your coach or advisor.

_____ SIGNATURE OF ATHLETE/PARTICIPANT

_____ SIGNATURE OF PARENT OR GUARDIAN

_____ SIGNATURE OF PARENT OR GUARDIAN

Received by the Athletic Department _____
(Date)

