

CENTRAL VALLEY SCHOOL DISTRICT



STUDENT-ATHLETE HANDBOOK

CENTRAL VALLEY SCHOOL DISTRICT
ATHLETIC DEPARTMENT

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District Website-

www.centralvalleysd.net/athletics



CENTRAL VALLEY HIGH SCHOOL ATHLETIC TEAMS

	Boys	Girls
FALL SEASON	Cross Country Football Golf Soccer	Cheerleading Cross Country Golf Soccer Tennis Volleyball
WINTER SEASON	Archery (Club) Basketball Ice Hockey (Club) Swimming Wrestling	Archery (Club) Basketball Cheerleading Gymnastics Swimming
SPRING SEASON	Baseball Tennis Track and Field	Softball Track and Field

CENTRAL VALLEY MIDDLE SCHOOL ATHLETIC TEAMS

	Boys	Girls
FALL SEASON	Cross Country Football Soccer	Cheerleading Cross Country Soccer
WINTER SEASON	Archery (Club) Basketball Ice Hockey (Club) Wrestling	Archery (Club) Basketball Cheerleading
SPRING SEASON	Baseball Swimming Track and Field	Softball Swimming Track and Field Volleyball

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PHILOSOPHY OF ATHLETICS

Purpose:

The purpose of the athletic program is to stimulate students to develop mutual interests, promote motivations and improve their physical skills. It is one of the many Central Valley programs which offer the individual the opportunity to develop interests and grow through his/ her participation and competition in a group activity. Athletic contests involve considerable time for practices and games, strenuous physical effort, and student travel. Each sport is a learning experience and entails numerous responsibilities. Students who try out for any sport should be aware of these responsibilities and be willing to assume them.

Values:

Taking part in athletics is one of the most important parts of our educational system. There is no other course in our schools today which can offer all of the following benefits:

1. **Competition:** Our entire way of life is based on competition. Every person is competing to improve or maintain his standing. What better way to learn this important principle than through athletics?
2. **Physical well-being:** The nation is becoming more conscious of the inadequacy of our youth in physical fitness. Through athletics, a foundation is built that can correct this situation.
3. **The release of physical energy:** Someway, students will find a way to release their physical energy. Athletics offer a wholesome medium for this purpose.
4. **Recognition:** Through guidance, players can learn to accept recognition in a proper manner. They learn that the praises they receive are not due to their effort alone.
5. **Understanding:** Players working together for a common cause learn to accept victory or defeat in a mature manner. Team members soon learn how to understand each other and make adjustments for the good of the team.
6. **Emotional Control:** The athlete learns to get going, by tackling the task at hand. Emotional blow-ups only hamper them.
7. **Discipline:** We hear the cry that young people need to learn discipline. Athletics teach self-discipline, which is vital to a successful adult life.
8. **Perseverance:** Athletes learn to stay with the job and not give up until the contest is over.

9. **Thinking Under Pressure:** Any individual can attribute much of his/her success to this factor. Athletes learn it early in their career and use this ability the rest of their lives.
10. **Loyalty:** Being faithful to a team, a group, a cause, is an important lesson of athletics. A person will not fail themselves when they have learned the lesson of being true to others.

ATHLETIC ELIGIBILITY RULES

All athletic eligibility is in accordance with the bylaws of the Pennsylvania Interscholastic Athletic Association (PIAA) and the policies of the Central Valley School District Board of Education.

1. AGE

Maximum 19 years if birthday is on or after July 1st.

2. ATTENDANCE

Must be enrolled in full-time attendance. If absent 20 or more days a semester, a pupil shall be ineligible to participate until they have been in attendance for a total of 45 school days following the 20th day of absence.

3. PERIOD OF PARTICIPATION

Maximum of **8 semesters** beyond 8th grade. Maximum of **4 seasons** beyond 8th grade.

4. ACADEMIC REQUIREMENT

Students are required to meet stated academic/athletic eligibility requirements.

The Central Valley Board of Education adopted a policy concerning weekly eligibility and nine weeks grades. **This policy states that any athlete, color-guard, cheerleader or majorette who receives two failing marks in their subjects on the Weekly Eligibility Report will be subject to an immediate one week suspension from any / all competitions.**

Grade sheets will be run from Powerschool on Monday morning (or the first day of the new school week) of each week for the work they have completed from the previous week. The current grade listed at that time will be used. The teachers of all subjects must evaluate those students participating in any of the above-mentioned activities each week. As stipulated above, a failing mark in two subjects will bring about an immediate one week suspension from any / all competitions. All coaches will have access to Powerschool throughout their season to monitor their player's progress in the classroom.

The student will become eligible the following week provided he/she does not receive

more than one failing mark on the eligibility sheet. The teacher evaluation will be based on the average score in the class at that time. Coaches and sponsors of the groups will be notified by Monday morning of any ineligible students. Their ineligibility will begin on that Monday and continue through Saturday.

All athletes, color guard, cheerleaders and majorettes must have a passing grade in ALL of their subjects at the conclusion of each nine-week report period and or semester period. Failure to achieve this would cause the student to become ineligible for the first FIFTEEN SCHOOL DAYS of the succeeding grading period.

5. PHYSICAL EXAMINATIONS

Prior to any student participating in practices, intrasquad scrimmages, and/or contests, at any PIAA member school, the student is required to complete a physical examination. A current (within one year) [PIAA Comprehensive Initial Pre-Participation Physical Evaluation \(CIPPE\)](#) form is to be kept on file with the Athletic Director. This form must be completed **before** an athlete can participate in any sport. The CIPPE may not be authorized *earlier than June 1st* and shall be effective, regardless of when performed during a school year, until the latter of the *next May 31st* or the conclusion of the spring sports season.

A student completing a comprehensive, initial pre-participation physical evaluation (CIPPE) need not have a recertification for a period of twelve (12) months, unless the student suffers a serious illness or injury within those twelve (12) months. A serious illness or injury may occur when the student is unable to participate in 25% or more of the regular season contests in the immediately preceding sports season and/or incurs ten (10) days of absence from school as a result of the illness or injury.

ATTENDANCE REQUIREMENTS FOR DAILY PARTICIPATION

Students must be present within 45 minutes of the official start time and remain in school the entire day in order to participate in after-school activities, practices, games or intramurals.

No student will be permitted to participate in extracurricular activities on the same day as an absence from school.

Students should understand that their instructional obligations should be first and foremost in their school program.

Additionally, any evidence of regular absence from school on days before or after extra-curricular activities will result in suspension of the student from such activities.

* **Exceptions:** Valid medical excuse and/or administrative approval.

PHYSICAL EDUCATION CLASS PARTICIPATION POLICY FOR STUDENT-ATHLETES

All athletes must and will take Physical Education. If athletes do not participate in Physical Education on a particular day, they are not eligible to participate in athletics that same day. Each athlete must follow the rules of the Physical Education teacher during their season of performance and participate in class activities.

CODE OF CONDUCT FOR ATHLETES

It is a privilege and honor to represent one's school and community while participating on a Central Valley High School athletic team. It is the athlete's responsibility to conform to those rules and regulations necessary to participate successfully and to follow the "Code of Conduct."

A firm and fair policy of enforcement is needed to uphold the regulations and standards of the athletic department. The community, school administrators and the coaching staff feel strongly that the high standards of conduct and citizenship are essential in maintaining a sound program of athletics.

Code:

1. Athletes shall conform to school, PIAA, and WPIAL eligibility rules, including all medical and academic requirements.
2. Athletes shall conform to the behavioral norms of the school and act in a responsible manner with regards to the rules and regulations established in the Central Valley Student Handbook. Consequences will be exercised when needed.
3. Athletes shall conform to the behavioral norms of society in general and to the specific laws established by local, state, and federal governments.
4. Athletes shall attend and not be tardy for all practices and competitions held both during school sessions and during vacations. Exceptions shall be subject to the approval of the head coach.
5. Athletes shall conduct themselves in a manner exhibiting sound moral character and exemplify good sportsmanship.
6. Athletes shall be held responsible and accountable for all equipment associated with the functioning of the team, i.e. uniforms, equipment, etc.
7. Athletes shall conduct themselves with an attitude that is positively stated, exhibits pride and is representative of the Central Valley community in general.

8. Athletes shall abstain from using drugs (including anabolic steroids, performance enhancing substances), alcohol, and tobacco, which are deemed harmful to one's health, athletic performance, and general well being. A "zero tolerance" policy is upheld.

EXTRACURRICULAR EXCLUSION

The administration reserves the right to exclude students from extracurricular activities based on their outside of school involvement in inappropriate and/or illegal actions.

HAZING POLICY

The Central Valley School District does not sanction "hazing" and/or "bullying" of students in any way. Hazing or bullying, whether instituted by one person or by a group of persons, is not permitted by the school district and is not condoned by any staff member. The school district recognizes that hazing/bullying may endanger the physical or mental health or safety of a student against which the hazing has been directed. Any form of hazing/ bullying will result in school district disciplinary action against those administering, participating in, and/or responsible for the hazing/ bullying. This will mean suspension and/or expulsion. In addition, legal charges may be filed with the police department. These charges could include, but are not limited to, disorderly conduct, harassment or reckless endangerment.

Some examples of hazing/bullying include, but are not limited to:

- Requiring calisthenics such as push-ups, sit-ups, grass drills, etc.
- Requiring transportation of items such as helmets, books, shoulder pads, etc.
- Preventing or restricting class attendance
- Forcing someone to eat or drink against their own will
- Placing items or substances, such as Icy Hot, on equipment or on a person's body
- Forcing a student or groups of students to wear certain garments
- Throwing items at an individual
- Paddling or striking an individual in any manner
- Marking or branding an individual

Hazing and/ or bullying of any type is inconsistent with the educational goals of the district and is prohibited at all times. Individuals who are aware of hazing/ bullying incidents are encouraged to step forward and make coaches, teachers or administrators aware of the situation.

SOCIAL MEDIA POSITION STATEMENT

Social Media has become ingrained in today's society. The wide variety of social networking tools presently available provides students easy access to share important news and events with each other. Using these communication tools in an inappropriate manner can have negative consequences, especially if unkind words or threats are used with intent to hurt others.

The Central Valley School District recognizes and supports its student-athletes' and coaches' rights to the freedom of speech, expression and association including the use of social networks. In this context, each student-athlete and coach must remember that participating and competing for Central Valley High School is a privilege and not a right. The student-athlete and coach represent his or her school and the district, and therefore, they are expected to portray themselves, their team and their high school in a positive manner at all times. Any online postings must be consistent with federal and state laws, as well as team, school, and the Central Valley School District's rules and regulations.

Specifically prohibited behaviors include, but are not limited to:

- Sexually explicit, profane, lewd, indecent, illegal or defamatory language and actions
- Derogatory language regarding students or other school personnel
- Comments designed to harass or bully students or other school personnel
- Nude, sexually-oriented, or indecent photos, images or altered pictures

Also prohibited are all on-campus connections to off-campus violations of this policy:

- Use of school computers to view off-campus postings
- Students accessing posts at school on their own devices
- Distribution of hard copies of posts on school property
- Re-communication on campus of the context of the posts

Any authorized or unauthorized use in school or out of school of computer software, computer network, telecommunication devices, information technology, and related technologies, which disrupts or interferes with the educational process in any manner is prohibited and may result in removal from the team or activity.

PROCEDURES FOR ATHLETIC INJURIES

1. All injuries which occur while participating on an athletic team are to be reported immediately to the coach and then the athletic trainer. Injuries that occur outside of an in-season Central Valley sport will be referred to the appropriate medical professional. The athletic trainers are not responsible for these injuries.
2. If it is a traumatic injury requiring immediate medical care, the coach will follow emergency medical procedures (i.e. call an ambulance, contact the parents, contact the athletic trainer if a home event, send athlete to the hospital)
3. If it is a routine injury such as a sprain, strain, or pull, the athlete should seek an evaluation from the certified athletic trainer. The athletic trainer will refer the injury if necessary and limit participation when needed.
4. The athletic trainer will then process an injury report and will also provide to an athlete's family insurance if needed.
5. Any visit to the doctor for treatment of a sport-related injury must be reported to the coach and athletic trainer, if it was not previously reported.

CONCUSSION EDUCATION

On an annual basis, each and every coach in the Central Valley School District (paid or volunteer), must take a training course on concussion and cardiac arrest. When they have completed the course, each coach must turn in their certifications to the athletic director. The links in which coaches can find the training are listed below:

CONCUSSION COURSES: (Only need to take one of the concussion courses.)

<https://nfhslearn.com/courses/61151/concussion-in-sports>

http://www.cdc.gov/concussion/HeadsUp/online_training.html

CARDIAC COURSES: (Only need to take one of the cardiac courses.)

<https://nfhslearn.com/courses/61032/sudden-cardiac-arrest>

<https://sportsafety.com/cardiacwise-pats/>

RETURN TO PLAY PROTOCOL

- When an athlete has a head related injury, our Trainer(s) will evaluate and assess our student / athlete.
- Once the evaluation is complete, the trainer will then determine if he or she should be seen by a physician (concussion specialist)
- The trainer will then report to the coach and notify him or her the results of the evaluation and will remove the athlete from participation immediately. The trainer will also notify (call) the parent and tell them what has occurred and transpired

and give them full details of what he recommends we do with the athlete. The trainer will also ask the parent to come and pick up the athlete and go over the head injury / concussion instructions.

- The trainer will re-evaluate the athlete to make sure he / she is symptom free for 24 hours before they clear that athlete for physical activity or contact. ***Please note: If a student / athlete is seen by a physician or concussion specialist, that doctor MUST clear the athlete in order for return to play.***
- Once the trainer receives all the information from the physician, he / she will IMPACT test the athlete (Post Concussion Test).
- We will then follow the physician's protocol as to when the athlete can return to play.

SECONDARY INSURANCE INFORMATION

The Central Valley School District will not provide secondary insurance. It will be the sole responsibility of the student-athletes' parents/guardians to cover all sports related injuries with their family insurance.

ANNUAL PARENT MEETING

Each team may conduct (1) all encompassing parent meeting for all parents whose children will be participating in their particular sport for year. It is the responsibility of the parent or guardian to attend that meeting and to receive information regarding student participation in the program. At the parent meeting the code of conduct forms will be collected. These forms must be completed and signed prior to participating in that sport.

EXPECTATIONS OF PARENTS

Rules and regulations are designed for the general good of our athletic teams and to discourage student-athletes from abusing themselves and others mentally and physically. However, the distribution and implementation of a set of rules and standards is only a start. Coaches are with your children only a few hours per day and depend heavily upon your support to ensure that your children do not violate these important rules. Administrators, coaches and parents together can make a significant impact on these young people and help to counter the peer pressure that they all face. By working cooperatively in this area we can be proactive and eliminate many potential problems. As educators and coaches we are concerned about your children. We are committed to doing our part and using our influence to help your children reach their full potential. Together we can provide the necessary guidance, leadership, concern and encouragement that are so important during their school years. Parents are also held to

an expectation when attending events on school grounds at both home and away events. Inappropriate behavior by adults may result in an exclusion for any and all school event/activities by the administration.

COMMUNICATION TREE

Chain of Command

- 1. Student-Athlete**
- 2. Coach**
- 3. Athletic Director**
- 4. Building Principal**
- 5. Superintendent**
- 6. Board of Education**

Student-Athlete to Coach

Any Student-Athlete, who has a concern about their experience on a Central Valley athletic team, must first approach the coach to discuss the issue(s). The athletic experience at Central Valley provides the opportunity for young people to develop communication skills with adults and those in positions of authority. In this case, the student-athlete and coach must develop a mutual respect and understanding that allows them to discuss issues openly and honestly while striving to gain a better understanding of the issues.

Parent to Coach

There are situations that require a meeting between the coach and the parent. It is important that both parties have a clear understanding of each other's position.

1. Parents' / Guardians are prohibited to confront a coach without scheduling an appointment (before or after a contest or practice). Confrontations of this nature do not promote resolution. These can be emotional times for both the parent and the coach. When these appointments are necessary, the following procedure should be followed to help promote a resolution to the issue.
2. **If you are unable to reach the coach to make an appointment, please call the Athletic Office to have an appointment arranged for you.**
3. Parents who refuse to adhere to this procedure may be banned from future athletic contests.

Appropriate concerns to discuss with coaches:

- *The treatment of your child, both mentally and physically*
- *Ways to improve your child*
- *Concerns about your child's behavior*

Issues not appropriate for parents to discuss with coaches:

- *Playing time*
- *Team strategy*
- *Play calling*
- *Other student-athletes*

Parent to Athletic Director

There also may be times or instances in which a parent and/or coach would like to request the presence of the athletic director at a parent meeting. In these instances, the athletic director will contact both parties to set up a meeting at a mutually agreed upon time in the Athletic Office. This should only be used after all attempts at resolution have been exhausted.

APPROPRIATE METHODS OF COMMUNICATION BETWEEN COACHES AND STUDENT-ATHLETES

In certain circumstances, coaches will be required to relay information to student-athletes outside of practice or game situations. It is the intent of this Section to provide guidance to the Central Valley School District's athletic coaches to communicate appropriately with student-athletes via phone, text message, email, and/or social media.

Phone Communications

Phone calls between coaches and student-athletes are permissible. Communications to student-athletes should be limited to matters that are pertinent to athletics (i.e. change in time/date of practice or game, tactics and strategy, etc.). Athletic coaches are encouraged to use phone chains to relay messages regarding changes in previously circulated practice or game schedules in order to communicate efficiently. Except in cases of emergency, phone calls between coaches and student-athletes should be limited to the hours of 8AM-9PM.

Text Messages

At the beginning of each season, athletic coaches who wish to communicate with student-athletes via text message will provide all team members with a permission form, provided by the District, to be signed by each student's parent or guardian permitting the student-athlete to receive text messages from the coach. Communicating with student-athletes via text message should not be done on a one-on-one basis except in cases of emergency. Any text messages sent to student-athletes must relate to matters that are pertinent to athletics (i.e. change in time/date of practice or game, tactics and

strategy, etc.). Except in a case of emergency, athletic coaches should send group text messages to all team members and must include another adult coach as part of the group text message. Any coaches who do not have adult coaches assisting them in their sport must, in consultation with the Athletic Director, designate an additional adult to be part of any group text messages. Except in cases of emergency, phone text messages between coaches and student-athletes should be limited to the hours of 8AM-9PM.

Email

Any email communications from coaches to student-athletes must be sent through the coach's District provided email account. At the beginning of the season, coaches should provide their District email account to all team members and encourage student-athletes to use the District provided account when communicating via email. If a coach receives email communications from student-athletes on their personal email account, the coach must direct the student-athlete to send further email communications to the coach's District provided account and must respond to the email through their District provided account.

Social Media

Athletic Coaches are prohibited from communicating with student-athletes via social media (including but not limited to Facebook, Twitter, Instagram, Snapchat, etc.). Coaches are to refrain from communicating with student-athletes via these mediums and are directed to communicate via phone call, text message, or email in accordance with the policies outlined above.

BOOSTER ORGANIZATIONS

Most of our Central Valley sports teams have booster organizations. All recognized sport specific booster clubs will follow the guidelines of the school board approved policy #915. Failure to follow policy #915 may result in disbandment of the booster organization. (Link below)

<http://www.boarddocs.com/pa/cval/Board.nsf/goto?open&id=9X4QCK68A9B6>

ATHLETIC AWARDS SYSTEM

In order to receive a CVHS athletic letter in a sport, one must compete in half of an athletic season (all quarters, periods, halves, matches, innings, etc.).

Coaches may also award an athletic letter to student-athletes based on their own discretion in unique circumstances.

After the completion of each sport season, the head coach will directly notify the athletic department of their letter winners. Usually at the sport's banquet or at the end of the year meeting, the student-athlete will receive their letters from their head coach.

IMPORTANT INFORMATION ABOUT NCAA ELIGIBILITY

The following requirements must be met in order for a student to be able to practice, play and receive a scholarship at an NCAA Division I or II college or university.

DIVISION I:

1. Graduate from high school
2. Complete a minimum of 16 core courses
3. Present the required grade-point average (GPA) refer to the sliding scale in the Guide for the College Bound Student-Athlete for Division 1)
4. Present a qualifying test score on either the ACT or SAT (see the sliding scale in the Guide for the College-Bound Student- Athlete) and
5. Complete the amateurism questionnaire and request final amateurism certification

Division I Core Course Breakdown (Courses Must Appear on Your List of Approved Core Courses)

- 4 years of English
- 3 years of math (Algebra 1 or higher)
- 2 years of natural or physical science (including one year of lab science)
- 1 extra year of English, math, natural or physical science
- 2 years of social studies
- 4 years of extra core courses from any category above, or foreign language, non-doctrinal/comparative religion/philosophy

DIVISION II

1. Graduate from high school
2. Complete a minimum of 146 core courses
3. Present a minimum 2.000 core-course grade-point average (GPA)
4. Present a minimum 820 SAT score (critical reading and math only) or 68 sum ACT score qualifying test score on either the ACT or SAT; and
5. Complete the amateurism questionnaire and request final amateurism

Division II Core-Course Breakdown: (Courses Must Appear on your List of Approved Core Courses)

- 3 years of English
- 2 years of math (Algebra 1 or higher)
- 2 years of natural or physical science (including one year of lab science)

- 2 additional years of English, math, or natural or physical science (3 years required in 2013 and beyond)
- 2 years of social science
- 3 years of extra core courses from any category above, or foreign language, non-doctrinal/comparative religion/philosophy (4 years required in 2013 and beyond)

PIAA SCHEDULE OF SPORTING EVENTS

[2018-19 PIAA Schedule of Sporting Events](#)

