

**PALISADES SCHOOL DISTRICT**

**HOME OF**

**THE PIRATES**

**HANDBOOK**

**FOR**

**INTERSCHOLASTIC  
ATHLETICS**

**SECTION IV**

**THE STUDENT-ATHLETE**

## **SCHOOL POLICY RELATING TO STUDENT-ATHLETES**

Palisades High School, a member of the Colonial League and the Pennsylvania Interscholastic Athletic Association, offers a comprehensive athletics program. It is important that all students who anticipate participating in any interscholastic sport become acquainted with the rules and regulations which are rigidly enforced by these governing bodies. Some of the important rules are stated briefly as follow:

A student must be an amateur in order to participate. A pupil shall be ineligible for interscholastic athletic competition upon attaining the age of 19 years (with the following exception: if the age of 19 is attained on or after July 1, the pupil shall be eligible, age-wise to compete through that school year).

Special rules apply to students who transfer from one school to another. (Specific questions should be addressed to the Director of Athletics).

Students may not represent their school if they have been in attendance more than eight semesters beyond eighth grade.

Any member of a high school team who participates in an athletic contest as a member of any other similar team during the same season which shall include vacations, holidays, and periods of suspension, shall be ineligible to compete in that sport for the remainder of the season.

It is the Administrative Policy of Palisades High School to prohibit cross gender participation in all sports. The following sports make up the athletics program of Palisades High School: cheerleading (M,F), cross country (F), cross country (M), field hockey (F), football (M), soccer (M), basketball (F), basketball (M), wrestling (M), baseball(M), soccer (F), track and field (F), track and field (M), softball (F), and tennis (F), tennis (M).

### **STUDENT ELIGIBILITY**

Eligibility to participate in athletics shall be determined on a weekly basis and immediately following each grading period or semester. A weekly eligibility list shall be published.

A student failing more than one course in a weekly rating period shall be ineligible to play or to perform during the subsequent week. Students failing one course in a weekly rating period are not ineligible but must attend an after-school tutorial period on Tuesday and Thursday from 2:35 to 4:00 before they can attend practice. Students who participate in interscholastic athletics are additionally subject to the PIAA requirement which provides that students must have passed 2 credits during the previous grading period / semester in order to retain eligibility. A student who does not reach the said requirement will be ineligible for 15 school days. Back work may be made up, providing it is in accordance with the regular rules of the school.

Students who are deemed ineligible to play may continue to participate in practices subject to the limitations outlined below. Students who receive notification of failing must speak to the appropriate teachers within 24 hours in order to determine what actions must be taken. Failure to participate in these activities at the direction of the teacher or principal shall render the student ineligible for an additional week regardless of academic status. Further, the principal may also restrict such a student from practices. It shall be the responsibility of a student declared to be ineligible to secure appropriate study assignment from the teachers assigning the failing grades. A student may not drop a course in order to become eligible to participate.

Students who are declared ineligible shall be notified in writing. The notice shall specify the subjects failed and the required program of remediation. Parents, coaches and advisors shall also be notified any time a student is declared ineligible.

Additionally, a student who is serving either an ISS or OSS is ineligible to participate in that respective sport (in and/or out of season) during the suspension. This will also include any extra-curricular activity.

### **ATHLETIC PRACTICE**

Athletic practices which are held immediately after school on regular student attendance days begin at 3:00 p.m.

### **ABSENCE ON DAY OF EXTRACURRICULAR ACTIVITY PRACTICE, PERFORMANCE, OR ATHLETIC CONTEST**

A student who is absent from school or who arrives late to school after 11:00 a.m. is ineligible for all practices, or competition on that date.

A student who leaves early during the school day may not participate in a practice, or contest unless prior permission is granted.

### **STUDENT INSURANCE (INTERSCHOLASTIC)**

District policy requires every student participating in Activity Programs to be covered by accident/medical insurance or to provide a "Statement of Release" waiving the district's liability for any costs/expenses resulting in injury occurring while participating in interscholastic athletics or other extracurricular activities. Students must provide insurance information/Statement of Release before they are permitted to participate in such activities.

A student-athlete may have insurance coverage via a parent's personal insurance plan, or accidental injury insurance may be purchased through the district (includes all interscholastic activities except junior varsity and varsity football).

Students purchasing the insurance through the district will receive an outline of the insurance coverage. The district does not assume liability for coverage beyond the stated limitations of the insurance policy. Any questions regarding the insurance plan/benefits may be directed to the school district business manager (610-847-5131).

### **BUS POLICY – AWAY ATHLETIC CONTESTS**

Student athletes who do not leave away athletic contests with the team bus (or van) must adhere to the following procedure(s):

- A. A student is permitted to leave with a parent or recognized member of the family if the parent has submitted a written request to the coach.
- B. A student is permitted to leave with another parent or adult if written permission has been submitted to the coach by each student athlete's parent / guardian / adult. In the interest of safety and liability, a student-athlete is not permitted to leave with another student or non-authorized person under any circumstances.

## **ATHLETIC AWARDS**

Athletic awards are given to athletes each year who meet the requirements sent down by the Athletic Committee.

For varsity competition a chenille letter is given as the first award. The second year in which an athlete receives a letter, the award will be a portfolio denoting the sport in which a letter was earned. The third year in which a person earns a letter in a sport the award will be a bronzite plaque. The bronzite is a senior award only. If a participant receives a third letter in a sport by their junior year, a special medallion will be awarded.

Junior varsity players and managers will receive recognition for participation.

In order to receive the above awards, a participant must satisfy the general and specific requirements as set forth by the athletic department.

## **AWARDS REQUIREMENTS**

### **GENERAL REQUIREMENTS:**

1. Attendance at all scheduled practices. Any exceptions to the rule must be granted by the coach.
2. The return of all equipment issued after the final game of the season.
3. The athlete must display an attitude that is beneficial to the entire team effort by demonstrating respect for the sport, teammates, competitors and self.
4. All awards are subject to the noted guidelines. Any exception will be by written recommendation of the head coach with the approval of the athletic director and principal.

### **SPECIFIC REQUIREMENTS:**

Baseball – Participation in at least 50 percent of the innings played. Catchers and pitchers must participate at least 25 percent of the total number innings.

Basketball – Participation in one-half of all the quarters engaged in by the team.

Cheerleaders – Must attend at least 90 percent of all the practices, games, and pep rallies during their season.

Cross Country – Letters will be given to the seven runners who have scored the least number of points during the regular season. These athletes will represent the team in the District championship. The point system will be determined by adding each runner's finish in dual meet competition.

Football – A player must participate in half of all the quarters played in one season.

Hockey – Participation in 50 percent of the total number of halves.

Soccer – A player must participate in 50 percent of the quarters.

Softball – Participation in 50 percent of the total number of innings.

Tennis – Playing in at least one-half the total number of single and double matches.

Track – Scoring in a league, district or state tournament a number of points equal to the number of meets scheduled in interscholastic competition.

Wrestling – Participation in 50 percent of the varsity dual meets. Placing in a PIAA recognized tournament.

### **ATHLETIC SUPPLIES AND EQUIPMENT**

Each student is responsible for all issued uniforms, supplies and equipment. At the conclusion of each season, it is the student-athlete's responsibility to return all items in acceptable condition (minus normal wear and tear).

Any item not returned or returned in an unacceptable condition will be charged "single item" replacement price. The student is ineligible to participate in athletics until the obligation is satisfied.

### **PAY TO PARTICIPATE**

"A non-refundable fee shall be charged per student per sport for the privilege of participating in interscholastic athletics. The Superintendent is authorized to develop procedures to implement this policy." There is a financial cap of \$100 per family per school year.

It is also the practice of the Department of Athletic to wave this fee in those rare cases of extreme financial hardship.

### **UNDERSTANDING THE RISK OF CONCUSSION, HEAD INJURY AND OTHER ATHLETIC RELATED INJURIES**

Concussions, head injuries and other athletic related injuries can occur when participating in interscholastic athletics. Information relevant to concussions in high school sports is available on the PIAA Web Site at [www.piaa.org/piaa-for/sports-med](http://www.piaa.org/piaa-for/sports-med).

### **PALISADES HIGH SCHOOL Drug and Alcohol Regulations**

These regulations have been developed in order to strongly discourage our students from using harmful drugs and alcohol and to foster the good health and welfare of our students. These regulations apply to student participation in all interscholastic athletics at Palisades High School and are consistent with the general policy as listed in the Parent/Student Handbook.

1. Offenses shall be recorded cumulatively while the student is enrolled. An offense shall include a verified incident involving the illegal possession, use, transfer, or sale of drugs or alcohol on or off school property. An offense will be verified by investigation by school officials and/or by arrest and conviction.
2. A student with a drug or alcohol problem may voluntarily come forward without any consequence if a request is made for assistance. Confidentiality will be maintained. This action must be prior to any reported or known offenses.

3. In an effort to assist any student with a drug or alcohol problem, any self-referral or violation, will be referred to the high school Student Assistance Team. This team will work with the student, family, and outside agencies to bring about private counseling, drug rehabilitation where appropriate.
4. A first verified offense will result in:
  - a. Normal disciplinary action through the school disciplinary code when applicable.
  - b. A recorded warning and written notification to parents.
  - c. Assignment to the Student Assistance Team.
  - d. Suspension from participation on all interscholastic teams, in-season or out-of-season, through the 20<sup>th</sup> school day following the 1<sup>st</sup> day of suspension.
  - e. Revoking of a team leadership role (i.e. captain).
5. A second verified offense within 12 months of the 1<sup>st</sup> verified offense will result in:
  - a. Notification to parents in writing.
  - b. Continued efforts by the Student Assistance Team or use of appropriate outside agencies.
  - c. Removal from participation on all interscholastic teams, in-season or out-of-season, for the remainder of the school year.
  - d. Normal disciplinary action through the school disciplinary code when applicable.
6. Chronic offenses, three or more verified offenses while a student is enrolled in the Palisades School District will result in:
  - a. Notification to parents in writing.
  - b. Continued efforts by the Student Assistance Team or use of appropriate outside agencies.
  - c. Permanent removal from all athletic programs
  - d. Normal disciplinary action through the school disciplinary code when applicable.
7. Refer to School Board Policy 227. CONTROLLED SUBSTANCES – pg.2 #5 Guidelines Anabolic Steroids 35 P.S. Sec. 807.1 thru Sec. 807.3 for regulations regarding Anabolic Steroids. ([You can find the Palisades School District Board Policies on the web site at www.palisadessd.org](http://www.palisadessd.org))

## THE ATHLETES PLEDGE

Individual and team success in sports results from commitment. The extent to which young athletes are able to make such commitments reflects this maturity as well as their dedication to family, friends, school and team. Your coach and parents have made a similar kind of commitment. You will receive a copy of them. For these reasons we ask you to read and agree to the following:

Pledge: As an athlete at Palisades, I promise:

- \_\_\_\_\_ To be a worthy representative of my teammates, the coaching staff, the Palisades School District as well as myself, abiding by school and community expectations that reflect my team's high standards along with high values of commitment and hard work.
- \_\_\_\_\_ To maintain my health and fitness levels by following the training routine as prescribed by the Department of Athletics, the Athletic Trainer and the coaching staff.
- \_\_\_\_\_ I will attend every practice unless excused by my coach and reflect the knowledge that a commitment to victory is nothing without the commitment to hard work in practice.
- \_\_\_\_\_ I understand that academic success is vital to my future and is more important than my athletic activities.
- \_\_\_\_\_ I understand the dangers around the use of controlled substances (alcoholic beverages, prescription drugs, anabolic steroids, drug paraphernalia, or look-alike drugs) and choose not to use, possess, or be under the influence of any controlled substance.
- \_\_\_\_\_ If I choose to participate with an outside organization and there is a conflict of schedules, I understand my responsibility to meet with my head coach reaching a mutual agreement.
- \_\_\_\_\_ To find the time to satisfy my family relationships and responsibilities.
- \_\_\_\_\_ To accept the responsibilities of team membership: cooperation, support of my teammates, shared responsibilities, positive interaction and mutual respect.
- \_\_\_\_\_ To express my feelings and ideas intelligently and appropriately.
- \_\_\_\_\_ To reflect my belief that the toughest athlete is sensitive to others.
- \_\_\_\_\_ I understand the dangers and risks of concussions, head injuries and other athletic related injuries while participating in interscholastic athletics.
- \_\_\_\_\_ Any failure to live up to the Palisades School Policies, Palisades Athletic Policies, or the rules and regulations set fourth by the PIAA will result in an appropriate consequence deemed necessary.

*Student Athlete's Copy*

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I have read and initialized the above statements and promise to live up to them:

Signature \_\_\_\_\_

Date \_\_\_\_\_

(please sign and return this sheet to your coach)