

HARBOR CREEK SCHOOL DISTRICT

**STUDENT ATHLETE
HANDBOOK**



2026 - 2027

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SECTION 1: ATHLETIC DEPARTMENT OVERVIEW

PHILOSOPHY

It is the basic educational philosophy of the Harbor Creek School District (HCSD) to prepare our students to become productive, contributing citizens of our community and society. The athletic program is an extension of this philosophy. The athletic program in the HCSD is designed to generate school spirit and to promote a wholesome atmosphere of good sportsmanship, teamwork, and healthy competition among the students. The administration of the HCSD believes that the record of victories compiled by the various teams does not necessarily measure the success of the athletic program. It would never presume to dictate to any coach the methods, style of play or procedures they should use in preparing their squads for competition. However, there are several guiding principles, which in keeping with the educational nature of coaching seem necessary to be established as an overall framework of operation of the athletic department. Furthermore, effective coaching requires efficient planning. Practice, as well as every phase of the entire sport activity, must be planned in advance.

Moreover, members of each squad should reflect the highest order of ability, behavior, actions, and attitudes. Actions, such as using tobacco, drugs or profanity on the field of play, will require disciplinary action. They cannot be tolerated and can only lead to an unsuccessful program.

OBJECTIVES

1. Provide natural outlets for students desiring to participate on teams in competition with other teams of similar abilities.
2. To assist in the development of school and student morale.
3. To teach good sportsmanship, teamwork and skill development.
4. To help develop lifetime skills.

SPONSORED INTERSCHOLASTIC ATHLETICS

1. Cross Country: Varsity, Jr. High
2. Football: Varsity, Jr. Varsity, Jr. High
3. Golf: Varsity Boys
4. Golf: Varsity Girls
5. Soccer, Boys': Varsity, Jr. Varsity
6. Soccer, Girls': Varsity, Jr. Varsity
7. Volleyball, Girls': Varsity, Jr. Varsity, Jr. High (Spring)
8. Cheerleading: Varsity, Jr. Varsity, Jr. High
9. Basketball, Boys': Varsity, Jr. Varsity, Freshman, 8th Grade, 7th Grade
10. Basketball, Girls': Varsity, Jr. Varsity, 8th Grade (Fall), 7th Grade (Fall)
11. Swimming/Diving, Boys': Varsity
12. Swimming/Diving, Girls': Varsity
13. Unified Bocce: Varsity
14. Wrestling: Varsity, Jr. Varsity, Jr. High
15. Baseball, Boys': Varsity, Jr. Varsity
16. Softball, Girls': Varsity, Jr. Varsity
17. Tennis: Varsity
18. Track & Field, Boys': Varsity, Jr. Varsity
19. Track & Field, Girls': Varsity, Jr. Varsity

ATHLETIC DEPARTMENT DIRECTORY

POSITION / TEAM	NAME	TELEPHONE	EXT.	E-MAIL
Sr. High Principal	Taylor Hilinski	(814) 897-2100	1368	thilinski@harborcreeksd.com
Sr. High Asst. Principal	Troy Budziszewski	(814) 897-2100	1367	tbudziszewski@harborcreeksd.com
Jr. High Principal	Andy Krahe	(814) 897-2100	1233	akrahe@harborcreeksd.com
Athletic Director	Abby Cox	(814) 897-2100	1200	acox@harborcreeksd.com
Athletic Secretary	Christine Bollinger	(814) 897-2100	1241	cbollinger@harborcreeksd.com
Athletic Trainer	Sharon Dressler	(814) 897-2100	1112	sdressler@harborcreeksd.com
FALL SPORTS				
Basketball, Girls', JH	Dave Snippet	(814) 897-2100	1510	dsnippet@harborcreeksd.com
Cheerleading, FB	Katie Gocal	(814) 897-2100	1241	cbollinger@harborcreeksd.com
Cross Country	Kathy Brewer	(814) 897-2100	1241	kathyv154@gmail.com
Cross Country, Asst.	Katie Teed	(814) 897-2100	1650	kteed@harborcreeksd.com
Football	John Angerer	(814)897-2100	1506	jangerer@harborcreeksd.com
Football, Asst.	Thomas Pyle	(814) 897-2100	1241	cbollinger@harborcreeksd.com
Football, Asst.	Dave McQuiston	(814) 897-2100	1241	cbollinger@harborcreeksd.com
Football, Asst.	James Vogt	(814) 897-2100	1241	cbollinger@harborcreeksd.com
Football, Asst.	Adam Wassell	(814) 897-2100	1241	cbollinger@harborcreeksd.com
Football, Asst.	Noah Wagers	(814) 897-2100	1241	nwagers@harborcreeksd.com
Football, Asst.	Dave Uglow	(814) 897-2100	1241	cbollinger@harborcreeksd.com
Football, Asst.	Jake Powers	(814) 897-2100	1241	cbollinger@harborcreeksd.com
Golf, Boys'	Kurt Richter	(814) 897-2100	1606	krichter@harborcreeksd.com
Golf, Girls'	Ellen LaFuria	(814) 897-2100	1510	Ellafuria@harborcreeksd.com
Soccer, Boys'	John Parente	(814) 897-2100	1241	jparente@mercyhurst.edu
Soccer, Boys' Asst.	Nic Wolfe	(814) 897-2100	1241	cbollinger@harborcreeksd.com
Soccer, Girls'	Sombath Inthavong	(814) 897-2100	1241	sombath.inthavong@gmail.com
Soccer, Girls' Asst.	Matthew Firster	(814) 897-2100	1241	Firster87@aol.com
Volleyball	Ryan Smock	(814) 897-2100	1210	rsmock@harborcreeksd.com
Volleyball, Asst.	Sean Amann	(814) 897-2100	1225	cbollinger@harborcreeksd.com
WINTER SPORTS				
Basketball, Boys'	Ryan Smock	(814) 897-2100	1210	rsmock@harborcreeksd.com
Basketball, Boys' Asst.	Tim Caputo	(814) 897-2100	1241	tcaputo@harborcreeksd.com
Basketball, Boys' Asst.	Doug Merski	(814) 897-2100	5207	cbollinger@harborcreeksd.com
Basketball, Boys' Asst.	Pat Babay	(814) 897-2100	1241	cbollinger@harborcreeksd.com
Basketball, Girls'	Dave Snippet	(814) 897-2100	1510	dsnippet@harborcreeksd.com
Basketball, Girls' Asst.	Bob Rzodkiewicz	(814) 897-2100	1241	cbollinger@harborcreeksd.com
Cheerleading, BB	Katie Gocal	(814) 897-2100	1241	kcheer31@gmail.com

Cheerleading, JHBB	Adrianne Morton	(814) 897-2100	1241	cbollinger@harborcreeksd.com
Cheerleading, WR	Kristin Gonda	(814) 392-4905	1241	cbollinger@harborcreeksd.com
Swimming, Boys'	Brad Galloway	(814) 897-2100	1241	cbollinger@harborcreeksd.com
Swimming, Girls'	Bryan Lee	(814) 897-2100	1241	cbollinger@harborcreeksd.com
Unified Bocce	Katie Teed	(814) 897-2100	1650	kteed@harborcreeksd.com
Unified Bocce	Dave Hess	(814) 897-2100	1402	dhess@harborcreeksd.com
Wrestling	Peyton Hearn	(814) 897-2100	1241	phearn@harborcreeksd.com
Wrestling, Asst.	Mark Sallot	(814) 897-2100	1241	cbollinger@harborcreeksd.com
SPRING SPORTS				
Baseball	Ted DeSanti	(814) 897-2100	1241	theodoredesanti@gmail.com
Baseball, Asst.	Paul Causgrove Jr.	(814) 897-2100	1241	cbollinger@harborcreeksd.com
Softball	Tim Caputo	(814) 897-2100	5207	tcaputo@harborcreeksd.com
Softball, Asst.	Amy Krahe	(814) 897-2100	5306	ahedderick@harborcreeksd.com
Tennis	James Getty	(814) 897-2100	1241	jg1287@yahoo.com
Track/Field, Head Coach	Kathy Brewer	(814) 897-2100	1241	kathyv154@gmail.com
Track/Field, Asst.	John Campbell	(814) 897-2100	1241	cbollinger@harborcreeksd.com
Track/Field, Asst.	Lilian Hill	(814) 897-2100	1241	cbollinger@harborcreeksd.com
Track/Field, Asst.	Jason Veit	(814) 897-2100	1241	cbollinger@harborcreeksd.com
Track/Field, Asst.	Steve Kinter	(814) 897-2100	1241	cbollinger@harborcreeksd.com
Volleyball, JH	Ryan Smock	(814) 897-2100	1210	rsmock@harborcreeksd.com

SECTION 2: POLICIES & PROCEDURES

ATHLETIC SEASON

A student athlete shall make a total commitment to that program in which he/she participates. Therefore the student athlete shall not participate in more than one sport per athletic season. Exceptions may be made on a case-by-case basis and for postseason play. Student athletes may not quit one sport and try out for another after the season has begun without mutual consent of both coaches and the athletic director.

In order for the student athlete to be eligible for a varsity letter and/or team/individual awards, the student athlete is required to be an active team participant and complete the athletic season, including post-season playoffs, tournaments, and exhibitions. The exception will be illness/injury in which participation is limited. Awards will not be given to any student suspended and/or dismissed for the remainder of the season for violating established team guidelines and/or the Student Code of Conduct.

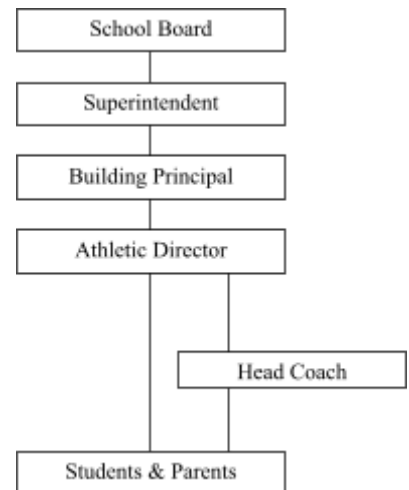
ATHLETIC COMMUNICATION PROCESS

In order to address concerns that sometimes arise between parents and coaches or advisors the Harbor Creek School District has created an organized sequential chain of events to address these concerns, see chart below for procedure. We feel that strict adherence to this policy will bring proper and rapid closure to concerns. The following are issues that are **not** to be addressed by a parent to a coach or advisor.

1. Game or match strategy.
2. Playing time for your son or daughter.
3. Other student athletes

The procedure will be as follows:

1. Parent(s) set a face-to-face meeting with a **coach** or **advisor**.
2. Should the parent(s) not be satisfied with Step #1, they would arrange a meeting between the **Athletic Director** and the parent(s).
3. Again, if the parent(s) were not satisfied with the response in Step #2, they would arrange a meeting with the **Building Principal**.
4. Should the issue not be resolved in the above steps, the parent(s) shall schedule a meeting with the **Principal, Athletic Director, and Coach/Advisor** to discuss their concerns.
5. At the conclusion of the season, if the issues are still not resolved, the **Superintendent** may meet with the parents to discuss their concerns.



ATHLETIC LETTERS & CERTIFICATES

Students in grades 9-12 are eligible to receive a varsity athletic letter and certificate or participation certificate. The athletic letter requirements vary by sport/activity and are listed in the Student Athlete Handbook.

Students in grades 7-8 are eligible for a junior high athletic participation certificate and awarded at the conclusion of the particular season.

SCHOLAR ATHLETE AWARD

Students in grades 9-12 are eligible to receive a scholar athlete award. The scholar athlete program requirements are listed below and can be satisfied each year while the student is in the senior high school.

1. Successfully complete a minimum of one varsity athletic season during the particular school year.
2. Beginning in their freshmen year, student-athletes must successfully maintain a **minimum cumulative QPA of 3.90 or above**, which will be evaluated at the end of the 3rd quarter of that particular school year.

During the 4th quarter and near the end of the spring season, scholar athletes and their parents/guardians will be invited to a recognition program.

SENIOR ATHLETE AWARD

Students completing their senior year are eligible to receive a senior athlete award. The senior athlete award program requirements are listed below and can only be fully satisfied during the student's senior year.

1. Successfully earn and accumulate a minimum of eight varsity athletic letters, throughout grades 9-12.
2. Successfully earn a minimum of two varsity athletic letters during the student's senior year.

At the conclusion of the spring season, senior athletes eligible for the senior athlete award program will be verified and presented with their award plaque at commencement.

WALL OF RECOGNITION

The athlete must have satisfied one or more of the following criteria to be inducted on the Wall of Recognition at Harbor Creek High School. Athletes, who have had such an exceptional performance/career, in a particular sport/event, will be officially recognized with a plaque outside of the junior high gymnasium.

1. Athletes must have participated in one of the Harbor Creek High School sponsored interscholastic athletic sports.
2. All of the Pennsylvania state champions and those recognized by an acceptable source, (i.e. – Associated Press, United Press, Pennsylvania State Coaches Associations, etc.) will have a picture plaque placed on the wall outside of the junior high gymnasium.
3. Picture plaques for Pennsylvania State champions (team or individual) will remain permanently on the wall outside of the junior high gymnasium.
4. Picture plaques for those earning Pennsylvania All-State recognition (as noted by the PIAA Policies & Procedures for Championships) remain for a period of one year on the wall outside of the junior high gymnasium. At that time the nameplate (with vital information) will be permanently transferred to a sport specific wall plaque, also outside the junior high gymnasium.

HALL OF FAME

The purpose of the Harbor Creek High School Athletic Hall of Fame is to recognize those individuals or teams who have brought distinction, honor, and excellence to Harbor Creek High School in the field of athletics. Athletes, teams, coaches, managers, or other individuals associated with athletics may be nominated for this recognition.

Nominations will be accepted from the public for any athlete who graduated from Harbor Creek and made a lasting athletic impression, and meets the following criteria.

1. An athlete may be selected provided that a minimum of ten (10) years have elapsed since their graduation from Harbor Creek High School.
2. A team may be selected provided that a minimum of ten (10) years have elapsed since the season for which they are being recognized.
3. A coach may be selected provided they have a minimum of ten (10) years of coaching experience for the Harbor Creek School District.
4. Individual/team nominations must be of good character at the time of their nomination. An individual's post-secondary accomplishments may also be considered when reviewing their nomination.
5. Individual nominations may be made posthumously.
6. Special nominations may include trainers, equipment managers, event personnel, and other individuals who have made outstanding contributions to athletics at Harbor Creek High School.

Special nominations will also be accepted from the public for any individual who meets the following criteria.

1. Any Harbor Creek High School athlete or coach who has been selected for induction in any national athletic hall of fame or national athletic foundation may be admitted for immediate induction.
2. Any Harbor Creek High School athlete or coach who is a participant in an athletic event in the International Olympic Games may be admitted for immediate induction.
3. Any Harbor Creek High School athlete or team that achieves a PIAA championship may be admitted for immediate induction.
4. At the discretion of the committee, the waiting period for a nomination may be waived.
5. Any Athletic Hall of Fame Committee member may be inducted into the Hall of Fame, but they must abstain from participating in any discussion or vote pertaining to their selection.

Nomination forms can be picked up at the high school's athletic office or online at www.hcsd.iu5.org/athletics. Nominations can be submitted annually for consideration will be accepted until December 15th

ATHLETIC SIGNING DAY

Students that sign a letter of intent to continue their academic and athletic career at a college or university, and wish to participate in the Athletic Signing Day program, must turn in a signed letter of intent from their prospective college or university by the deadline before being recognized during the program. The Harbor Creek School District hosts one signing day for all Senior athletes (regardless of sport or season) in May each school year.

INTERSCHOLASTIC ELIGIBILITY: ACADEMIC

Academic eligibility for athletic activities is based on the premise that academic performance is the keystone of the curriculum and the standard against which participation is measured. The appropriate building level administrator will monitor the weekly eligibility of student-athletes.

All school rules and regulations are in effect for individuals while participating in an identified activity. Coaches, directors, or advisors may apply further, reasonable and necessary rules unique to the particular activity for which they have responsibility. All such additions will be approved by the Athletic Director/school administration.

All students who participate in the identified activities must meet certain responsibilities:

1. All student-athletes must first comply with the PIAA standards in order to be eligible.
2. A student must pursue a full time curriculum and approved schedule, which meets the necessary academic requirements of the high school, and maintain an appropriate record of high school citizenship and attendance. Eligibility to participate in an identified activity may be suspended or revoked for unsuccessful academic progress, repeated infractions of school rules, or poor attendance.

INITIAL ACADEMIC ELIGIBILITY: PIAA & HCSD

1. Initial eligibility will be determined by the student's work in the previous grading period. At the end of the school year, the student's final grades/credits will be used.
2. The PIAA minimum for initial eligibility is the student must have passed at least four full-credit subjects, or the equivalent, during the previous grading period. A student who was ineligible at the end of a grading period will be ineligible for the first fifteen school days of the next grading period beginning on the first day that report cards are issued. Ineligible students will not be able to participate in any contests or performances; however they may be able to practice upon approval of the administration.
3. A student with two or more failing grades in the previous grading period will be placed on a probationary status for a two-week period. During the probationary period, the student will have to implement an academic improvement plan and improve his/her performance. Failure to bring all grades up to a passing grade will result in an ineligible status. If the student athlete becomes ineligible, they may practice but are **not permitted** to play in any contests until all grades are passing.
4. A student on probationary status will complete the academic improvement plan at the beginning of a grading period. The plan will be signed by a parent/guardian and will be monitored by the coach and administration. Failure to submit a plan may result in immediate ineligibility.

INITIAL ATHLETIC ELIGIBILITY: PIAA & HCSD

1. Initial residency/enrollment will be determined by the HCSD Administration Office.
 - a. Students must be enrolled in HCSD before participating in HCSD athletic/club programs.
 - b. Transfer students must have a completed PIAA Transfer Waiver Form submitted to the Director of Athletics & Student Services before participation begins.
2. Students must have a completed and approved CIPPE (Pg. 8) on file with the Director of Athletics & Student Services prior to participating in any HCSD athletic/club program
3. Students must have a signed and completed HCSD Student-Athlete Handbook Form on file with the Director of Athletics & Student Services prior to participating in any athletic/club program events/games.

IN-SEASON ACADEMIC ELIGIBILITY: HCSD

1. Any student will be considered ineligible if they are failing THREE or more classes.
2. Students will be considered on probation if they are failing TWO or more classes. A second consecutive week of failing either of the same two classes will result in an additional week of probation. A third consecutive week of failing any one or more of the same class(es) will result in the student being ineligible.
3. If a student is failing any ONE class (the same class) for three consecutive weeks, they are considered ineligible.
4. A student who is ineligible at the end of a grading period may be ineligible for the first fifteen school days of the next grading period.
5. Students may not participate in games if they are ineligible.
6. During the time of probation or ineligibility, practice is at the discretion of the head coach.
7. **Probation/ineligibility status is determined for an entire week.** Even if a student raises their grade(s) midway through a week, they are still on probation/ineligible for the full week.
8. Eligibility begins Monday morning and runs through Sunday.
9. Extenuating circumstances may be considered by administration.

INTERSCHOLASTIC ELIGIBILITY: ATTENDANCE

1. A student must be in school before 8:00 AM and remain in school the balance of the day in order to actively participate in a contest or practice on that day.
2. Students may not participate in extracurricular activities (including practice) on a day when they have an absence (unless they have a medical excuse, funeral, college visit, or court hearing). Students who skip school or leave the building without permission may not return to participate in practice and/or games on that day.
 - a. Students that have an absence with a valid excuse signed by a medical professional may participate:
 - i. If you have a late morning or afternoon appointment, you must still attend school and return if possible. Ex: Students cannot miss the whole day with a “medical” excuse when your appointment was at 8:30am.
 - ii. Medical excuses must be pre-approved 2 days in advance of the appointment, or they will not be accepted for play/practice on the day of.
 - iii. Ongoing chiropractic and physical therapy appointments must be pre-approved and under the recommendation of the Harbor Creek Athletic Trainer.
 - b. College visitations with an excuse signed by a parent - Must be pre-approved 2 days in advance.
 - c. Funerals or other extenuating circumstances will also be dealt with on an individual basis
3. If a student is absent the last school day of the week and there is a competition on the following non-school day, the student must have administrative and parental permission to participate.
 - a. This includes Medical excuses. Students cannot be absent on Friday, and turn in an excuse on Saturday to play on Saturday. This also extends to consecutive days leading up to a weekend practice or competition. (Absent from school Thursday & Friday on a medical excuse - students cannot provide a medical excuse on Saturday and participate/compete).
 - b. Medical excuses that were appropriately pre-approved 2 days in advance of the appointment may be accepted in this situation with prior approval (ex. scheduled MRI).
4. If the student is absent from school during a semester for a total of twenty or more school days, the student will lose his/her eligibility. The eligibility will be reinstated after being in attendance for a total of **forty-five school days** following the twentieth day of absence, as established by the PIAA.
5. If a student leaves sick at any point or time during the school day, that student will not be allowed to return and participate in practice or compete in a game/match. This includes the following non-school day if a student leaves sick at any point or time during the school day on the last school day of the week.
6. Drivers license or Permit appointments/tests are not a valid excuse for missing any amount of school. Students will not be allowed to participate or compete that day.

NCAA DIVISION I OR DIVISION II INITIAL-ELIGIBILITY

Students interested in continuing their athletic careers beyond high school should contact the counseling office during their junior year to begin the registration process with the NCAA.

For additional information about the advantages of competing as a college athlete, the divisions of college athletics, as well as information regarding the registration process should check out the [NCAA Eligibility Center](#) online.

SPORTS MEDICINE GUIDELINES

The HCSD provides an athletic trainer, who is certified by the National Athletic Trainers' Association. This individual is responsible for the prevention, treatment, and rehabilitation of athletic medical injuries/illnesses. The athletic trainer is also available for educating, counseling, and making referrals regarding the health and well-being of student athletes.

Listed below are a few of the basic sports medicine guidelines, as provided by the PIAA, to its member schools and athletic personnel. If additional information is needed, student athletes and parents should contact the athletic trainer.

COMPREHENSIVE INITIAL PRE-PARTICIPATION PHYSICAL EXAMINATION (CIPPE)

The PIAA and HCSD require athletes to have a comprehensive initial pre-participation physical examination (CIPPE) before entering interscholastic practices, scrimmages or contests. A CIPPE may be performed no earlier than June 1st; and, regardless of when performed during the school year, remains effective only until the next May 31st. The HCSD requires the CIPPE or Re-Certification be given to athletes who continue in a subsequent sports season during the school year. The athletic director/ATC will make arrangements with the school's physician for these examinations. The head coach and/or delegated assistant(s) will confirm that all candidates have this CIPPE or re-certification prior to any participation.

If a student becomes injured and seeks medical treatment after the initial CIPPE has been performed, they must complete Section 8 of the CIPPE form and have it signed by a medical doctor before they are eligible to return to participation. These forms can be obtained from the Athletic Trainer, Athletic Director, or from the [PIAA website](#).

BLOOD BORNE PATHOGENS

While the risk of one athlete infecting another with HIV/AIDS during competition is close to non-existent, there is a remote risk that other blood borne infectious diseases can be transmitted. For example, Hepatitis B can be present in blood as well as in other body fluids. Procedures for reducing the potential for transmission of these infectious agents should include, but not be limited to, the following:

1. The bleeding must be stopped, the open wound covered and if there is an excessive amount of blood on the uniform it must be changed before the athlete may participate.
2. Routine use of gloves or other precautions to prevent skin and mucous membrane exposure when contact with blood or other body fluids is anticipated.
3. Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
4. Clean all contaminated surfaces and equipment with an appropriate disinfectant before competition resumes.
5. Practice proper disposal procedures to prevent injuries caused by needles, scalpels & other sharp instruments.
6. Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.
7. Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition resolves.
8. Contaminated towels should be properly disposed of/or disinfected.
9. Follow acceptable guidelines in the immediate control of bleeding and when handling bloody dressings, mouth-guards and other articles containing body fluids.

CONCUSSIONS

Concussion and second-impact syndrome are two potentially life-threatening risks to which student athletes are exposed. Some of the mild concussions, the so-called "bell rung" or "ding," with no loss of consciousness or posttraumatic amnesia may go unrecognized by the coaches, athletic trainers, teammates or team physicians. If there are any questions as to the severity of past head trauma, clearance should be deferred until further records are obtained and/or a neurosurgical evaluation is performed. No athlete should be allowed to return to contact sports until proper medical evaluation is obtained. Attending medical staff should not allow a player to resume participation in sports until the injured student athlete has fully recovered from his/her post-concussive symptoms.

With regard to injury prevention in athletics, coaches, athletic trainers and medical personnel should strive to help educate the player in proper techniques so that these injuries can be minimized. All medical personnel need to be reminded that all unconscious student athletes should be suspected of a cervical-spine injury until proven otherwise. Special care to the cervical spine should always be used in transporting an unconscious player.

Harbor Creek is a participating school with the ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) Program. It is a scientifically validated computerized concussion evaluation system. Given the inherent difficulties in concussion management, it is important to manage concussions on an individualized basis and to implement baseline testing and/or post-injury neurocognitive testing. This type of concussion assessment can help to objectively evaluate the concussed athlete's post-injury condition and track recovery for safe return to play, thus preventing the cumulative effects of concussion.

The ImPACT assessment is administered by the athletic trainer and establishes a baseline set of test results. All junior and senior high student athletes who participate in any of the school supported teams will have the pre-test impact assessment performed.

EATING DISORDERS

Many student athletes face a different paradox in their training regimes. They are encouraged to eat to provide the necessary energy sources for performance, yet they often face self or team-imposed weight restrictions. Emphasis on low body weight or low body fat may benefit performance only if the guidelines are realistic, the caloric intake is reasonable, and the diet is balanced. The use of extreme weight-control measures can

jeopardize the health of the student athlete and possibly trigger behaviors associated with defined eating disorders.

Although anorexia and/or bulimia are much more prevalent in females, eating disorders also occur in males. Eating disorders are often an expression of underlying emotional distress that may develop long before the individual becomes involved in athletics. It has been suggested that stress, whether it be from participating in athletics, striving for academic success, or pursuing social relationships, may trigger psychological problems, such as eating disorders, in susceptible individuals. Eating disorders can be triggered in such individuals by a single event or comments from a person important to the individual. In athletics, such triggering mechanisms may include offhand remarks about appearance or constant badgering about a student-athlete's body weight, body composition or body type. Eating disorders often experienced by student-athletes and their warning signs include:

Anorexia Nervosa - Self-imposed starvation with an obsessive effort to lose weight and become thin. Warning signs--Drastic loss in weight, a preoccupation with food, calories and weight, wearing baggy or layered clothing, relentless, excessive exercise, mood swings, and avoiding food-related social activities.

Bulimia - Recurring binge eating usually followed by some method of purging such as vomiting, diuretic or laxative abuse, or intense exercise. Warning signs--Excessive concern about weight, bathroom visits after meals, depressive moods, strict dieting followed by eating binges, and increasing criticism of one's body.

Bulimarexia - Anorexia nervosa with the practice of one or more bulimic behaviors.

It is important to note that the presence of one or two of these warning signs does not necessarily indicate the presence of an eating disorder. Appropriate professionals should do absolute diagnosis.

Anorexia and bulimia lead to semi-starvation and dehydration, which can result in loss of muscular strength and endurance, decreased aerobic and anaerobic power, loss of coordination, impaired judgment and other complications that decrease performance and impair health. These symptoms may be readily apparent or they may not be evident for an extended period of time. Many student athletes have performed successfully while experiencing an eating disorder. Therefore, diagnosis of this problem should not be based entirely on a decrease in athletic performance. Coaches, athletic trainers, and supervising physicians must be watchful for student athletes who may be prone to eating disorders, particularly in sports in which appearance or body weight is a factor in performance. Decisions regarding weight loss should be based on the following recommendations to reduce the potential of an eating disorder.

1. Weight loss should be agreed upon by the student athlete, parent, and coach with consultation from appropriate medical and nutritional personnel.
2. A responsible and realistic plan should be developed by all of the individuals involved.
3. Weight-loss plans should be developed on an individual basis.

If a problem develops, thorough medical evaluation of the student athlete suspected of an eating disorder is imperative. Once confirmed, behavior modification should emanate from professional guidance through nutritional, psychological and/or psychiatric counseling.

STATE & LOCAL REGULATIONS FOR ATHLETICS

Harbor Creek Jr./Sr. High School is a member of the PIAA and subscribes to the philosophy and intent of its constitution and by-laws. The PIAA serves as an overall guide for interscholastic athletics at Harbor Creek High School. The PIAA by-laws that pertain to age, attendance, awards, health, transfers and residence, participation, representation, curriculum, and seasonal rules will be followed. Each coach is responsible to know the rules, inform team members and parents, and to enforce them.

The District 10 Committee will serve as a local guide for interscholastic athletics at Harbor Creek High School and will prevail in areas not specifically covered by the PIAA's rules and regulations.

The high school principal and athletic director will maintain and stay abreast of PIAA rules and regulations. Any questions or concerns of athletes, parents or coaches, regarding the set of rules and regulations, should be directed to the high school principal or athletic director.

STUDENT-ATHLETE CONDUCT

Student athletes are expected to adhere to the guidelines established by his/her team and Harbor Creek High School. A violation of team guidelines, the HCSD Student Code of Conduct or the PIAA Rules and Regulations will be handled accordingly by the school administration. Listed below are some guidelines that pertain to the conduct of students and the HCSD Code of Conduct. If additional information is needed, student athletes and parents should contact the school administration or the athletic office.

For student athletes that are ejected from a contest, by a PIAA official, for unsportsmanlike conduct or flagrant misconduct shall be disqualified from participating for the remainder of the day and in the next contest on the next play day at the same level. Following the disqualification and prior to his/her return to participation, the student athlete will meet with the athletic director/principal. If it is determined that the HCSD Student Code of Conduct was violated, school discipline may also be administered.

For violations involving Saturday Detention, the student athlete will be suspended from active participation in contests and/or practices at the discretion of the administration and coach.

For violations involving out of school suspension (OSS), the student athlete will be considered ineligible to participate or attend a school function for the entire day, including the evening for the entire length of their suspension. The suspension from contest(s), if there is no contest during the time of his/her suspension will be at the discretion of the administration.

For severe and/or chronic violations of the HCSD Code of Conduct, the student athlete may lose the privilege to participate in the Harbor Creek School District athletic programs for the balance of a school year or his/her high school career, at the discretion of the administration.

Administrative options for student-athlete conduct are not limited to the disciplinary options identified. Other corrective actions may include withholding of school privileges, special work or clean-up assignment, writing an appropriate report, behavioral contract, and Saturday School.

BULLYING, CYBERBULLYING

The term Bullying means an intentional electronic, written, verbal or physical act or series of acts directed at another student or students or staff member, which occurs in a school setting that is severe, persistent or pervasive. The term cyberbullying includes, but is not limited to, the following misuses of technology: harassing, teasing, intimidating, threatening, or terrorizing another student or staff member by way of any technology tool such as sending or posting inappropriate or derogatory email messages, instant messages, text messages, digital pictures or images, or web site postings including blogs.

When a student athlete believes that he/she has been subject to bullying or cyberbullying, they shall promptly report the incident, orally or in writing, to the head coach, athletic director or the high school principal. For more detailed information, please refer to [HCSD Board Policy 249](#).

HAZING

The purpose of this procedure is to maintain a safe, positive environment for students and staff that is free from hazing. Hazing activities of any type are inconsistent with the educational goals of the district and are prohibited at all times. For more detailed information, please refer to [HCSD Board Policy 247](#).

Hazing occurs when a person intentionally, knowingly or recklessly, for the purpose of initiating, admitting or affiliating a student with an organization, or for the purpose of continuing or enhancing membership or status in an organization, causes, coerces or forces a student to do any of the following:

1. Violate federal or state criminal law.
2. Consume any food, liquid, alcoholic liquid, drug or other substance which subjects the student to a risk of emotional or physical harm. Endure brutality of a physical nature, including whipping, beating, branding, calisthenics or exposure to the elements.
3. Endure brutality of a mental nature, including activity adversely affecting the mental health or dignity of the individual, sleep deprivation, exclusion from social contact or conduct that could result in extreme embarrassment.
4. Endure brutality of a sexual nature.
5. Endure any other activity that creates a reasonable likelihood of bodily injury, impairment of a physical condition, or substantial pain to the student.

The school district encourages students who believe they, or others, have been subjected to hazing to promptly report such incidents to the building principal or designee.

The administration will investigate all complaints of hazing promptly and will administer appropriate discipline to any individual who violates this policy. Individuals with a concern or complaint regarding hazing should follow the procedure below:

1. When a student believes that s/he has been subject to hazing, the student shall promptly report the incident, orally or in writing, to the building principal or designee.

2. The principal or designee shall conduct a timely, impartial, thorough, and comprehensive investigation of the alleged hazing.
3. The principal or designee shall prepare a written report summarizing the investigation and recommending disposition of the complaint. Findings of the investigation shall be provided to the complainant, the accused, and others directly involved, as appropriate.

The administration will complete the investigation and take appropriate measures, which may include:

1. Take any necessary interim measures to protect students from further hazing, bullying, discrimination or retaliatory conduct related to the alleged incident and report the determination of what the complaining student needs or wants through questioning.
2. Determine if the incident needs to be reported to the police consistent with district practice and, as appropriate, consult with legal counsel about whether to report the matter to the police at every stage of the proceeding.
3. Notify the parent/guardian of any student directly involved in a defined incident as a victim or suspect immediately, as soon as possible. The administration shall inform the parent/guardian whether or not the local police department that has jurisdiction over the school property has been or may be notified of the incident. The administration shall document attempts made to reach the parent/guardian.
4. Advise all parties involved that reprisal or retaliation relating to reports of hazing or participation in an investigation of allegations of hazing is prohibited and shall also be subject to disciplinary action.
5. Determine that if the investigation results in a substantiated finding of hazing, the investigator shall recommend appropriate disciplinary action up to and including expulsion, as circumstances warrant, in accordance with the Code of Student Conduct. The student may also be subject to disciplinary action by the coach or sponsor, up to and including removal from the activity or organization.

STUDENT-ATHLETE OBLIGATIONS

Student athletes in the HCSD are in the public eye and their personal conduct is subject to the scrutiny of community members, fellow students, opponents, and the media. To serve as positive role models, student athletes are required to satisfy several obligations. Such obligations are intended to maintain a level of excellence and integrity for the HCSD and its student athletes.

1. Student athletes should be neatly groomed and properly dressed when traveling to any contest.
2. Student athletes should always show respect for property and authority.
3. Student athletes should emphasize the ideals of sportsmanship, determination, loyalty, ethical conduct and fair play.
4. Student athletes should leave all valuables at home and not in the locker room.
5. Student athletes should only wear or use uniforms when authorized by the coach/advisor. Uniforms and all issued equipment must be returned or pay restitution and may have future athletic participation, school schedules, report cards, and/or transcripts withheld.
6. Students are responsible for their uniform. Uniforms should be laundered and maintained in accordance with the garment laundering directions. Students should return the uniform in good condition, or may be responsible for the uniform replacement. Uniform conditions will be determined by the Head Coach and Athletic Director.
7. Students must notify the Principal or Athletic Director of their school within 72 hours upon entering into any type of NIL contracts/agreements.

SOCIAL MEDIA GUIDELINES

Student-athletes at Harbor Creek are held in the highest regard and are seen as role models in the community. As leaders you have the responsibility to portray your team, your family, your school and yourselves in a positive manner at all times. The Harbor Creek School District recognizes and supports the student-athletes' rights to freedom of speech, expression, and association, including the use of social networks. In this context, however, each student athlete must remember that playing and competing for the Harbor Creek School District is a privilege. Instagram, Facebook, Twitter, Snapchat, and other social media sites have increased in popularity globally, and are used by the majority of student-athletes here at Harbor Creek in one form or another. Student-athletes should be aware that third parties, including the media, faculty, future employers and NCAA universities and coaches, could easily access your profiles and view all personal information. This includes all pictures, videos, and comments. Inappropriate material found by third parties affects the perception of the student-athlete, our athletic program and Harbor Creek. For more detailed information, please refer to [HCSD Board Policy 253](#).

Examples of inappropriate and offensive behaviors concerning participation in online communities may include depictions or presentations of the following:

- Photos, videos, or comments showing the personal use of alcohol, drugs and tobacco (including vaping) e.g., no holding cups, cans, shot glasses etc.
- Photos, videos, or comments that are of a sexual nature. This includes links to websites of a pornographic nature and other inappropriate material.

- Pictures, videos, or comments that condone drug-related activity. This includes, but is not limited to, images that portray the personal use of marijuana and drug paraphernalia.
- Content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity (examples: derogatory comments regarding another school; taunting comments aimed at a student-athlete, coach or team at our school or another school and derogatory comments against race and/or gender). No posts should depict or encourage unacceptable, violent or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, and illegal drug use).
- Content online that would constitute a violation of HCSD rules and/or the *HCSD Acceptable Use and Internet Safety Policy* agreement.
- Information that is sensitive or personal in nature or is proprietary to the athletic program or Harbor Creek, which is not public information (examples: tentative or future team schedules, student athlete injuries and eligibility status, travel plans/itineraries or information).

Remember, everything you post is public information – any text or photo placed online is completely out of your control the moment it is placed online – even if you limit access to your site. Information may be accessible even after you remove it. Once you post a photo or comment on a social networking site, that photo or comment becomes the property of the site and may be searchable even after you remove it. In short, do not have a false sense of security of your rights to freedom of speech. Understand that freedom of speech is not unlimited. The on-line social network sites are NOT a place where you can say and do whatever you want without repercussions.

If you are ever in doubt of the appropriateness of your online public material, consider whether it upholds and positively reflects your own values and ethics as well as the athletic program and Harbor Creek. Remember, always present a positive image and don't do anything to embarrass yourself, the team, your family or Harbor Creek. Protect yourself by maintaining a self-image of which you can be proud of for years to come. That Harbor Creek School District has included these guidelines for all student-athletes as reminders regarding your use of social media. If a student-athlete's action or off-campus speech implicates the school district by name, references any school district employee or student or causes a substantial disruption to the operation of the school district the student-athlete can be subject to disciplinary action, which may include suspension or permanent removal from the team.

SUBSTANCE POSSESSION, USE & DISTRIBUTION

Alcohol / Drugs / Steroids / Illegal Performance Enhancers / Drug Paraphernalia - The possession, use and/or distribution of alcohol, drugs, steroids, illegal performance enhancers, and/or paraphernalia on school property or within the school's authority is a violation of the HCSD Student Code of Conduct. The administration will consider all circumstances involved and enforce the policies and procedures identified in the Student Code of Conduct. For more detailed information, please refer to [HCSD Board Policy 227](#).

1. Possession/Use/Distribution - First Violation
 - a. If a student-athlete is found improperly or unlawfully possessing, using or under the influence of alcohol, drugs classified as controlled substances, steroids/illegal performance enhancers, or paraphernalia, in-season or out of season, they will be dismissed from the Harbor Creek athletic/activities program. The student will be required to participate in the Harbor Creek SAP Program assessment, GECAC Drug and Alcohol Program, etc. Reentry in the Harbor Creek athletic/activities program requires full compliance with the assessment and treatment recommendation by said counselors.
 - b. Item(s) will be confiscated and rendered to the school administration. Parents and law enforcement will be notified and appropriate disciplinary action will follow the HCSD policies and procedures.
 - c. The student may also forfeit any individual athletic/activity award(s) for that season, at the discretion of the administration.
2. Possession/Use/Distribution - Second Violation
 - a. If a second offense occurs, the student forfeits his/her right of participation for the balance of his/her high school career.

Tobacco / Tobacco Products - The possession, use and/or distribution of tobacco, nicotine, e-cigarettes/vaping, and/or tobacco products, on school property or within the school's authority, is a violation of the HCSD Student Code of Conduct. The administration will consider all circumstances involved and enforce the policies and procedures identified in the Student Code of Conduct. For more detailed information, please refer to [HCSD Board Policy 222](#).

1. Possession/Use/Distribution - First Violation

- a. If a student is in-season and found unlawfully possessing or using tobacco, nicotine, e-cigarettes/vaping, and/or tobacco products, he/she will receive two (2) days of out of school suspension and be suspended for the minimum of the next (1-2) athletic event(s)/contest(s), which may or may not occur during the out of school suspension.
 - b. If the violation occurs, at a school sponsored event/practice, to/from a school sponsored event/practice, the athlete will be dismissed from the Harbor Creek athletic/activity program(s) for the remainder of the season.
 - c. Item(s) will be confiscated and rendered to the school administration. Parents will be notified and appropriate disciplinary action will follow the HCSD policies and procedures.
 - d. The student, whether in-season or out-of-season, will be required to participate in the Harbor Creek SAP Program assessment. The student will have to attend the next available Dangers of Vaping class scheduled by the school district.
2. Possession/Use/Distribution - Second Violation
 - a. If a second offense occurs, the athlete will be dismissed from the Harbor Creek athletic/activity program(s) for the remainder of the academic year.

TRANSPORTATION

In most instances school sponsored activities will be provided transportation to and from the contests. Student athletes must travel to and from contests in transportation provided by the school district. The following are some exceptions to these transportation guidelines:

1. Injury to the student athlete, which may require alternate transportation.
2. Prior request by parents/guardians with a request on the Athletic Transportation Form which has been approved by the administration.
3. Other extenuating circumstances will also be considered on an individual basis by the administration.
4. The Harbor Creek School District provides transportation to and from District-sponsored athletic events. The District strongly encourages students to utilize District-provided transportation to and from these events. If a student waives their right to utilize District-provided transportation to and from District-sponsored athletic events, the District is not responsible for personal injury, sickness, death or claims resulting from personal injury, death or property damage of any nature whatsoever which may be incurred by the student or others resulting from the student's decisions to transport him/herself to and/or from any District-sponsored athletic event. Any student who is transported in non-District vehicles does so at their own risk.

TEAM TRAVEL

Charter buses are only provided/paid for by HCSD for a State Championship game (team is guaranteed 1st or 2nd place). Charter buses are NOT provided/paid for by HCSD for competitions or events (track/cheer/wrestling – where teams/students may place or compete in different rounds of competition). If a team/group wants to book a charter bus, they may reserve one, but the school will only pay the difference in cost of a school bus to the competition.

UNIFORMS

The HCSD will pay for uniforms on average every 10 years. At 8-9 years, the AD will evaluate the condition of teams' uniforms and determine if they need replaced. The AD will get bids/quotes and offer the team "X" amount of dollars for their uniform budget. If the team/coach choose to spend over that amount, the team/coach will pay the difference. The AD will keep a schedule of which the uniform rotation.

HOTEL ACCOMODATIONS

All hotel arrangements for teams/coaches/groups for overnight competitions/games/events must be approved in advanced. Coaches/advisors must get pre-approval prior to booking to ensure reimbursement.

COOPERATIVE AGREEMENTS

HCSD will pay co-op fee(s) to the PIAA for any approved cooperative agreement. Any additional fee(s) (invoiced to HCSD) from the host co-op school will be billed/invoiced to the participating student's parents/guardians. Any payment arrangements will be between the host co-op school and the participating student's parents/guardians. All cooperative agreements are subject for termination at any time.

SECTION 3: ATHLETIC LETTER REQUIREMENTS

CROSS COUNTRY

The participant must have earned 45 points in dual, tri-meets, or invitationals (according to the criteria listed below) to be awarded a letter in cross country.

Top Points:

- | | |
|--------------------|-------------------|
| a. 10% - 10 points | f. 60% - 5 points |
| b. 20% - 9 points | g. 70% - 4 points |
| c. 30% - 8 points | h. 80% - 3 points |
| d. 40% - 7 points | i. 90% - 2 points |
| e. 50% - 6 points | j. 100% - 1 point |

FOOTBALL

1. A player who starts and plays in the majority of the offensive and defensive plays in over one half of the games played.
2. A player, who is a first replacement at an offensive or defensive position and who, when called upon in game situations, was ready and able to make a positive contribution.
3. A player who is close to fulfilling one of the above categories and is a positive force at practice. The player is always at practice and makes positive contributions as a regular member of the scout offensive and defensive teams.
4. A senior member, who has attended practice regularly and made a positive contribution to the team, may be eligible for a service letter.
5. A player who is injured during a practice/contest and would have met the above requirements will be considered for a letter. The player must have attended all practices possible during the rehabilitation, utilized the weight room, and made a positive contribution to the team.
6. The player must have completed the season in good standing.
7. The head coach reserves the right to waive the listed standards and award a letter.

GOLF, BOYS'

1. The player must have attended all scheduled practices.
2. The player must have participated in at least seven matches as a regular or four matches as an alternate (11 match's total).
3. A senior will receive a letter, who has met the standards listed.
4. The player must have completed the season in good standing.
5. The head coach reserves the right to waive the listed standards and award a letter.

GOLF, GIRLS'

1. The player must have attended all scheduled practices.
2. The player must have participated in at least seven matches as a regular or four matches as an alternate (11 match's total).
3. A senior will receive a letter, who has met the standards listed.
4. The player must have completed the season in good standing.
5. The head coach reserves the right to waive the listed standards and award a letter.

SOCCER, BOYS'

1. The player must have attended all practices and games unless previously excused for a valid reason (illness, injury, death in the family, etc.) and assisted in team equipment duties each day.
2. The player must have acted in a respectful way towards teammates, coaches, opponents, and officials.
3. The player must have completed the season in good standing.
4. The player must have played in at least half of the varsity matches for the season.
5. A person who has been a varsity statistician for two full seasons will be eligible for a letter.
6. The head coach reserves the right to waive the listed standards and award a letter.

SOCCER, GIRLS'

1. The player must have attended all practices and games unless previously excused for a valid reason (illness, injury, death in the family, etc.) and assisted in team equipment duties each day.
2. The player must have acted in a respectful way towards teammates, coaches, opponents, and officials.
3. The player must have completed the season in good standing.
4. The player must have played in at least half of the varsity matches for the season.
5. A person who has been a varsity statistician for two full seasons will be eligible for a letter.
6. The head coach reserves the right to waive the listed standards and award a letter.

VOLLEYBALL, GIRLS'

1. The player must have participated in at least fifty percent of the matches scheduled.
2. The player must have attended and participated in preseason and regular practice sessions, unless excused by the coach.
3. A senior member who has faithfully worked for two or more years may be eligible for a letter.
4. A manager must have completed two years of service in order to be eligible for a letter.
5. The player must have completed the season in good standing.
6. The head coach reserves the right to waive the listed standards and award a letter.

CHEERLEADING, FOOTBALL

1. The cheerleader must have missed no more than one varsity football game, with prior approval from the advisor.
2. The cheerleader must have missed no more than two practices, regardless of the reason.
3. The cheerleader must have participated in the scheduled extra functions.
4. The cheerleader must have attended, if possible, the cheering camp during the summer.
5. The cheerleader must have completed the season in good standing.
6. The advisor reserves the right to waive the listed standards and award a letter.

CHEERLEADING, BASKETBALL

1. The cheerleader must have missed no more than one varsity basketball game, with prior approval from the advisor.
2. The cheerleader must have missed no more than two practices, regardless of the reason.
3. The cheerleader must have participated in the scheduled extra functions.
4. The cheerleader must have attended, if possible, the cheering camp during the summer.
5. The cheerleader must have completed the season in good standing.
6. The advisor reserves the right to waive the listed standards and award a letter.

CHEERLEADING, WRESTLING

1. The cheerleader must have missed no more than one varsity wrestling match, with prior approval from the advisor.
2. The cheerleader must have missed no more than two practices, regardless of the reason.
3. The cheerleader must have participated in the scheduled extra functions.
4. The cheerleader must have attended, if possible, the cheering camp during the summer.
5. The cheerleader must have completed the season in good standing.
6. The advisor reserves the right to waive the listed standards and award a letter.

BASKETBALL, BOYS'

1. The player must have participated in at least one-half of the total quarters in the regular season (22 games).
2. The player must have completed the season in good standing.
3. A manager must have completed two years of service in order to be eligible for a letter.
4. The head coach reserves the right to waive the listed standards and award a letter.

BASKETBALL, GIRLS'

1. The player must compete in one-half of the regular season schedule (22 games). The player must record 44 quarters to qualify for the letter. If a player is injured during practice or competition, a letter may be awarded.
2. The player must have completed the season in good standing, without any team suspensions or school issued suspensions for misconduct or unsportsmanlike behavior.
3. The head coach reserves the right to waive the listed standards and award a letter.

SWIMMING, BOYS' & GIRLS'

1. The swimmer must have an average of five points per swim meet (according to the criteria listed below) to be awarded a letter in swimming.
 - a. 1st Place Finish 6 points
 - b. 2nd Place Finish 4 points
 - c. 3rd Place Finish 3 points
 - d. 4th Place Finish 2 points
 - e. 5th Place Finish 1 point
 - f. Relay points will be split.
2. The diver must have qualified and competed at the District swim meet.
3. The swimmer/diver must have attended and participated in regular season practice sessions, missing no more than five sessions, unless otherwise excused by the head coach.
4. The swimmer/diver must have completed the season in good standing extenuating circumstances will be considered by the head coach.
5. A senior swimmer who has been a member of the team for four years will be awarded a letter.
6. A manager, score keeper, etc. must have completed two years of service in order to be eligible for a letter.
7. The head coach reserves the right to waive the listed standards and award a letter.

UNIFIED BOCCE

Partners and Athletes must attend practice regularly and be members of the team at the conclusion of the season.

WRESTLING

1. The wrestler must have earned at least twelve team points (according to the criteria listed below) throughout the season, and/or competed in at least seven varsity competitions to be awarded a letter in wrestling.
 - a. Pin 6 points
 - b. Technical fall 5 points
 - c. Major decision 4 points
 - d. Decision 3 points
2. The wrestler must have attended every practice, with the exception of excusable absences, with the intent to improve daily.
3. The wrestler must have cooperated well with teammates.
4. The wrestler must have worked diligently to maintain academic eligibility throughout the season.
5. The wrestler must have returned all issued equipment in satisfactory condition.
6. The wrestler must have completed the season in good standing.
7. The head coach reserves the right to waive the listed standards and award a letter.

BASEBALL, BOYS'

1. The player must have started in ten or more games during the season.
2. The player must have played in fifteen or more games during the season.
3. A senior will receive a letter, who has met the standards listed.
4. The team must have won a region, district, or state championship for all players to receive a letter.
5. Any other player, who, in the estimation of the coaching staff, has made a contribution to the team worthy of receiving a letter.

6. A manager, score keeper, etc. must have completed two years of service in order to be eligible for a letter.
7. The player must have completed the season in good standing.
8. The head coach reserves the right to waive the listed standards and award a letter.

SOFTBALL, GIRLS'

1. The player must have:
 - a. started in 10 or more games during the season (pitchers may be an exception to this rule).
 - or
 - b. played in 15 or more games during the season (pitcher may be an exception to the rule).
2. The player must have attended and participated in regular practice sessions, unless excused by the coach.
3. A senior member, who has faithfully worked for two or more years, may be eligible for a letter.
4. A manager, score keeper, etc. must have completed two years of service in order to be eligible for a letter.
5. The player must complete the season in good standing, if a player is dropped from the team or quits; they are no longer eligible for a letter. The coach will consider injury or other extenuating circumstances.
6. The head coach reserves the right to waive the listed standards and award a letter.

TENNIS

1. The player must have participated in one-third of the varsity matches.
2. The player must have attended all practices and matches, unless excused by the head coach.
3. The player must have followed all team rules, as explained by the head coach.
4. The player must have completed the season in good standing.
5. The head coach reserves the right to waive the listed standards and award a letter.

TRACK & FIELD, BOYS' & GIRLS'

1. The participant must have earned fifteen points in dual and tri-meets (according to the criteria listed below) or qualify for the District 10 meet, as an individual, to be awarded a letter in track and field.
 - a. 1st Place Finish 5 points
 - b. 2nd Place Finish 3 points
 - c. 3rd Place Finish 1 point
2. The participant may also have earned fifteen points in invitationals and championship meets (according to the criteria listed below or qualify for the District 10 meet, as an individual, to be awarded a letter in track and field.
 - a. 1st Place Finish 10 points
 - b. 2nd Place Finish 8 points
 - c. 3rd Place Finish 6 points
 - d. 4th Place Finish 4 points
 - e. 5th Place Finish 2 points
 - f. 6th Place Finish 1 point
3. The participant must have competed in all meets, (including invitationals, championships and states) for which he/she was selected/qualified for, unless personally excused by the head coach. No athlete will scratch from any event during a meet, without permission from the head coach.
4. A senior member, who has faithfully worked for two or more years, may be eligible for a letter.
5. The participant must have completed the season in good standing, without any incidents of unsportsmanlike behavior that may have jeopardized team standings.
6. The head coach reserves the right to waive the listed standards and award a letter.

SECTION 4: PIAA SPORTSMANSHIP PROGRAM

DEFINITION OF SPORTSMANSHIP

The American Heritage Dictionary defines sportsmanship as "one that abides by the rules of a contest and accepts victory or defeat graciously. The PIAA defines sportsmanship as *"those qualities that are characterized by generosity and genuine concern for others. Further, an awareness is expected of the impact of an individual's influence on others behavior"*.

The ideal of sportsmanship permeates virtually every aspect of our culture. The ethic of fair play may be witnessed in all facets of life. However, its origin has been firmly established in sports, as conceptually and pragmatically training ground for good citizenship and high behavioral standards. Sportsmanship is viewed by the PIAA as a concrete measure of each school's and individual's understanding of their commitment to the educational nature of interscholastic athletics.

The responsibility for developing sportsmanship involves many different people. The complexity of this subject, in implementation, extends far beyond the boundaries of our definition. The PIAA is philosophically and practically committed to the attainment and maintenance of all codes of behavior addressed in this manual. While enforcement of these codes has priority status, the recognition of exemplary behavior is a major goal of this effort.

In recent years, the ideal of sportsmanship has often been relegated to a secondary role. A need exists to again make this role primary and to restore placement of interscholastic athletics in an educational perspective. The problems are quite evident and will require a maximum effort by everyone involved achieving the desired outcomes. The modes of behavior contained in the manual explicitly define what is expected. Willful compliance by all concerned is necessary to achieve the goals of sportsmanship. Athletics and their companion, competition, may be the last stronghold of discipline in our society. Athletics, in particular, are called upon to absorb more of their responsibility for teaching basic social values. Any contribution of this magnitude requires the development of positive, definitive programs. The behavior expected of any participant (direct or indirect) must be explicitly spelled out; to that end comes the purpose of this manual.

The manual provides the PIAA member schools with a comprehensive perspective on the rules of sportsmanship. It serves as a behavior guide for all groups involved with interscholastic activity, as well as a source of preventative information. The following material offers direction and guidance, along with expectations, which correspond to the goals indicated.

FUNDAMENTALS OF SPORTSMANSHIP

The 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 an athletic contest.

1. Gain an understanding and appreciation for the rules of the contest.
 - a. 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. 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.
 - a. 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 game by recognizing and acknowledging quality.
4. Exhibit respect for the officials.
 - a. 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 game. 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.
 - a. 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.
6. Display pride in your actions at every opportunity.
 - a. 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.

RESPONSIBILITIES & GUIDELINES FOR BEHAVIOR

Coaching Staff

1. Exemplify the highest moral character, behavior and leadership, adhering to strong ethical and integrity standards. Practicing good sportsmanship is practicing good citizenship!
2. Respect the integrity and personality of the individual athlete.
3. Abide by and teach the rules of the game in letter and in spirit.
4. Set a good example for players and spectators to follow: please refrain from arguments in front of players and spectators; no gestures which indicate officials or opposing coaches do not know what they are doing or talking about; no throwing of any object in disgust. Shake hands with the officials and the opposing coaches before and after the contest in full view of the public.
5. Respect the integrity and judgment of contest officials. The officials are doing their best to help promote athletics and the student/athlete. 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 all people at the event.
6. Display modesty in victory and graciousness in defeat in public and in meeting/talking with the media. Please confine your remarks to game statistics and to the performance of your team.
7. Instruct participants and spectators in proper sportsmanship responsibilities and demand that they make sportsmanship the No. 1 priority.
8. Develop a program that rewards participants and spectators for displaying proper sportsmanship and enforces penalties on those who do not abide by sportsmanship standards.
9. Be no party to the use of profanity or obscene language or improper actions.

Student Athletes

1. Accept and understand the seriousness of responsibility, and the privilege of representing your school and your community.
2. Live up to the standards of sportsmanship established by the school administration and the coaching staff.
3. Learn the rules of the game 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.
4. Treat opponents the way you would like to be treated, as a guest or friend. Who better than you can understand all the hard work and team effort that is required of your sport!
5. 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.
6. 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.

Cheerleaders

1. Understand the seriousness and responsibility of your role, and the privilege of representing your school and your community.
2. Learn the rules of the game 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.
3. 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?
4. Wish opposing cheerleaders good luck before the game and congratulate them in a sincere manner following either victory or defeat.
5. Establish standards of desirable behavior for the squad and attempt, in a cheerful manner, to transfer that to your spectators.

6. Select positive cheers, which praise your team without antagonizing the opponents.
7. Encourage a positive crowd alternative when booing or an inappropriate chant begins by starting a popular cheer.
8. 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.
9. Give encouragement to injured players and recognition of outstanding performances for both teams.
10. 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.

Other Support Groups (Band, Booster Clubs, Etc.)

1. Establish themselves as leaders in their conduct before, during and after contests and events. Always provide positive support for your team, rather than intimidating or ridiculing the other team.
2. Assist cheerleaders with cheers, chants, etc., and be a working part of pep assemblies, with preparation, organization, and involvement.
3. Treat opposing players, coaches, spectators and support groups with respect and enthusiasm.
4. Conduct them in an exemplary manner. Remember that you represent your school both home and away.
5. 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.
6. Be an exemplary role model by positively supporting teams in every manner possible, including content of cheers and signs.

Spectators

1. 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.
2. Remember that interscholastic athletics are a learning experience for students and those 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.
3. A ticket is a privilege to observe the contest, not a license to verbally assault others and be generally obnoxious.
4. Learn the rules of the game so that you may understand and appreciate why certain situations take place.
5. Show respect for the opposing players, coaches, and spectators and support groups. Treat them as you would treat a guest in your own home.
6. 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.
7. Recognize and show appreciation for an outstanding play by either team.
8. 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 event (i.e. tailgating.)
9. Use only those cheers that support and uplift the teams involved.
10. 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.
11. Be a positive role model through your own actions and by censuring those around you whose behavior is unbecoming.

Media

1. Promote ideals and fundamentals of good sportsmanship.
2. Report acts of good sportsmanlike without giving undue publicity to unsportsmanlike conduct.
3. Refrain from making negative comments towards participants, coaches or officials. After all, the interscholastic athletic arena is a classroom. Would you make negative comments about teachers teaching students and students trying to learn?
4. Recognize the efforts of all who participate in the contest.
5. Report facts without demonstrating partiality to either team.

Contest Officials

1. Accept your role in an unassuming manner. Showboating and over-officiating are not acceptable.
2. Maintain confidence and poise, controlling the contest from start to finish.
3. Know the rules of the game thoroughly and abide by the established PIAA Code of Ethics.
4. Publicly shake hands with coaches of both teams before the contest.
5. Never exhibit emotions or argue with participants and coaches when enforcing rules.
6. When watching a game as a spectator, give the contest officials the same respect you expect to receive when working a contest.

School Administrators

1. Develop a program for teaching and promoting the ideals and fundamentals of good sportsmanship within the school, the conference/league and PIAA.
2. Provide appropriate supervisory personnel for each interscholastic athletic event.
3. Support participants, coaches and fans whose team displays good sportsmanship.
4. Recognize exemplary behavior and actively discourage undesirable conduct by participants, coaches and fans.
5. Attend events whenever possible and function as a role model - show good sportsmanship. This includes communicating with spectators during an event as to what is acceptable and unacceptable behavior.

School Board

1. Adopt policies that promote the ideals of good sportsmanship, ethics and integrity.
2. Serve as a positive role model and expect the same from parents, fans, participants, coaches and other school personnel.
3. Support and reward participants, coaches, school administrators and fans that display good sportsmanship.
4. Recognize the value of school activities as a vital part of education.
5. Attend and enjoy school activities.

Acceptable Behavior

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

Unacceptable Behavior

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

2026-2027 CHANGES:

- Pg. 1 - Date/Year Change
- Pg. 3 & 4 - Updated Coach List & Contact Information
- Pg. 14:
 - Added Team Travel Policy
 - Added Hotel Accommodation Policy
 - Added Uniform Replacement Policy
 - Added Cooperative Agreement Policy