

# SOUTH PARK HIGH SCHOOL

## ATHLETIC MANUAL

### STUDENT ATHLETES AND PARENTS/GUARDIANS:

PLEASE READ OVER THIS MANUAL TOGETHER TO  
FURTHER ENHANCE YOUR MUTUAL  
UNDERSTANDING OF THE ATHLETIC PROGRAM  
AT SOUTH PARK HIGH SCHOOL.

### PARENTS/GUARDIANS:

AFTER YOU READ THE MATERIAL, PLEASE SIGN  
THE “PARENT’S PLEDGE” AND THE  
“ACKNOWLEDGEMENT OF ATHLETIC MANUAL”  
**ON PAGES 15 and 16 AND HAVE YOUR**  
**SON/DAUGHTER RETURN IT TO THEIR COACH.**  
**FAILURE TO RETURN THE PLEDGES WILL DELAY**  
**THEIR PARTICIPATION IN THE RESPECTIVE**  
**SPORT.**

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## INTRODUCTION

The following outline touches on many topics, including regulations that the South Park Athletic Program adheres to, whether the Pennsylvania Interscholastic Athletic Association (P.I.A.A.), or the South Park School Board enforces them. We take great pride in the fact that our student athletes excel not only on the field of play but in the classroom. The dual success has generated a third “wing”: **CITIZENSHIP**. It is our philosophy that a South Park student/athlete will not only strive to be successful in the classroom and on the athletic field, but will display sportsmanship towards opponents, officials and spectators. It is our expectations that parents and other fans display exemplary behavior towards opponents and officials. Inappropriate behavior by a guest at an event will result in ejection and/or forfeiture of guest privileges.

**PHYSICAL EXAMINATION:** In accordance with the PIAA, participating athletes must obtain a physical exam performed no earlier than June 1<sup>st</sup> for fall sports. An athlete may get one physical per year to cover all three sport seasons. The physical must be dated after June 1<sup>st</sup>. A recertification is required, for each subsequent sport season only if the student (a) suffers an illness or injury which renders the student unable to participate in 25% or more of the regular season contests in the immediately preceding sports season; and/or (b) suffers an illness or injury which resulted in absence from school for ten (10) or more days and/or which requires surgery. The district offers physicals for our students for the three sports seasons. Please use the district’s webpage to load the necessary forms and to schedule physical appointments. The web address is [www.sparksd.org](http://www.sparksd.org) and everyone is encouraged to use the site. Participants who do not receive a physical and have permission from their parent/guardian to play a sport are not permitted to attend practices or games as a team member. The trainer will approve all completed physical forms.

**ACADEMICS:** In accordance with the PIAA, a participant “must pursue a curriculum approved by the principal as a full time curriculum. Eligibility shall be cumulative from the beginning of the grading period, and shall be reported on a weekly basis. When a participant’s cumulative work from the beginning of the grading period does not, as of Friday meet the requirements provided for within this section, (s)he shall be ineligible from the

immediately following Sunday through the then next following Saturday.” The eligible player will be reviewed during that week to be academically approved to return to participation the next Monday. Minimally, the participant must be passing at least (4) full credits or the following equivalent.

When a participant’s cumulative work from the beginning of the grading period to the end of that grading period does not meet the above requirements, (s)he will then become ineligible for a period of (15) school days. On the (15<sup>th</sup>) day of ineligibility the participant’s academics will be reviewed and if acceptable will return to the team on the 16<sup>th</sup> day.

When a participant does not pass (4) full credits on his/her final grades of the year, the (15) days on ineligibility will extend into the beginning of the next year.

Academic reviews are the responsibility of the athletic director and the school principal.

**AGE:** In order to participate on high school teams (grades 9-12) you may not have reached your 19<sup>th</sup> birthday by the June 30<sup>th</sup> immediately preceding the next year. To participate on 7-8<sup>th</sup> grade teams you may not have reached your 15<sup>th</sup> birthday by June 30<sup>th</sup> immediately preceding the next school year. Sixth graders are not eligible.

**ATTENDANCE:** A participant cannot participate or compete on a day in which you are absent from school. Approved academic functions are not regarded as days of absence (i.e. field trips). A school day is regarded as a **9:25 A.M.** arrival, to the end of the school day. Participants who violate this rule will be suspended from the next practice following the discovery of the violation. Continued violations of this policy will result with administrative action.

A participant who has been absent from school during a semester for a total of (20) days or more shall be ineligible to participate in any athletic competition until (s)he has been in attendance for a total of (45) days following the (20<sup>th</sup>) day of absence. Where there is a consecutive absence of (5) or more days due to confining illness, injury, death in the immediate family, court subpoena, or quarantine, the (5) or more consecutive days may be deducted from the total, and if the new total is less than (20) days, the participant remains eligible. When the (20) or more days occurs during the 2<sup>nd</sup> semester, the (60) days of ineligibility will extend into the next school year. **SUMMER SCHOOL ATTENDANCE DOES NOT COUNT TOWARDS THE (60) DAYS REQUIRED.**

**EARLY DISMISSALS:** Early dismissals must be approved after 11:30 a.m. so that the participant can be eligible to participate in athletics on that day. Approved school related dismissals are not included.

**MISCONDUCT:** Misconduct is considered as inappropriate behavior while an athlete is involved with any portion of the South Park School District athletic activities, including practices, games AND travel. Insubordination, impudence, insolence, other examples of defiance towards coaches, officials, bus drivers, or others in authority or who have responsibility for a participant's safety are examples of misconduct. Tardies, illegal absences, class cuts and illegal dismissals will be considered as misconduct. All specific punishments will not be listed in this informational packet. The school administration and athletic director will review each situation or incident. Athletic events can and will be treated as part of classroom behavior. Misbehavior at athletic events or while traveling representing the South Park School District may be reviewed for discipline not related to athletics i.e. suspensions from school in addition to any sport specific discipline.

**TRAVEL:** When an athlete is traveling to/from or at an event, they are representing the South Park School District. All South Park School District policies, SP Student Handbook policies and School Code of Conduct will be strictly enforced.

#### **HOTEL EXPECTATIONS:**

1. Everyone has an assigned room. You are assigned to that room.
2. The coach will designate a room curfew. There will be no inter-room visitation after curfew has been established. At the discretion of the coach, violators may be sent home from the competition and/or be denied the opportunity to participate in the competition. During periods where inter-room visitation is permitted, doors must be kept open.
3. Do not leave a room door open and/or unlocked.
4. Students will not be permitted to use room phones for personal calls, order room service or pay movies. Any athlete using the room phone for these specific purposes will be personally responsible for all costs. At the discretion of the coach, violators may be sent home from the competition and/or be denied the opportunity to participate in the competition.
5. There will be no damage to the rooms. Anyone caught damaging a room will be personally responsible for all costs. At the discretion of the coach,

violators may be sent home from the competition and/or be denied the opportunity to participate in the competition. Local police may be called to further investigate for possible charges.

6. Any violations by athletes regarding alcohol, drugs or tobacco may, at the discretion of the coach be sent home from the competition and/or be denied the opportunity to participate in the competition. Local police will be called to further investigate for possible charges. Represent your school, community, family, and yourselves with the highest dignity and pride at all times. The above items are only a few of the expectations of traveling athletes.

**DRESS CODE:** As a South Park School District athlete you will be traveling to various schools. It is important that you wear clean and appropriate clothing. You represent your school and your appearance reflects upon your school. Coaches have the right to set dress code standards that are more specific than the message enclosed. Furthermore, Dress Code is included within the School Code of Conduct. Violators will be dealt with by the administration.

**TOBACCO PRODUCTS:** The use of tobacco products is not considered with the goals and philosophies of school athletics. Any participant found using tobacco products during his/her season would be subject to discipline. Furthermore, tobacco products are included within the School Code of Conduct. Violators will be dealt with by the administration.

**DRUGS AND ALCOHOL:** Definitions: Drugs are defined as (1) any alcohol or malt beverage; (2) any controlled substance (as defined in the PA Controlled Substance Drug Device and Cosmetic Act but not including any substance accepted or exempted from the Act by the Secretary of Health of the Commonwealth of PA, or any drug as defined in the aforementioned Act for which the student has a prescription from a licensed physician or has permission from the Health Office of the School District to have the drug on the School District property). Anabolic steroids, diet pills, and caffeine are included on the list of controlled substances. District Policy #227 states that *any student on school property, or at a school sponsored activity, who indulges in drugs or alcohol, or is present while drugs or alcohol are being illegally used or sold, will be indefinitely suspended from all clubs, activities or athletics sponsored by the South Park School District.* Under policy #227, “school property shall include not only actual buildings, facilities and grounds on the school campus, but shall include school buses, school bus

stops, school parking areas and any facility being used for a school sponsored function.” Policy #227 also states “a school function is any school related activity or event which requires the approval of district administration.” Athletes are subject to discipline when a violation occurs during the season.\*

\*Definition of “season”: The period of time from the first practice date until the last state level competition as defined by the Pennsylvania Interscholastic Athletic Association published yearly in the PIAA handbook.

**PROHIBITION OF ANABOLIC STEROIDS:** South Park School District Policy #227 states the following:

“The use of steroids by students involved in athletics is prohibited.

Eligibility for participation in school activities shall be limited. No student shall be eligible to resume participation in school athletics unless there has been a medical determination that no residual evidence of steroids exists. The Board may require participation in any drug counseling, rehabilitation, testing or other program as a condition of reinstatement into a school athletic program.

The Superintendent shall prescribe, implement, and enforce rules and regulations to prohibit the use of anabolic steroids, except for a valid medical purpose, by any student involved in school-related athletics. Body building and muscle enhancement of athletic ability are not valid medical purposes. Human Growth Hormone (HGH) shall not be included as an anabolic steroid under the provisions of the law.

The following minimum penalties are prescribed for any student found in violation of the rules and regulations required above. Violations of rules include:

1. For the first violation, suspension from school athletics for the remainder of the season.
2. For the second violation, suspension from school athletics for the remainder of the season and for the following season.
3. For the third violation, permanent suspension from school athletics.

Students should be made aware that anabolic steroids are classified as controlled substances and that the use, unauthorized possession, purchasing,

or selling could subject them to suspension, expulsion and/or criminal prosecution. Growth hormones not prescribed by a physician shall be in violation of the policy.”

**USE:** Is defined as ingesting, injecting, or otherwise causing the drug to enter the bloodstream or digestive system

**POSSESSION:** Is defined as any possession that is unlawful under the PA Controlled substance Drug Device and Cosmetic Act and case law interpreting the Act.

**VIOLATORS:** Any athlete suspected of use or possession of a drug as defined above shall be immediately suspended from the team until a hearing with the administration and athletic director can determine guilt or innocence. If guilt is determined, punishment can range anywhere from short term suspension to expulsion from any or all extracurricular activities for the remainder of the student’s high school career. A hearing must convene within (5) school days after the suspected day of violation. Furthermore, Drugs and Alcohol are included within the School Code of Conduct. Violators will be dealt with by the administration.

**AMATEUR STATUS AND AWARDS:** To be eligible for interscholastic sports you must be considered as an amateur. If you, your parent, school, or an organization that you represent receives money or property for or related to your athletic ability, performance, services, or participation, or, if you accept compensation for teaching, training, or coaching in a sport, you are not considered an amateur and will lose your eligibility for at least one year.

A participant may receive awards from your school, nonprofit school or outside organizations approved by the school principal, and the news media. Permissible awards are: sweater, jacket, blazer, shirt, jersey, watch, ring, scroll, photograph, medal, plaque, or similar trophy.

A participant may receive normal and customary compensation for acting as an instructor in or officiating recreational activities or serving as a lifeguard at swimming areas.

**PARTICIPATION AND REPEATING GRADES:** A participant will lose eligibility if (s) he has been in school more than (8) semesters beyond 8<sup>th</sup> grade, or has played (6) seasons beyond 6<sup>th</sup> grade in any sport. Participants may not play in any sport more than (3) seasons in grades 7-9.

**ALL STAR CONTESTS:** A participant will lose his/her eligibility in a sport if he or she participates in an all-star contest that is not approved by the PIAA.

**ATHLETIC AWARDS:** First Varsity Letter- SP Chenille Letter  
First Varsity letter in subsequent sports- Gold pin  
Second Varsity Letter in same sport- Gold Pin  
Third Varsity Letter in same sport- (3) Gold Bars  
Fourth Varsity Letter in same sport- Plaque

Athletes eligible to receive Athletic Awards are those that participate on a varsity team. Freshman may receive an athletic award if they participate on a varsity team. When freshmen are on a varsity roster and do not qualify for an athletic award, they will be given Participation Certificates.

Criterion for lettering in each sport is available upon request. Any participant that quits a team or is removed from a team at any point in time will not be eligible for any awards. Award winners will be given their awards at the end of the season.

**PLAYER EJECTION FROM A CONTEST:** “Any contestant who, while competing for a PIAA member school, is ejected from a Contest by a state high school association recognized and/or registered official in that sport for unsportsmanlike conduct or flagrant misconduct shall be disqualified from participating for the remainder of the day and in all Contests on the next Contest day of the same level (varsity, junior varsity, or otherwise) of competition from which the contestant was previously disqualified.” Ejected players will receive a second game suspension from South Park School District, as well as other disciplinary action in OR out of school, if deemed necessary. The ejected player can appeal this decision to the athletic director who will investigate the circumstances surrounding the ejection.

**TRANSPORTATION:** All participants must travel to and from contests in transportation provided by the South Park School District unless receiving written approval from the school principal or athletic director. Prior to this, a parent/legal guardian must submit a written request one day in advance to the school principal or athletic director. Request will be approved if the athlete will be traveling with a parent or their legal guardian. If a parent wishes their child to travel with another parent, both parents must indicate this desire. Food and drink articles, radios, etc. are not permissible on

school transportation. Radio with earphones is permissible. Take with you only what you will be using for that trip.

**EQUIPMENT:** The head coach will be responsible for the supervision, distribution and collection of school district equipment. Athletes are responsible for all athletic equipment issued to them even medical equipment. Theft will not be tolerated. Team members who steal will be severely punished. However, each player is responsible for his/her equipment. Issued equipment that is not returned, or is damaged beyond repair must be replaced with original equipment or paid for (market price). Players who do not comply with the enclosed regulations will be ineligible to participate on any other school athletic teams, receive a report card, or have credentials transferred to other schools until their debt is resolved. You are urged to make use of a lock on your locker.

Issued equipment is not to be worn for any activity outside the normal practices and contests for which equipment was issued (i.e., wearing jerseys to school).

**TEAM INITIATION/HAZING:** Athletic teams and extra curricular organizations are not permitted to conduct any type of initiating activity to members of their team or group. Hazing, as defined by District policy #247 is defined as any activity that recklessly or intentionally endangers the mental health, physical health, or safety of a student for the purpose of initiation or membership in, or affiliation with any school organization or athletic team. These types of activities are demeaning to the receiving parties and could cause unnecessary injuries. This also includes forms of hazing which the student willingly participates. ***Please sign the Anti-Hazing Pledge that is at the end of the packet.*** If an athlete has been a victim of hazing they should report such immediately to their coach, the athletic director or any administrator.

**INJURIES:** The school district will supply an athletic trainer at practices and home events. A team physician, paramedics and ambulance will be available for selected other home events. If a player is injured, (s)he should notify the coach or athletic trainer immediately. If you visit another physician or go to a hospital for treatment, the treating physician must provide you with a written release stating that you may resume participation. Give this written statement to the trainer or the athletic director.

In the event a player is rendered unconscious for any reason, he/she will not be permitted to return to participate until they have received proper

medical attention from a physician. A physician's release must be submitted to the athletic director before the athlete is allowed to return.

All coaches have received school district directives concerning injury and accident procedures. The School District is concerned about each player's physical welfare. Precautions have been established to protect the safety of all athletes.

**IN SCHOOL SUSPENSION:** Any athlete that is required to be a part of in school suspension for consecutive days shall be ineligible to participate in athletics during that time. The in school suspension will end at 2:30pm of the last day and at that time the athlete will become eligible to participate. Example- an athlete receives a three-day in school suspension. He/she will be ineligible for the first and second days and will be allowed to return at 2:30pm of the third day. One day in school suspended athletes will be eligible at 2:30pm of that day. All detentions must be served.

**INTERCOLLEGIATE ATHLETIC ELIGIBILITY:** The NCAA has set up a CLEARINGHOUSE system that all accredited member schools subscribes to. A student must enroll with the clearinghouse or their grades/transcripts will not be accepted by a college or university. The website address to enroll with the NCAA Clearinghouse is [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net). Information concerning the standards should be sought at the beginning of a student athlete's junior year of high school. The prospective college student/athlete should work closely with the school guidance counselors and the coach to insure their eligibility. **A guide for College-bound student athletes and their parents may be obtained by logging on to the above address for the clearinghouse.** Let your coach know that there is an interest in participating in college athletics and discuss your potential as an NCAA Division I, II, or III player. Division I and II offer scholarships, while Division III schools provide academic scholarships, grants, financial aid and jobs on campus. NAIA schools give athletic scholarships as well as other benefits. NJCAA (junior college) schools provide financial aid for tuition and books. Your coach and counselor will help you, but there are limitations as to how much they can do. There are over 3000 colleges and universities that offer athletic programs. Contacting each one is impossible.

On the district's website is an educational program that will help parents and students regarding the recruiting process. Just log onto the website [www.sparksd.org](http://www.sparksd.org) and click "High School", then "Athletics", then

“Student Athlete Resources”. There are three programs available for anyone to access and use.

Once goals are set for college athletics, an athlete should market themselves. A college can offer a scholarship only if they have seen an athlete play. This is where the athlete should begin to market themselves.

1. Go to the guidance office or the Internet and obtain addresses of the colleges of interest.
2. Prepare a letter to be sent to the college coaches (sample attached).
3. Prepare a resume of your career (sample attached).
4. Prepare a highlight tape and game tape to send with the resume with the proper identification.

Send the information before the senior season. The best advice would be to send it immediately after the signing of the last recruiting season ahead of you.

**STUDENT PARTICIPATION IN EVENTS:** When a student becomes a member of a team or group, he/she is committing to all the rules and expectations of that team/organization and coach/advisor. These rules, regulations and expectations will be distributed to each player by the coach. Participation in athletics by any student requires skillful time management and prior planning for involvement in multiple events. This is part of the skills and advantages that participants develop and nurture through membership in extracurricular activities. Full participation and attendance at all competitions, practices and events is expected of all participants.

**Thank you for taking the time to read over this information. South Park High School is committed to providing our student/athletics with the best coaching, equipment and facilities that can be made available. We have enjoyed great success in the past and look forward to great success in the future. Our standards may seem particularly rigorous. They seem that way because they are that way. In order to succeed on a continued basis, the bar or standard must be continually raised. It is our mission to assist you in producing the finest students, athletes and citizens possible. Thank you for the opportunity.**

**William DaBaldo, C.A.A.  
Director of Athletics**

## SAMPLE LETTER TO SEND TO COLLEGES

Your address

Date

College Address

Dear Coach (coaches name):

I am currently a junior at South Park High School in South Park, Pennsylvania, where I will graduate in the spring of \_\_\_\_\_. I am very interested in (name of college) and the programs, both athletic and academic, that you have to offer.

I play (position and sport) and after having a very successful junior season, I am looking seriously at the possibility of continuing to play at the collegiate level. Would you please evaluate my credentials and give me your consideration as a scholarship candidate? I have enclosed a resume and a tape of highlights and games from my high school career.

Your consideration would be greatly appreciated and I look forward to hearing from you soon.

Sincerely,

Enclosures: Resume  
Videotape

## SAMPLE RESUME

### Personal Information

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Home phone: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Parents: \_\_\_\_\_ Yr. of Graduation \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ 40 Time: \_\_\_\_\_

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### High School Information

South Park High School  
2005 Eagle Ridge Road  
South Park, PA 15129

Coach \_\_\_\_\_ Phone \_\_\_\_\_  
Counselor \_\_\_\_\_ Phone \_\_\_\_\_  
Sport(s): \_\_\_\_\_

### Academic Performance

College Prep Curriculum GPA: \_\_\_\_\_ Rank: \_\_\_\_\_

PSAT: Verbal: \_\_\_\_\_ Math: \_\_\_\_\_ Date Taken \_\_\_\_\_

SAT: Verbal: \_\_\_\_\_ Math: \_\_\_\_\_ Date Taken \_\_\_\_\_

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### College Interests

Academic area you wish to persue in college: \_\_\_\_\_

Sport(s) you wish to play in college: \_\_\_\_\_

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### Other Sports and Honors:

South Park School District  
**ACKNOWLEDGEMENT OF ATHLETIC MANUAL**  
(Please return to coach or Athletic Director)

I have read the information in this manual, I pledge that I will not participate (even willingly) in any hazing activities, and I fully understand the responsibilities of me should I become a member of a team.

Print name of athlete\_\_\_\_\_

Athlete signature\_\_\_\_\_

Sport& today's date\_\_\_\_\_

We have read the Athletic Manual for student athletes and fully understand the responsibilities of our son/daughter and ourselves if he/she is a participant on one of the district's athletic teams.

Signature of parent/guardian\_\_\_\_\_

Date\_\_\_\_\_

**SOUTH PARK HIGH SCHOOL ATHLETICS**  
**The Parent's Pledge**

Cooperation among coaches, athletes, parents and school personnel is essential if students are to realize the values of athletic participation. Like coaches and athletes, parents must make commitments to the athletic program to assure the values of athletic participation. We ask that you read, sign and return the following Pledge and as needed, discuss your reactions with your child's coach or the school's Athletic Director. Thanks for the help.

*As the parent of an athlete in this school, I promise:*

- ? To work closely with ALL school personnel to assure an appropriate academic as well as athletic experience for my child while he/she is in school.
- ? To assure that my child will attend all scheduled practices and athletic contests.
- ? To require my child to abide by the athletic department's training rules.
- ? To acknowledge the ultimate authority of the coach to determine strategy and player selection. Playing time is NOT GUARANTEED. Coaches have the responsibility to put the most competitive team in the contest.
- ? To promote mature behavior from students and parents during athletic contests.
- ? To work closely with coaches and other school personnel to identify a reasonable and realistic future for my child as a student athlete.

If you have a concern with a coach, you should:

- \* Call the coach to set up an appointment. The South Park High School telephone number is 412.655.4900.
- \* If the coach cannot be reached, call the Athletic Director, Bill DaBaldo to have him set up the meeting. His phone number is 412.655.7384.
- \* Please do not attempt to confront a coach or engage in discussion with a coach immediately before or after a contest or practice or on a game day. *These can be emotional times for both coach and parent and discussions under times of high emotions do not always promote a resolution of issues.*

**Appropriate concerns for parents to discuss with coaches:**

- ? Treatment of their child
- ? Ways for their child to improve
- ? Concerns about their child's behavior

**Issues NOT appropriate to discuss with coaches:**

- ? Playing time/positions/assignments
- ? Team strategy
- ? Play calling
- ? Other students

What a parent can do if the meeting with the coach did not provide a satisfactory resolution:

Call and set up an appointment with the Athletic Director. At this meeting the next step can be determined. Please remember that *playing time issues will **NOT** be discussed.*

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*This pledge was endorsed on (date) \_\_\_\_\_*

*By (parent or guardian) \_\_\_\_\_*

*Athlete's name \_\_\_\_\_*