



STUDENT-ATHLETE HANDBOOK

Park Tudor School Athletic Department

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The information in this handbook is for use as an athletic resource and is subject to change at any time. Upon posting of the Student-Athlete Handbook, all previous issues are revoked.

PARK TUDOR SCHOOL

STUDENT-ATHLETE HANDBOOK

ATHLETIC STATEMENT

This athletic booklet is designed to inform athletes and their parents or guardians of the rules, regulations, and information that helped develop the rich tradition of competition at Park Tudor School.

Participation in high school athletics is a privilege which carries with it varying degrees of honor, responsibility and sacrifice. Since athletic competition on school teams is a privilege and not a right, those who choose to participate will be expected to follow the Code of Conduct established by the school and coaches' rules for their specific sport. Athletes represent our school and student body. Athletes are to conduct themselves in a manner that is becoming to their family, Park Tudor School and the community, both on and off the playing field.

ATHLETIC PHILOSOPHY/MISSION

The goal of the Park Tudor Athletic Department is to provide the best opportunities for student-athletes to excel in teamwork, sportsmanship, self-discipline and moral character. The purpose of the program is to provide each participant with experiences that will be positive, memorable and that will help the athlete develop the capacity for commitment to a cause, acceptance of responsibility, loyalty towards any chosen endeavor, and improved athletic ability.

ATHLETE DEFINED

The Park Tudor athlete is defined as and includes all young men and women who represent a team that engages in interscholastic or club-level competition and further includes bat maids, mat maids, swim maids, cheerleaders, lifters, student managers, trainers and statisticians. All references in this publication to interscholastic athletics refer to both interscholastic and club-level teams.

ATHLETIC PROGRAM PROFILE

Park Tudor School supports 24 sports that offer 33 different teams to all students in grades 9-12. Student-Athletes are coached by 47 men and women and participate in over 400 contests per year.

WHAT MUST BE DONE BEFORE YOUR FIRST PRACTICE

The following items are to be completed by the athlete and parent/guardian before the first practice with any team:

- take and pass a physical examination and have supporting student, parent and doctor signatures
- read and complete the pre-participation forms at the back of this handbook
- meet academic eligibility requirements
- attend team meeting or meet with coach before practice
- have athletic transfer filed (transfer students new to Park Tudor cannot compete in interscholastic contests until an athletic transfer is complete).

COACHES

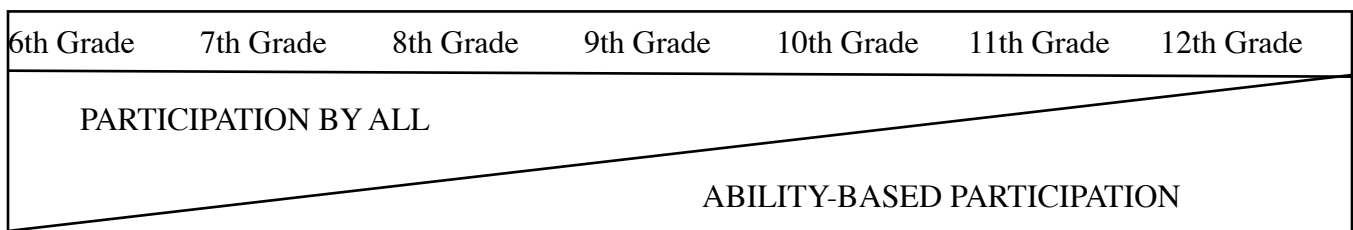
The Park Tudor Athletic Department employs coaches who are committed and passionate about their work. As part of their responsibility to inspire, motivate and teach, they should reinforce the correct attitude and work ethic vital to team and individual success. Coaches will conduct pre-season meetings with the parents of each team. Practice and game schedules will be communicated in writing prior to the beginning of the season.

No-cut policy (Schoolwide policy). The Park Tudor School athletic program has a no-cut policy. This policy allows every student maximum opportunities for participation in an organized and nurturing practice environment and all possible game situations as well. However, this policy does not guarantee playing time in games. Opportunity to play is earned by attributes such as, but not limited to the following:

- a. attending practice and games faithfully;
- b. a good attitude on and off the playing field;
- c. satisfactory academic status;
- d. appropriate skills

Participation. Inter-scholastic athletics begin in the 6th Grade at Park Tudor. At all times participation in these activities will seek the best possible balance between “participation for all” and “performance-based participation.” Participation for all is a very strong component of the earliest years of interscholastic competition. As the student-athlete gets older, ability-based participation will grow. The chart below indicates this concept in an “average” scenario, realizing that number of players, game opportunities and other factors will influence this ratio. It should be noted that both are present at all times – but in varying amounts.

At all times the coaches will do all possible to make the practice and playing opportunities fair and equitable, even though they may not be identical. In some sports, playing/participation will be affected by the rules of the sport.



Participation at a higher level. In an effort to allow students to maximize their abilities, to prepare students for more competitive upper school programs, and to encourage superior-ability student-athletes, students occasionally will be allowed to participate at levels higher than their grade, as follows:

- a. permission to participate has been given by parent/guardian, and parents and students have indicated that the student will be faithful in attendance at team practices/games;
- b. the coach of the sport has indicated participation is appropriate for the child’s physical development;
- c. the student’s academic progress and school standing is acceptable.

This decision will be at the discretion of the coaches, bearing in mind input from school and home.

ELIGIBILITY

PARTICIPATION IN EXTRACURRICULAR ACTIVITIES

The regulation of the IHSAA (Indiana High School Athletic Association) regarding eligibility for athletics states: “To be eligible scholastically, students must have received passing grades at the end of their last grading period in school in at least seventy percent (70%) of the maximum number of full credit subjects (or the equivalent) that a student can take and must be currently enrolled in at least seventy percent (70%) of the maximum number of full credit subjects (or the equivalent) that a student can take. Semester grades take precedence.”

Park Tudor School offers seven periods (including the lunch period) during the normal school day (plus a 3:15 to 3:45 period for individual teacher help sessions). The maximum number of full credits (or the equivalent) that a student can take is 7. This allows students to fulfill the core class and lab requirements while exploring a broad range of elective classes during their school day. Under special circumstances, a student may petition to register for an additional credit. This means that to be eligible by IHSAA standards, a Park Tudor student must currently be taking 5 full credits (or the equivalent) and have also passed (at the last grading period) 5 full credits (or the equivalent).

This rule applies to all high school student/athletes on all school teams and is consistent with high school graduation requirements. The rule exists to insure that student-athletes remain on target toward graduation.

At Park Tudor, the rule is further interpreted as follows: at least four of the five full-credit subjects must be in the areas of English, Foreign Language, Social Studies, Mathematics, and Science. The fifth credit may be in any area, including credits which the school issues but does not count toward fulfillment of Park Tudor’s graduation requirements. Neither grades nor credits are issued for participation in athletics.

Furthermore, all Park Tudor student-athletes will be required to meet the same academic standards for participation in all sports, not simply those governed by the IHSAA.

In addition, Park Tudor requires a 2.00 minimum GPA for each of the following grade periods: 1st quarter, 1st semester, 3rd quarter, and 2nd semester.

The Academic Dean will publish the eligibility of all students. The athletic department and the respective coaches will monitor participation in all athletic activities.

Appeals for any athletic activity are not available if a student is ineligible by IHSAA standards. Appeals regarding ineligibility under Park Tudor standards shall be made to the Director of the Upper School, who will respond in consultation with the Head of the School.

Parents of transfer students must see the Athletic Director and complete the IHSAA Transfer Report. The IHSAA will rule on eligibility. The student may be eligible immediately for all athletic activity, the student may be eligible immediately but only at the junior varsity level, or may be ineligible for a period not to exceed 365 days from the date of the transfer or last athletic participation at his or her former school.

PHYSICAL EXAMINATIONS

Every student-athlete is required by Park Tudor and the IHSAA to have a yearly physical examination completed and on file with the athletic office before practicing in any sport. Physical exams are the responsibility of the athlete and his/her parents. Exams are in effect for the next school year if taken after April 1st.

CODE OF CONDUCT

STATEMENT

The following Park Tudor athletic rules are in accordance with the Indiana High School Athletic Association Constitution.

The conduct of participants in athletics at Park Tudor, in or out of school, year-round, shall be such as: 1) not to reflect discredit upon our school, and 2) not to create a disruptive influence on the discipline, good order, moral or educational environment in our school. Any such misconduct violating these principles shall be subject to disciplinary measures.

ENFORCEMENT OF THE CODE OF CONDUCT

The Athletic Director shall enforce all rules and regulations as described in the Code of Conduct (hereafter the Code) for athletes. All rules regarding behavior and/or training as outlined in IHSAA regulations apply. The coach of each sport will reinforce the Code during the year. Parents/guardians and athletes are required to sign the acknowledgment, consent, injury awareness and disclosure document stating that they understand the code and the athlete is subject to disciplinary measure should he/she violate the Code.

Any alleged violation of the Code shall be reported first to the Athletic Director or his/her designee and then is to be followed by an investigation by any or all of the following people—coach, athletic director, Upper School Director or his/her designee.

The Code is in force twelve (12) months a year, grades nine through twelve (9-12).

SELF-REPORT CLAUSE

It is the intent of Park Tudor School to assist students with developing responsibility for their actions and to encourage honesty. Therefore, consideration will be given any student who voluntarily reports on him or her self as to a violation of the Code of Conduct before being reported by some other means. This student may pay a lesser penalty for the infraction than stated. In cases of substance abuse, the self-reporting student must participate in a substance abuse program with a qualified professional to receive the benefit of this clause. This Self-Report clause can be used only once during the student's four-year career.

COMPASSION CLAUSE

Any student serving a consequence for substance abuse who seeks help due to substance abuse will be afforded compassion. This can occur only once during the student's four-year career. The student seeking help under this compassion clause must obtain professional help at his/her expense and will be placed on probation for one year.

Student-Athlete Participation Rules

Given the physical demands required of interscholastic athletes, it is important that every athlete maintain a high level of physical fitness. Therefore, a year-round training program is essential, and a necessary aspect of that curriculum is abstaining from the use of any drugs, alcohol, tobacco, or any illegal substance.

Alcohol, tobacco, drugs, illegal substances: Any Upper School student-athlete at Park Tudor School found (verified by Park Tudor employee or by the police) in possession of, under the influence of, or distributing alcoholic beverages or illegal substances, or smoking or using tobacco in any form, will be required to attend a disciplinary hearing about the alleged infraction. If confirmed, the student-athlete will be suspended from interscholastic competition. These rules will be in effect at all times for Park Tudor Upper School student-athletes. (The possession and use of drugs prescribed by a physician is an exception to this rule.)

- For the first offense: the student-athlete will be suspended from competition for 30 days or 30%[†] of the scheduled contests in the sport, whichever occurs first.*
- For the second offense: the student-athlete will be suspended from competition for a period of 60 days or 60%[†] of the scheduled contests in the sport, whichever occurs first.*
- For the third offense: the student-athlete will be suspended from competition for 365 days.
- For the fourth offense: the student-athlete will no longer be eligible to participate in interscholastic athletics for the remainder of their career at Park Tudor.

* If less of the season remains than is called for in the penalty, the remainder of the penalty will be carried over into the student-athlete's next season of participation.

[†] *Fractional parts rounded to nearest whole number.*

While suspended, the student-athlete will be expected to participate in regularly scheduled practices in order to remain on the team, but will not be allowed to participate in contests, tournaments, or other department functions.

If the violation occurs during a period when the student-athlete is a member of a Park Tudor interscholastic team, any suspensions involved will begin on the first day following the completion of the disciplinary hearing.

If the violation occurs during a period when the student is not a member of a Park Tudor interscholastic team or during the first weeks of the season when competition has not begun, the suspension will begin on Monday of the first week during which the team has scheduled contests.

Any student-athlete under suspension must complete the entire penalty before he or she will be allowed to participate in competition. If penalties are not completed, any awards earned will be withheld.

Illegal Substances: The possession or use of drugs, alcohol, tobacco, or any illegal substances on campus, at or prior to attending any school-sponsored event on or away from campus will result in additional school consequences as outlined in the Student/Parent Handbook. (The possession and use of drugs prescribed by a physician is an exception to this rule.)

ATHLETIC SEASON DEFINED

The athletic season is defined as commencing with the first practice and ending with the final event for that sport. Penalties for violations take effect immediately upon verification of any violation and will include games in succession, i.e. season schedule, tournaments, state series, in order of competition.

FORFEITURE OF AWARDS

If the violation of the Code occurs in the last one-third (1/3) of the sport season, the athlete will not be considered in good standing and therefore will forfeit all letters and awards for that sport season.

CARRY-OVER SUSPENSION

If the violation of the Code occurs in the last part of a sport and the violator cannot fulfill the terms of his/her violation in that sport, the suspension does carry-over until the suspension is fulfilled. This includes their next sport or the same sport next year. For example, if the suspension is for two football games with only one remaining, the athlete must also miss his first wrestling match or lacrosse game until the suspension has been served. If a typically one-sport athlete elects to participate in a new sport in order to serve a suspension, he/she will be required to complete the season in good standing.

COMPLETING A SUSPENSION

When serving a suspension the athlete is expected to be present at all athletic contests and practices involving his/her team or squad. The athlete is a member of the team and is expected to fulfill this responsibility. If the athlete does not attend the contest, credit will not be given toward fulfilling the requirements of the suspension. The coaches' discretion can excuse the athlete.

EJECTIONS

All athletes that are ejected from a contest are required to serve a mandatory minimum one game suspension and complete an online sportsmanship course through the NFHS. The athlete will be required to meet with the athletic director and his/her respective coach before regaining eligibility. Longer suspensions based on individual circumstances may be invoked as appropriate. If an athlete is ejected from two contests during the same season, more serious consequences could be invoked, which could include removal from the team.

EXPECTED STANDARDS OF CONDUCT FOR ATHLETES

- * The good of the team is first and foremost. If a team concept is eliminated, the individual becomes the most important which is not appropriate.
- * No player(s) will ever employ illegal tactics to gain an undeserved advantage. All players will devote themselves to being a true sportsman or sportswoman.
- * All athletes will care for all equipment as though it was their own personal property. If equipment is destroyed through reasonable use, the school will replace it. If equipment is lost or stolen the athlete(s) will fulfill their responsibility by paying for replacement of item(s).
- * All athletes will obey the specific training and practice rules of their team as given to them by the coaching staff.
- * Athletes should not engage in doing negative things. Drinking alcohol, taking controlled drug substances, using tobacco products, using profanity and being disobedient are harmful to athletes and their team. Maximum effort and performance cannot be attained doing these things.
- * Athletes and support students of the team must pass five credits each grading period to be eligible to participate in athletics. Team members should plan their time so that they devote energy to their studies to insure passing grades which represent their true abilities.
- * Athletes should be a positive influence in all they attempt to do. They are to work for the betterment of Park Tudor and set a good example by doing what is right and good.
- * Officials deserve courteous respect. All must realize that officials do not lose a game or contest. They are there for the purpose of insuring both teams a fair contest.
- * Athletes should appreciate that coaches, teachers and school officials have the best interests of all athletes in mind as they equip, schedule and conduct the athletic program.
- * All Park Tudor athletes must comply with the standards of our athletic code of conduct and school rules or be subject to disciplinary actions or dismissal from a team as determined by the rules, coaching staff, athletic director, and/or Director of the Upper School.

Important – Park Tudor is not asking athletes to make sacrifices. Sacrifice implies giving up good things. We are asking our athletes to do the opposite. We want them to live clean, think clean and do those things that make them keener, finer and more competent individuals and team members.

ATHLETIC COUNCIL

The athletic council is composed of the Upper School Director, athletic director(s) and the coach of the sport involved with the athlete in question. The athletic council is in existence to hear appeals of athletes from decisions of exclusions by the coach and athletic department. Recommendations, different from the already stated consequence, may or may not be made. Following the hearing the parent(s) or guardian will be notified with five (5) days by the Upper School Director or his/her designee of the decision of the council. The council's decision may accept, reduce or revoke the exclusion decision for violations, but may not invoke a more severe penalty, unless new evidence is introduced.

APPEALS/HEARING

An athlete and his or her parent(s) or guardian has the right to a hearing on an exclusion by so notifying the Upper School Director in writing within five (5) school days after the exclusion decision. The right of appeal is forfeited if this is not requested within this five-day limit.

The purpose of the appeal hearing is to inquire into the athlete's alleged violation and to allow the athlete and parent(s) or guardian to present evidence on the student's behalf. The appeal is to determine whether or not the accused student has forfeited his/her privilege to be in athletics. This process has no legal implication or requirements.

PARK TUDOR CHARACTER

The education of our students is a shared responsibility among parents, teachers, and ultimately, the students themselves. Fundamental to a Park Tudor education is the development of character. High standards of behavior, ethics, and citizenship are expected both in our own educational community and in our complex and diverse world. The character of those in the Park Tudor community should be evident in actions and words, in how we think of others and ourselves, and in our relationships with others.

Park Tudor citizens strive to be respectful, responsible, and resourceful.

Respectful:

Respectful citizens endeavor to be accepting of others and ourselves, demonstrating sensitivity to differences that are encountered. They value honesty, seek the truth, avoid deception, and exhibit a sincere concern for others as they conduct themselves in a kind and fair manner.

Responsible:

Responsible persons seek integrity and demand moral courage and accountability. They are dependable, exercise self-control, and share their abilities and talents for the good of others.

Resourceful:

Resourceful persons take the initiative to solve problems through independence, perseverance, and self-reliance while recognizing that cooperation is important in achieving goals.

GENERAL INFORMATION

Accidents/Injuries

All accidents or injuries, home or away, are to be reported to the trainer and/or coach immediately.

Age

A student who is or shall be twenty (20) years of age prior to or on the scheduled date of the state final in their sport shall be ineligible for interscholastic competition in that sport.

Amateurism

Students shall not play under assumed names; accept payment directly or indirectly for athletic participation; or participate in athletic activities, tryouts, auditions, practices, and games held or sponsored by professional athletic organizations, clubs, or their representatives.

Athletic Private Lesson Policy

Private lessons provided on campus by non-Park Tudor employees are not permitted throughout the duration of the school day. On-campus private lessons are acceptable if they are conducted outside of the academic school day, and have been approved through a signed rental agreement.

Attendance

Daily attendance to school and practice is very important and expected. Students must attend half of their scheduled classes in order to participate in practice or in competition on that day. Any exemptions (funeral, doctors appointment, etc.) must be approved through the athletic directors office.

Awards/Gifts

Athletes may not receive in recognition for their athletic ability any award not approved by the Upper School Director or Athletic Director. Athletes may not accept awards, medals, recognition gifts, or honors from colleges/universities or their alumni.

Conflicts Between Activities

Activities at Park Tudor share many students. From time to time there may be conflicts between the times of activities. Communication as far in advance as possible between coaches and sponsors of other activities is a must. When a scheduling conflict exists, Park Tudor adults will work with Park Tudor student-athletes to find the best possible solution for all parties involved.

Dress and Appearance

When participating in activities and contests (home or away) as a representative of Park Tudor School, the athletes are expected to dress in a way that reflects positively on our school. Jeans are not allowed to be worn to or from events. Coaches may ask their players to dress according to team rules. All male athletes are expected to remain clean-shaven. No facial hair is allowed. Hair length for both male and female athletes should fall within the school's dress code and be appropriate for their particular sport.

Equipment

Each athlete is responsible for the care and return of all athletic equipment. Lost equipment is not an acceptable excuse and will be paid for at a rate determined by school officials. All school-owned uniforms and equipment must be returned within one week of the conclusion of the sport's season. A student who neglects to return equipment will be ineligible for all athletics until he/she returns the equipment and is in good standing with the school. If equipment has not been returned and/or payment for missing equipment

has not been received, the school reserves the right to hold enrollment contracts, diplomas, and/or transcripts until the issue is resolved.

Hazing

At various colleges and high schools and at every level of sports, there has occasionally existed a "tradition" called hazing. Hazing began as an informal type of initiation rite. There have been occasions in which what started out jokingly as an "initiation" have turned ugly, harmful, and even deadly. Park Tudor School will consider ANY type of hazing, initiation, etc., to be expressly outlawed. Coaches, the Athletic Director, and the Administration will determine if an incident is hazing. If so determined, these officials will consider it a serious disciplinary infraction equivalent to "coercion," "threat," "intimidation," and even "assault," as defined in the Student Handbook. Penalties outlined in the Student/Parent Handbook dealing with such activities as this shall be applied to any such cases of hazing or attempted hazing that may occur.

Illness/Injury

An athlete who is absent five (5) or more consecutive school days due to illness or injury must present written verification from a licensed physician stating that the athlete may resume participation. Additional practices may be required before competition is allowed.

Insurance

Due to the nature of athletic activity, injury and/or death may occur. While the school provides the opportunity for such participation, the parent retains the right of denial of such participation and must carry the responsibility for providing medical care and insurance coverage for their son or daughter. Parents are encouraged to have a family insurance policy to cover athletic injuries and the cost of treatment. IT SHOULD BE NOTED THAT NEITHER THE IHSAA NOR PARK TUDOR SCHOOL CARRY ANY KIND OF FIRST DOLLAR MEDICAL INSURANCE FOR ATHLETIC INJURIES.

No-Cut Policy

The Park Tudor School athletic program has a no-cut policy. This policy allows every student maximum opportunities for participation in an organized and nurturing practice environment and all possible game situations as well. However, this policy does not guarantee playing time in games. Opportunity to play is earned by attributes such as, but not limited to the following:

- a. attending practice and games faithfully;
- b. a good attitude on and off the playing field;
- c. satisfactory academic status;
- d. appropriate skills.

Outside Teams

Athletes who participate as members of any similar teams in the same sport season, not under the direct supervision and management of their school, shall not be eligible for Park Tudor teams. Athletes who wish to participate on teams outside the sports season should check with their coach or the athletic director BEFORE PARTICIPATING to determine their eligibility to participate.

Participation in Two Sports in One Season

Athletes may participate in more than one sport during one season. Coaches involved with athletes planning to do this will meet and discuss the possibilities. Attempts will be made for practice schedules to be worked out between the coaches involved IF POSSIBLE. The athlete must realize that extra time for practice is necessary to compete in two sports in one season. The athlete must meet the requirements of both sports. If the requirements of one or both sports are not met, the athlete will be asked to choose which sport he/she will continue in.

Parties

Attendance at social events such as parties, dances, etc. is up to the athlete and parent or guardian. Athletes are expected to leave social events immediately where the illegal use of chemical substances, alcohol, tobacco, or any other illegal activity is taking place. Don't be guilty by association.

Practice Policy—Holidays

The following holidays are celebrated at Park Tudor School:

- *Martin Luther King, Jr. Day
- *Presidents' Day
- *Memorial Day
- *Independence Day
- *Labor Day
- *Thanksgiving (usually + Wed. and Fri.)
- Christmas Eve Day & Christmas Day
- New Year's Eve Day & New Year's Day
- * National Holidays are marked with an asterisk.

As far as possible, these days will be holidays for the entire Park Tudor family. A holiday that occurs on a Saturday or Sunday may be observed on either the preceding Friday or following Monday.

Students and employees are encouraged to take part in celebrating these days. Where possible, required student activities or work for employees will not be scheduled on national holidays. The school reserves the right to amend the listing of holidays.

Although Park Tudor makes every effort to avoid scheduling student activities (rehearsals, practices or games) on these holidays or during vacations, at times it is necessary to do so. If a student (team member, extracurricular participant) is not out of town and/or has no other family plans, the student is expected to be at the rehearsal, practice or game. However, no participant shall be "cut" or asked to leave the activity/team if he or she cannot attend one or more of these practices or games. If participants cannot attend due to observation of a national holiday, they may jeopardize their participation status (playing time, opportunity to start, status within the group), as others may have earned that privilege. However, participation will still be possible. For example, athletes who have missed practice will be allowed to be in uniform at the contest, and some playing time may be possible. Athletes who have "lost" playing time or the opportunity to start due to holiday observance will have every possible chance to earn it back. Participants in other extracurricular activities will not be dropped from the activity due to a national holiday observance.

Practice Policy—Religious Holidays

Recognizing that our school family includes members of many religions, Park Tudor is committed to do all it possibly can to allow all students and employees an opportunity to participate in religious observances. Because our membership is so diverse, it rarely is possible to accommodate religious observances on a school-wide basis.

Students and employees are encouraged to take part in celebrating the days observed in their religious traditions. In doing so, excused absences will be given.

Questions and Answers

Questions and concerns regarding any aspect of the athletic program should be discussed with a student's coach. If there is no coach available or the concerns are not properly addressed, the athletic director should be contacted.

Quitting a Team

If an athlete participates in a practice for a sport, he/she should notify the coach immediately if he/she intends to quit the team. After quitting one sport, the athlete cannot join another sport in the same season without the approval of the athletic director.

If an athlete participates in ten practices for a sport, he/she cannot quit that sport and join another sport until the sport season he/she quit is completed. Example: An athlete cannot quit the football team to join the hockey team until the football season is completed. Mutual consent by both coaches can waive this rule.

Taunting

If a student-athlete or spectator makes a scornful remark in a mocking, insulting or contemptuous manner during competition, he/she is subject to discipline. If the taunting occurs during competition as a competitor, the official or referee disciplines the student-athlete according to the rules of the game. If taunting occurs during competition as a spectator, the student-athlete or spectator is disciplined by the athletic department according to his/her behavior.

Training Room

The training room is located on the lower level of the athletic building in the north hallway. Student-athletes are not permitted in this room without adult supervision. The training room is for treatment and rehabilitation. Space is limited, therefore only athletes needing treatment are allowed in this room.

Transportation

Park Tudor School athletes are required to travel to and from athletic contests in school-approved vehicles under adult supervision provided by Park Tudor School. Requested exceptions or circumstances should be proposed to the Head Coach or the Athletic Department in writing at least 24 hours in advance. If a student is not returning to school after an away event, the student may be released ONLY to their parents.

Weight Room

The weight room is available for use by teams before and after school when scheduled. **NO STUDENT SHALL USE THE WEIGHT ROOM WITHOUT THE SUPERVISION OF PARK TUDOR'S CERTIFIED STRENGTH AND CONDITIONING COORDINATOR** or without having a physical exam on file in the athletic office. Fitness Deck rules are posted and apply at all times.