



ATHLETICS

Handbook

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Welcome to UCFSD Athletics

We are proud of our athletic program at UCFSD. For over 90 years, athletes in our schools have made the commitment to be part of our program. Teams and individuals have won championships at the local and state levels; many athletes continued their academic and athletic careers at the collegiate levels; we have engaged in philanthropy and community service projects, learned invaluable life-lessons, had fun and meaningful experiences, and have excelled in the classroom.

Today, the UCFSD athletic program is thriving. We are ranked as one of the top programs in Pennsylvania, featuring opportunities for kids in 28 PIAA high school interscholastic programs, 15 PIAA interscholastic middle school programs, 3 club programs, and 1 unified sports team. We have approximately 1300 athletes in grades 7-12 who participate at a variety of levels. Our coaches, many of whom played in college and/or teach in our very own schools, are talented and passionate about their sport and the kids they coach on and off the field.

We thank all families and boosters, past and present, for partnering with us to support our athletes, coaches, and overall programs. Our program is special because of the positive and appropriate collaboration that occurs between families, athletes, and school staff.

We welcome and thank all athletes for being part of our long-standing Unionville tradition. We challenge our athletes to honor the good work of our alumni, while also leaving their mark on UCFSD athletics and setting the example for the athletes who will represent our program in the future. We hope the experience as a student-athlete is unparalleled and filled with pride.

Best of luck,

Pat Crater, Supervisor of Athletics



SECTION I- ATHLETICS INFORMATION

General Overview

Unionville High School PIAA Interscholastic Sports

Unionville High School fields 27 PIAA interscholastic programs. These programs compete against other schools as members of the Ches-Mont League American Division and the PIAA District 1. High School programs generally have a varsity and junior varsity level with some teams having a freshman or JV-B team as well. Varsity teams participate in district and state playoffs. In addition to team playoffs, some sports also offer individual league, district, and state playoffs.

Fall

Cheerleading
Boys & Girls Cross Country
Field Hockey
Football
Boys & Girls Golf
Boys & Girls Soccer
Girls Tennis
Girls Volleyball

Winter

Boys & Girls Basketball
Cheerleading
Coed Competitive Spirit
Boys & Girls Indoor Track
Boys & Girls Swim & Dive
Wrestling

Spring

Baseball
Boys & Girls Lacrosse
Softball
Boys Tennis
Boys & Girls Track & Field
Boys Volleyball

Patton Middle School Interscholastic Sports

Patton Middle School fields 15 PIAA interscholastic programs. These programs generally compete against other schools in Chester County. Many middle school programs have two separate teams (7th and 8th grade), and some sports have one combined team depending on roster sizes and available opponents. In middle school, there is no league championship; teams do not participate in playoffs.

Fall

Cheerleading
Boys & Girls Cross Country
Field Hockey
Football
Boys & Girls Soccer
Girls Volleyball

Winter

Boys & Girls Basketball
Wrestling
Cheerleading

Spring

Baseball
Boys & Girls Lacrosse
Softball
Boys & Girls Track & Field

Club Interscholastic Sports

UCFSD sanctions three interscholastic club sports. Club programs are not governed by the PIAA. Each club has their own governing body and participates in a competitive schedule against other schools and independent club teams.

Boys & Girls Ice Hockey

Grades 5-12

One Season (Sept-Mar)

Boys & Girls Rowing

Grades 9-12

Two Seasons (Aug-Oct & Mar-May)

Winter Training Sessions (Nov-Feb)

Boys Rugby

Grades 9-12

One Season (Feb-Jun)

Unified Interscholastic Athletics

Unionville High School partners with the Special Olympics of Pennsylvania to sanction Unified Bocce. The season runs from December through February with the culminating events held in March.

The official definition of Unified Sports by the Special Olympics is:

“Special Olympics Unified Sports is an inclusive sports program that combines an approximately equal number of Special Olympics athletes (individuals with intellectual disabilities) and partners (individuals without intellectual disabilities) on teams for training and competition. Three models exist within Unified Sports: competitive Unified Sports, Unified Sports Player Development, and Unified Sports Recreation. All three models provide different types of experiences in team sports such as basketball, football, and volleyball and in other sports such as bocce, golf, and tennis. Unified Sports is now offered throughout the world and has been a Special Olympics internationally sanctioned program since 1989.”

[Special Olympics Unified Sports Quick Reference Guide](#)**Academic Eligibility**

“PIAA is an organization consisting entirely of schools. Academics, therefore, shall always be a priority and demonstration of satisfactory academic performance is an essential and mandatory prerequisite to student eligibility to participate in interscholastic athletics.”

PIAA Academic Eligibility Standard: *“To be eligible for interscholastic athletic competition, a student must pursue a curriculum defined and approved by the Principal as a full-time curriculum. Where required, this curriculum or its equivalent must be approved by, and conform to, the regulations of the State Board of Education and the Pennsylvania School Code, as well as any local policies established by the local School Board. The student must be passing at least four full-credit subjects, or the equivalent.”*

The athletic office at UHS and the main office at CFPMS will monitor academic eligibility on a weekly basis. All subjects count for academic eligibility. Any athlete who failed, or is failing, two (2) or more subjects shall be ineligible. Our standard is in accordance with the PIAA regulations that states, *“PIAA member schools may adopt higher or more stringent academic standards, but may not have lower academic standards.”*

Athletes who are academically ineligible may not compete in interscholastic scrimmages or contests. If the parents, athlete, and coach all believe that it's in the best interest of the athlete's academic progress to continue all other functions of the team (practice, team meetings, visits to the AT), he or she shall be permitted. However, athletes who are academically ineligible will not be excused early from school to travel with their team.

Beginning of School Year Academic Eligibility

PIAA regulations state, *“At the end of the school year, the student’s final credits in the student’s subjects rather than the student’s credits for the last grading period shall be used to determine the student’s eligibility for the next grading period.”*

Any athlete who failed two (2) subjects at the end of the school year, or who did not pass the equivalent of four (4) full-credit subjects, shall be ineligible for athletic participation for the next 15 school days beginning on the first student day of the next school year. These athletes may participate in pre-season practices prior to the first student day.

Weekly Academic Eligibility

Once the school year begins, eligibility is reported on a weekly basis. PIAA regulations state, *“Where a student’s cumulative work from the beginning of the grading period does not meet the standards provided in this Section, the student is ineligible from the immediately following Sunday through the Saturday immediately following the next Friday as of which the student’s cumulative work from the beginning of the grading period meets the standards provided for in this section.”*

The athletic department will send a warning notice to the athlete, parents, and the coach on each Wednesday prior to the official eligibility report that is run on each Friday. Please note that athletes who are meeting the eligibility requirements on Wednesday will still end up on Friday’s ineligible report, without warning, if 2 or more grades become failing between the report on Wednesday and the report on Friday.

If the athlete believes there’s a mistake in his/her grade, he/she shall contact the teacher immediately. If the teacher confirms there was a mistake, resulting in a passing grade, eligibility will be reinstated.

Marking Period Academic Eligibility

Any athlete who failed two (2) or more subjects at the end of the first, second, or third marking period shall be ineligible for athletic participation for 15 school days beginning on the day that report cards are issued. Athletes may participate in open tryouts for team selection but may not scrimmage against another school.

Club Sports Academic Eligibility

Although our interscholastic club sports are not governed by the PIAA, UCFSD requires our club sport athletes to follow the same academic eligibility rules as those who participate in our PIAA sports.

Activity Fees

UCFSD applies an activity fee for athletes to participate in our high school and middle school PIAA interscholastic program. Families have the option to pay their activity fee online or submit cash or check to the high school athletics office (UHS) or middle school main office (CFPMS), prior to the first competition. If you are experiencing a financial hardship and request your activity fee to be waived, please do not hesitate to send a confidential email to the Supervisor of Athletics.

[High School Activity Fees](#)
[Middle School Activity Fees](#)

Activity Fees Q and A

Is there a yearly cap for activity fees for families?

- Yes, there is a \$500 cap per family. There is also a \$250 cap per individual.

Is the activity fee the same as a booster fee?

- No, activity fees are collected by the school district. In addition, many booster clubs at the high school level charge a booster fee to help offset their annual expenses.

How is activity fee money used?

- The district funds approximately 90% of the cost of the athletic program including uniforms, supplies, transportation, coaches, and officials. Activity fees cover the remaining 10%.

Attendance at School

The safest and most acceptable attendance practice for an athlete participating on a sports team is to attend school all day. However, we understand that there are situations when a student-athlete needs to be late or absent from school. UHS and CFPMS have established the following attendance guidelines relating to after school activities:

Tardies

- Athletes who are unexcused tardy but arrive before 8:35 AM are eligible to participate that day.
- Athletes who are unexcused tardy but arrive after 8:35 AM are ineligible to participate that day.
- Athletes who are excused tardy and arrive before 11:25 AM are eligible to participate that day.
- Athletes who are excused tardy and arrive after 11:25 AM are ineligible to participate that day.

Please note: Athletes exceeded (10) tardies (excused & unexcused) for the year may be required to provide a doctor's note when they report to school in order to be eligible to participate that day.

Early Dismissals

- Athletes who have an excused early dismissal may return to participate in their athletic activity later that day.
- **Athletes who leave school because of illness may not participate in their athletic activity later that day without administrative approval.**

Absences

- Athletes who are absent from school are ineligible to participate that day. However, athletes who are going to be absent from school during their season for reasons such as a college visit or an award ceremony must get approval from their assistant principal prior to the date of the absence in order to be able to participate in their sport activity on that date. To get approval, athletes must provide a written note from the parent/guardian explaining the reason for the absence.

Awards

Formal awards are generally earned at the high school level. Unionville High School awards varsity and JV letters, and certificates for freshman teams and managers. The coaching staff is solely responsible for determining which athletes meet the criteria for these awards.

Additional individual awards may be announced at team banquets. Again, these are awards selected by the coaching staff. Some booster clubs and other organizations offer student-athlete scholarships, which are typically announced at the senior awards assembly.

Booster Clubs

Booster Clubs must follow the guidelines set forth in UCFSD Board Policy 915

UCFSD recognizes and appreciates the cooperation and support given by booster clubs. The primary purpose of a booster club is to provide support and encouragement to its athletes and coaches. Booster clubs are organized as 501(c)(3) charitable organization, and while the school district and booster clubs work together, booster clubs are separate entities from the school district.

Booster clubs exist in most programs at the high school level. They are permitted to charge a reasonable membership fee, but shall waive this fee for families seeking financial assistance. We encourage families to support and work cooperatively with their booster club, however, a family's membership status and financial contribution will not affect an athlete's membership or status on the team.

Booster clubs engage in fundraising activities to offset expenses such as: team spirit wear, banquets, special equipment, and facility improvements.

Unionville Sports Council

The Unionville Sports Council ("USC") is a registered Pennsylvania Nonprofit Corporation with a mission to encourage and support physical activity throughout UCFSD by engaging in a variety of supportive activities, such as:

- Encouraging increased opportunities for, and participation in, diverse physical activities
- Cooperating with UCFSD in promoting the best interests of its athletic programs
- Fostering a sense of spirit and pride in the UCFSD community
- Raising funds for special equipment and programs desired by the community that are not specifically provided for by UCFSD
- Providing an umbrella organization for focused subcommittees ("Boosters")

USC supports our booster clubs by:

- Funding a HUDL license - USC obtains 1 overall license for video software and online application for athletes, coaches, and college recruiting
- Supplying the Operator's License and Food Handler's License for concession stand operations
- Supplying a PA State Tax Exemption - as a 501(c)(3) charitable organization, USC is exempt from PA sales tax, which covers its member booster clubs

- Supplying a PA State Gaming License which covers its member booster clubs for those who wish to participate in fundraisers such as 50/50
- Paying for the preparation and filing of all government documents for its member booster clubs.

Charter and Cyber Charter School Students

Charter and cyber charter school students must follow the guidelines set forth in UCFSD Board Policy 140.1

PIAA Constitution and By-laws states, *“Students enrolled in a Charter School or Cyber Charter School are eligible only at said school in those interscholastic sports sponsored by that school. Students enrolled in a Charter School or Cyber Charter School that does not offer a particular interscholastic sport are eligible to participate in that sport at the school which they would otherwise attend, in the public school district of their residences, provided that the students meet all other eligibility requirements, including, but not limited to, school verified evidence of full-time attendance.”*

College-Bound Student-Athletes

Our coaches, athletics and guidance offices, teachers, and administrators are committed to helping those athletes who wish to pursue athletics at the collegiate level. Several times each year, we celebrate our college-bound student-athletes by hosting a college signing event at the high school.

Athletes who are pursuing NCAA Division I or Division II college must register with the NCAA Eligibility Center. Athletes who are pursuing NCAA Division III college should create a profile page on the same site.

[NCAA Eligibility Center](#)

Additional Resource: [NCAA Guide for the College-Bound Student-Athlete](#)

Athletes who are pursuing an NAIA school must register at the NAIA Eligibility Center.

[NAIA Eligibility Center](#)

Commitment of Athletics

A student-athlete is expected to be committed to the team. Practices and attendance at athletic contests are an essential part of that commitment and should be a very high priority. Missing practice or competition may hinder a student-athlete’s individual skill, attitude and knowledge development, increase the chance of injury, weaken his/her role with the team, and affect the team’s performance and chances for success.

A student-athlete is required to attend all practices unless excused by the coach. It is an expectation that every athlete attends every contest and should only be excused by the coach under emergency or unusual situations.

Coaches will expect that athletes are dressed and ready to start practice at the specified time. The coach should provide a schedule which includes weekend/holiday practice times and game times. Athletes should listen for announcements about changes to the team schedule.

Unexcused Absences from Practice/Games

A student-athlete who has multiple unexcused absences from practice may be dismissed from the team. The coach should call home or set up a meeting as an intervention prior to dismissing a member of the team for unexcused absences. A coach may decide that an athlete cannot compete in the next game following an unexcused absence from practice.

Excused Absences from Practice/Games

We understand that there are circumstances where an athlete needs to be excused from attending practice. In the event of an excused absence or lateness, the athlete must notify a coach in advance. It is important that there is communication when these situations arise. While excused absences are acceptable, not being present to participate in practice activities can affect playing time or other game-time decisions.

Season Ending Injuries

We encourage athletes with season ending injuries to remain part of the team. An athlete with a major injury or medical condition that prohibits him/her from fully participating will still be asked to attend practices and contests to help out in other aspects (such as videography or scorekeeping) and to support the team.

Calendar Considerations

Fall Sports

- The PIAA sets the start of the season for early to mid August for high school teams. Athletes are expected to attend these practices. Vacations and other appointments should be scheduled prior to the official start date.
- Middle school teams begin once school starts, with the exception of football which reports in August for heat acclimatization.
- Many high school teams will have mandatory practices or competitions during Labor Day weekend.
- During the fall sports season, the district calendar typically has days off from the academic schedule. Most high school teams will have mandatory practice on these days.

Winter Sports

- The PIAA sets the start of the winter season for mid-November. High school athletes are expected to attend mandatory practices and games during Thanksgiving and winter breaks.
- Middle school girls basketball, wrestling, and cheerleading will also begin in November, but will not have mandatory practices when school is closed. Middle school boys basketball begins in January (tryouts in December).
- During the winter sports season, the district calendar typically has days off from the academic schedule. Most high school teams will have mandatory practice on these days.

Spring Sports

- The PIAA sets the start of the spring season for early March. High school athletes are expected to attend mandatory practices and games during spring break.
- During the spring sports season, the district calendar typically has days off from the academic schedule. Most high school teams will have mandatory practice on these days.

Multiple Activities

Student-athletes who participate in multiple activities are expected to make their “in-season” school team a priority, and should not be pressured regarding “out of season” workouts or programs.

Communicating Concerns

Team selection, player utilization, and team strategy are solely the prerogatives of the coach. UCFSD welcomes all participants and parents/guardians to speak with the coach of their child’s team if there are any other concerns. Students are encouraged to speak directly to the coach regarding any concern prior to involving parents. Students **and/or parents** are not permitted, however, to speak to a coach immediately before or after a contest or event regarding a concern; this is usually counterproductive as emotions are frequently heightened at those times. Students should make an appointment for a subsequent meeting time to allow a more productive conversation to occur.

If the student and/or parent are not satisfied with this level of communication, the following steps should be followed:

1. Student-athlete speaks with the coach
2. Parent speaks with the coach, preferably with student-athlete present
3. Parent speaks with the Supervisor of Athletics
4. Parent speaks with Patton or UHS Building Principal
5. Parent contacts the Superintendent’s office

UCFSD asks all involved to be reasonable and patient in waiting for a response before moving to the next level of communication.

Discipline

School

At UCFSD, we have high expectations for behavior. Rules and explanations for disciplinary offenses and responses are contained in [Policy 218](#), located within the Board Docs section of the UCFSD website.

If an athlete is suspended out-of-school, he/she is not eligible to participate on the day of the suspension. If the out-of-school suspension is for a Friday and a Monday, the athlete may not participate for the weekend between the two (2) days of out-of-school suspension.

Team

Regarding team conduct, coaches will have high expectations for their athletes on and off the field. In addition to the UCFSD policy, coaches will have team/athlete rules and expectations. Coaches will communicate the team-specific rules and expectations prior to the start of each season. Athletes who violate team-specific rules are subject to the consequence determined by the coaching staff and/or administration.

Equipment and Uniforms

School issued equipment and uniforms are property of the school district. We ask that athletes take good care of their uniform and equipment. Equipment and/or uniforms that are not returned, or considered to be intentionally damaged, at the conclusion of the season will be considered an “outstanding obligation” All outstanding obligations will be noted in PowerSchool, ultimately resulting in a hold on purchasing prom tickets and could result in the inability to “walk” at graduation. Outstanding obligations carry over each year, starting in middle school.

Fitness Center

Overview

The fitness center is available to all Unionville High School students after school from 3:00 PM - 5:00PM. The fitness center will be supervised by an appointed school staff member at that time. Additionally, individual teams may utilize the fitness center at various times as determined by their coach. In this case, a coach will supervise all activity. At no time should a student-athlete be utilizing the fitness center while unsupervised. In the event that the fitness center is closed after school, an announcement will be made via the school intercom, and a sign will be placed on the fitness center door.

Safety & Etiquette Rules

The Physical Education Department has established the following rules regarding fitness center safety and training etiquette that all students must follow during and after school hours.

1. Always make sure a teacher/coach is present in the fitness center before entering.
2. No horseplay in the fitness center.
3. All drink bottles must have a cap and be secure when not being used. In addition, no food should be eaten in the fitness center.
4. Leave all personal belongings in the locker room (backpacks, gym bags, etc.)
5. Appropriate attire is a must! (Athletic shoes or sneakers, shorts or sweatpants and t-shirts or sweatshirts must be worn at all times.)
6. Keep jewelry to a minimum - excessive jewelry may result in serious injury.
7. Keep the fitness center clean. (Throw away all trash and wipe down equipment when finished.)
8. When using free weights:
 - a. Always be sure to use bar clamps on olympic bars.
 - b. Use a ‘spotter’ on lifts that may require assistance.
 - c. Always return free weights and bars to their proper location when finished.
 - d. Always use proper lifting technique.
 - e. Use lifting belts for heavy lifting exercises.
9. When using a weight machine:
 - a. Always be sure to adjust settings appropriately.
 - b. Complete the exercise in a slow and controlled movement using a full range of motion to maximize benefits.

- c. Clean all surfaces you may have contacted when finished at a machine.
 - d. Do not sit on the machine during a rest period.
10. Use all 'cardio' machines (treadmills, ellipticals, ergs, spin bikes, etc.) the way they are intended to be used. In addition, clean the machine when finished with your workout.

Don't hesitate to ask for advice regarding a specific exercise or how to use a specific machine from the fitness center supervisor, or a coach, PE teacher, or athletic trainer.

Equipment Available

The following equipment is available for use. Student-athletes will receive education on fitness center safety as part of the physical education curriculum and are expected to use only the equipment which they know how to use properly. The fitness center supervisor and/or coach should be utilized as a resource regarding proper use of equipment.

- Free Weights
- Weight Machines
- Cardio Equipment
- Exercise/Yoga Mats
- Medicine Balls
- Plyometric Boxes

Foreign Exchange Students and International Students

Foreign Exchange and International athletes must follow the guidelines set forth in UCFSD Board [Policy 239](#). Students seeking participation in our PIAA interscholastic program should contact the athletics office to fill out the required paperwork, which will ultimately be sent for approval from the PIAA District One committee.

PIAA Constitution and By-laws states, *"A Foreign Exchange Student or International Student becomes eligible for a period of one year at the PIAA member school which the student attends upon the determination of the PIAA District Committee."*

Governing Organizations

UCFSD PIAA Interscholastic Athletic Teams are governed by the following organizations:

National Federation of High School Sports ([NFHS](#))

The NFHS is the national governing body that oversees state athletic associations. The NFHS is responsible for writing the rules of competition for high school sports (as a general guide, the NFHS is responsible for all rules "within the lines"). Additionally, they provide training and continuing education to high school coaches.

Pennsylvania Interscholastic Athletic Association ([PIAA](#))

The PIAA is the state athletic association that governs the majority of athletic programs in Pennsylvania. The PIAA is responsible for adopting, establishing, and enforcing rules and policies. (As a general rule of

thumb, the PIAA is responsible for all policies “outside the lines.”) Additionally, they organize inter-district championship contests (‘The State Playoffs’).

PIAA ([District 1](#))

The PIAA is divided into 12 geographic regions. UCFSD is a member of District 1 which is the local district for Chester, Montgomery, Delaware, and Bucks Counties. District 1 is responsible for enforcing PIAA rules and policies amongst their members. Additionally, they organize the district championship contests (‘The District Playoffs’).

Ches-Mont League ([American Division](#))

Unionville High School is a member of the Chest-Mont League which has members in Chester and Delaware Counties. The Ches-Mont is broken down into two divisions, the American and the National. UCFSD teams compete in the American Division. Locally, the Ches-Mont league is governed by the athletic directors, principals, and a league president.

American Division:

Great Valley HS
Kennett HS
Oxford Area HS
Bayard Rustin HS
Sun Valley HS
Unionville HS

National Division:

Avon Grove HS
Bishop Shanahan HS
Coatesville HS
Downingtown East HS
Downingtown West HS
B Reed Henderson HS
West Chester East HS

Middle School League

Charles F. Patton Middle School competes in the Ches-Mont Middle School League. PIAA interscholastic sports in 7th and 8th grade are also governed by the PIAA. Locally, the middle school league is governed by the athletic directors.

Club & Unified Governing Bodies

Please note the PIAA does not govern our club interscholastic or unified interscholastic programs. Each club has their own governing body and league listed below. UCFSD expects our club and unified student-athletes to uphold all expectations of the PIAA and their respective organization.

Rugby Club:

National Governing Body: [USA Rugby](#)
Regional Governing Body: [Rugby PA](#)
Boys League: Division 1 - Valley Forge Conference

Rowing Club:

National Governing Body: [US Rowing](#)
US Rowing Classification: Scholastic
Regional Governing Body: Philadelphia Scholastic Rowing Association ([PSRA](#))
Other Governing Bodies:

- Scholastic Rowing Association of America ([SRAA](#)) - Responsible for organizing National Championships.
- Individual Local Organizing Committees (LOCs)- Responsible for hosting fall regattas under US Rowing guidelines.

Ice Hockey Club:

National Governing Body: [USA Hockey](#)

Regional Governing Body: Atlantic Amateur Hockey Association ([AAHA](#))

League: Inter-County Scholastic Hockey League ([ICSHL](#))

- Please note: The ICSHL utilizes PIAA eligibility requirements. The ICHSL handbook can be found [here](#).
- The ICHSL is responsible for organizing the 'Flyers Cup Playoffs.'

Unified Bocce:

Governing Body: Special Olympics of Pennsylvania ([SOPA](#))

Supporting Bodies: PIAA & PA Department of Education: Bureau of Special Education

Hazing

Hazing in any form by any member of any athletic team will not be tolerated. Hazing has the potential to endanger the mental or physical health, safety, and/or welfare of a fellow participant regardless of the willingness of the member to be hazed. Hazing shall include, but is not limited to, any brutality of a physical nature, forced consumption of foods or liquids, any activity that will subject the member to mental stress, or various initiations or rites of passage practices. The penalty for hazing may include both school and athletic disciplinary action, which may result in dismissal from the team.

[UCFSD Hazing - Board Policy 247](#)

Home-Schooled Students

Home-schooled athletes must follow the guidelines set forth in UCFSD Board [Policy 137.1](#). They must file paperwork with the Athletic Office, and be approved by the Principal, prior to their first contest.

PIAA Constitution and By-laws states, *"Students instructed by a properly qualified private tutor under Section 1327 of the Public School Code of 1949 and/or students participating in a home education program under Section 1327.1 of the Public School Code of 1949 are eligible only at the public schools that the students would otherwise attend by virtue of their residences and, for purposes of BY-LAWS 2017-2018 14 Cooperative Sponsorship of a Sport agreements, are deemed to be enrolled at the public schools that the students would otherwise attend by virtue of their residences."*

Insurance

Students participating in athletics must be covered by pupil protective insurance, for which the student is to assume the premium, or must present evidence of other insurance coverage. It is the student's responsibility when injured while participating in athletics, no matter how trivial the injury may seem, to report it immediately to the coach.

Levels of Participation and Expectations

Middle School and 9th Grade Teams

Middle School (Grades 7 & 8) and Freshmen Level Athletics: Middle school level athletics provide an opportunity for a continuation of skill development and participation from community youth programs. Freshmen level athletics provide an opportunity for a continuation of skill development and participation from middle school programs. At these levels, participation and skill development is stressed more than competition. Equal playing time is not guaranteed, as multiple criteria factor into decision-making. These levels promote work ethic, skill development, positive attitude and responsibility to others. The number of participants may be limited based upon available resources.

JV-B & Junior Varsity

Junior varsity level generally will be comprised of athletes from grades 9 through 11. At this level, competition is stressed more than participation. Athletes begin to understand that athletes with more ability, a stronger work ethic, a more positive attitude, and/or team players who are physically fit generally experience more playing time. The junior varsity level prepares student-athletes for varsity level competition. The number of participants on respective teams may be limited based upon available resources.

Varsity

The varsity level is the most competitive athletic program at UCFSD. The primary objective is to place the most skilled individuals together as a team to win each game that is played. Coaches and players should focus on improving player skills, defining player roles, and establishing individual and team goals. The head coach determines playing time and playing position according to team needs. Playing time or position is not guaranteed. Each varsity player should realize that participation at the varsity level requires greater commitment and dedication to the sport than at previous levels. Each individual has a responsibility to the other members of the team and must contribute accordingly. Those who do not make the necessary level of commitment may find their participation time diminished, and possibly compromise his/her membership. The number of participants on respective teams may be limited based upon available resources.

Participation in Multiple Activities

UCFSD is committed to the development of well-rounded individuals, both mentally and physically. Students at all levels in our program are highly encouraged to broaden their experience and skills by participating in a variety of sports.

However, participation on multiple teams in the same season is difficult to manage and, most often, not in the best interest of the student or the teams. In unique circumstances, if an athlete desires to play two sports in the same season, he/she would need approval from the Supervisor of Athletics and both coaches.

PIAA Eligibility Rules

We request that all families review the PIAA eligibility rules. PIAA states, “*A student who participates in interscholastic athletics at a school which is a member of the Pennsylvania Interscholastic Athletic Association, Inc. ("PIAA") must comply with PIAA eligibility rules. If you fail to comply with these rules, you will lose your eligibility to participate in interscholastic athletics. If you participate while ineligible, you, your school, and/or your Team will be penalized. It is, therefore, important for you to be aware of applicable eligibility provisions.*”

[PIAA Eligibility Rules](#)

Preseason Requirements

Student-athletes must meet the following UCFSD and PIAA requirements in order to be eligible to participate in activity. Under PIAA rule, in order to participate in scrimmages and/or competitions, athletes must have practiced for 5 days.

Parents & Student-athletes must complete the following

1. PIAA Comprehensive Initial Pre-Participation Physical Evaluation (CIPPE) via FamilyID
 - MUST BE COMPLETED 1 WEEK PRIOR TO THE FIRST PRACTICE/TRYOUT.
2. Activity Fee
 - Please submit before the first competition
3. Transfer Paperwork (if applicable)
4. Clear athletic equipment obligations (if applicable)
5. Turn in medical clearance for any unresolved injuries (if applicable)

Schedules

High School Game Schedule

At the high school level, Ches-Mont league games are determined by the league representative for each sport and ultimately voted on by the principals. League by-laws dictate the start times for afternoon and evening games. Non-league games are generally selected by the head coach, in collaboration with the Supervisor of Athletics.

Middle School Game Schedule

Middle School games are played against Ches-Mont middle school league opponents. Similar to the high school, there is a league representative for each sport who is responsible for determining the schedule. On occasion, non-league games will be scheduled at the middle school level.

Practice Schedules

Practice schedules are determined by the coach. At the middle school level, practices are after school with no weekend or evening commitment unless there is a rare and unique circumstance. High school practice times vary and may include evenings and Saturday depending on available facilities, availability of our Athletic Training staff, and the practice philosophy of the coach.

Additional Notes

- There are many logistics that are involved in scheduling games that must be considered by both the host and visiting schools: school calendar/holidays/testing dates/etc..., facility availability, officials, transportation, and other considerations. We do our best to anticipate and correct conflicts as early as possible, but game dates and/or times will change on occasion. These changes will be communicated ASAP, and we do appreciate the flexibility of all parties.
- Practice and game schedules should be communicated by the coach and/or booster club (high school). Game schedules can also be found online by visiting the athletics website.
- For more information regarding a specific sport's start date for high school programs, please contact the varsity coach or athletics department. You can also use this [link](#) for the PIAA Schedule of Sports' Events. Middle school start dates follow a similar schedule as the high school, but can vary each year and by sport.

Spectator Decorum (PIAA) PIAA Policies and Procedures

Indoor Events:

"The presence and/or the use of balloons, banners, laser pointers, noisemakers, pom-poms (by spectators), shakers, signs, sirens, strips of material, towels, whistles, and/or portable listening devices (without earphones) are PROHIBITED! Persons using such items may be removed from the Contest. The use of pom-poms by cheerleaders and small portable listening devices with earphones is permitted. During basketball Contests cheerleaders may utilize portable signs in their cheer performances and confirm that this does not violate the intent of the "no sign" policy. Spectators are prohibited from removing their shirt and/or using body paint while in attendance at District and Inter-District Championship Contests and may be removed from the Contest for doing so. Principals and Athletic Directors shall inform and publicize these regulations to students. The failure of a school to so inform or publicize will not, however, prevent removal from the Contest for violations of this policy."

Outdoor Events:

"The presence and/or the use of balloons, whistles, and/or portable listening devices (without earphones) are PROHIBITED! Persons using such items may be removed from the Contest. The use of pom-poms by cheerleaders and small portable listening devices with earphones is permitted. Spectators are prohibited from removing their shirts and/or using body paint while in

attendance at District and Inter-District Championship Contests and may be removed from the Contest for doing so. Principals and Athletic Directors shall inform and publicize these regulations to students. The failure of a school to so inform or publicize will not, however, prevent removal from the Contest for violations of this policy. The Principal, Athletic Director, Coaches, team physician, team trainer, players in uniform, managers, ball holders, and statisticians are the only persons permitted in the team box."

Throwing of Objects onto Competition Surfaces

"The PIAA Board of Directors is concerned with the practice of throwing objects onto competition surfaces during and at the end of Inter-District Championship Contests that determine qualifiers to PIAA Championships (Finals). This practice places participants, Contest officials, Coaches, and others at risk of serious injury. It also creates additional competition surface maintenance problems for the host facilities of those Inter-District Championship Contests. Accordingly, the throwing of objects onto competition surfaces is prohibited and PIAA will further request that the owner or director of security of the concerned facility request the police to enforce the littering provision of the Crimes Code on those offending persons."

Spectators Entering the Competition Surface

"PIAA member schools are responsible for the treatment of all visitors and officials attending contests conducted by their school. Access to competition areas should be limited to participating student athletes, coaches, officials, and game personnel. For the safety of participants and spectators alike, at no time before, during or after a contest should spectators be permitted to enter the competition area prior to the teams and contest officials leaving the competition area."

Sportsmanship

Sportsmanship of our athletes, coaches, and spectators is a core value in our program. We ask that all members of our community exemplify the highest level of respect for the athletes of both teams, coaches, and officials.

We expect our spectators to demonstrate proper behavior at sporting events by respecting all involved, by cheering on and commending players, and by showing self control at all times. Any disrespectful or improper behavior may result in removal from the contest and possible disciplinary action.

Prior to each contest the PIAA official reads the following statement at the captains' meeting:

"PIAA requires all registered sports' officials to enforce the sportsmanship rules for coaches and contestants. Actions meant to demean opposing contestants, teams, spectators and officials are not in the highest ideals of interscholastic education and will not be tolerated. Let today's contest reflect mutual respect. Coaches please certify to the contest official(s) that your contestants are legally equipped and uniformed according to NFHS rules and PIAA adoptions. Good luck in today's contest."

Stadium and Gymnasium Guidelines

Ticket Information

- Tickets are sold at all night contests held in our stadium and gymnasium. Traditionally, there is no admission fee for afternoon contests. In the event that tickets will be sold for afternoon contests, an announcement will be made prior to the event.
- With the exception of football, there is no admission fee for UCFSD students and staff, children in kindergarten or younger, and/or senior citizens (age 65). Ticket prices for all other adults is \$5, and \$3 for non-UCFSD students in grades 1-12.
- For football games, there is no admission fee for UCFSD staff, children in kindergarten or younger, and/or senior citizens. All students in grades 1-12 and adults will be charged \$5 for admission to the game.
- PIAA and District One have jurisdiction over ticket sales for all playoff events. Admission is charged for all spectators, except children in kindergarten or younger. This includes afternoon and evening games in both the stadium and gymnasium.

UCFSD Stadium & Gymnasium Rules

We hope for our games to be played in an exciting atmosphere, where spectators can cheer on our athletes, show school pride, and enjoy time with friends and family. We welcome everyone to our campus to witness the hard work and dedication of our athletes, coaches and school staff. We ask our entire community and our visitors to join us in promoting a safe and sportsmanlike environment here at Unionville.

- Smoking, drugs, and/or alcohol are not permitted on school property.
- Please do not park in fire lanes or unmarked parking spaces.
- The principal, supervisor of athletics, game manager, coaches, team physician, athletic trainer, players in uniform, managers, ball holders, statisticians, and authorized press will be the only persons permitted on the team sidelines.
- Student-spectators are not allowed on the field before, during, or after the game.
- Dogs or other animals are not permitted inside of the stadium.
- Food and/or drinks are not permitted inside the gymnasium.

UCFSD Stadium Rules Specific to Football

- No bags, food and drinks will be permitted into the stadium. Small purses or clutch bags are allowed, but will be subject to inspection.
- Re-entry into the stadium is not permitted.
- Loitering in the parking lot during the game is prohibited.

Transfer Students

We always welcome new students to our program. However, the PIAA has an interest in enforcing transfers and/or recruiting which are materially motivated in some way by athletic purposes. Therefore, there are a few necessary steps to follow in order to satisfy the requirements of the PIAA.

1. Any student who is transferring to Unionville High School and is seeking participation in one of our PIAA interscholastic programs should contact the athletics office.
2. We will ask you to provide some basic information regarding your transfer.
3. A meeting will occur between the transferring athlete, the Supervisor of Athletics, and the building principal
4. A transfer waiver form will be sent to the PIAA District One committee for final approval.

Information Regarding In-season Transfers

PIAA Constitution and By-laws

- *“A student who Transfers after the student Practices with a school’s Team shall be ineligible to participate in that sport in Contests for a period of 21 calendar days following enrollment at the student’s new school.”*
- *“If the student transfers after the student was eligible to participate in at least 50% of the PIAA maximum number of Regular Season Contests in that sport, the student will be deemed to have participated in an entire season and, following the transfer, will not be eligible for further participation in that sport. The District Committee may waive this period of ineligibility upon demonstration by the student that the transfer was not materially motivated by an athletic purpose and either that the transfer was necessitated by exceptional or unusual circumstances that compelled a transfer prior to the end of the season.”*

Transportation

All participants of school sponsored activities must take district transportation, if provided, to and from all activities unless previous arrangements have been made for the student to be picked up directly from the activity. A letter signed by the parent must be provided ahead of time; however, we understand that occasionally an extenuating circumstance may arise. In that case, the parent may write a letter on the spot, which he/she will provide to the coach, allowing the student to be driven home by the individual designated in the written note (e.g. parent, grandparent, neighbor, sibling, etc.). On the occasion of an extraordinary activity for which student driving needs to occur, the parent, coach, and Supervisor of Athletics will be the coordination team for approval. Except for the rare occurrence, staff members will not transport students in their private vehicle, unless prior approval among staff member, parent, and Supervisor of Athletics occurs.

Tryouts and Team Selection

Many of our teams at the middle school and high school have no roster size limits; therefore, all students who try out become part of the team. However, the nature and logistics of some sports limits the number of team members who can be effectively be managed by the coaching staff, supported by the available facilities, and fit within the limited roles that some sports allow.

UCFSD supports our coaches and give them the authority to select their team and determine the roster size based on logistical considerations and their own philosophical beliefs.

Our goal is to keep kids involved with athletics. Within each season, our program offers sports that do not make cuts. Athletes who do not make the team in a sport are encouraged to participate on one of these teams.

USAAC

Unionville Student-Athlete Advisory Committee is a student-led group made up of a variety of athletes from all sports. The main purpose of this group is to promote communication between athletes and administration, build community within the athletics program, and to promote a positive athletic environment for the entire student body.

Athletes who are interested in learning more about getting involved in USAAC should contact the Supervisor of Athletics or USAAC President.

SECTION II- SPORTS MEDICINE

Athletic Training

Mission Statement

The mission of the athletic training staff is to provide the best available athletic health care to the student-athletes of Unionville-Chadds Ford School District and their opponents. The ultimate goal is to return student-athletes to the activity they enjoy as safely and quickly as possible. The student-athlete's health in not just athletics, but academics, daily life, and future endeavors is the number one priority.

Athletic Trainer Definition

According to the Inter-Agency Terminology Work Group and the Athletic Trainer Strategic Alliance in January 2017:

“Athletic Trainers (ATs) are health-care professionals who render service or treatment, under the direction or in collaboration with a physician, in accordance with their education and training and the states’ statutes, rules and regulations. As a part of the healthcare team, services provided by ATs include injury and illness prevention, wellness promotion and education, emergency care, examination and clinical diagnosis, therapeutic intervention, and rehab of injuries and medical conditions. Athletic training is recognized by the American Medical Association (AMA) as a health-care profession.”

All athletic trainers either employed or contracted by the UCFSD district will hold an active athletic trainer license through the *Pennsylvania Board of Medicine* and maintain athletic trainer certification through the *Board of Certification for the Athletic Trainer (BOC)*. The athletic trainers will keep current on all continuing education requirements and must maintain CPR/AED certification to maintain certification and licensure. Athletic trainers will follow all applicable governing documents including but

not limited to (1) *The State of Pennsylvania Board of Athletic Training Statutes in the Commonwealth of Pennsylvania State Legislature according to SB 957 dated December 22, 2011 and pursuant to section PL 567, No 123 CI 63 regarding the supervision of athletic trainers by a physician*, (2) *The Board of Certification, Inc. Standards of Professional Practice, 2013*, and (3) *The National Athletic Trainers' Association Code of Ethics, 2013*.

Concussion Management

Removal From Play

UCFSD School Board Policy 123.1:

"A student who, as determined by a game official, coach from the student's team, certified athletic trainer, licensed physician, licensed physical therapist, or other official designated by the district, exhibits signs or symptoms of a concussion or traumatic brain injury while participation in an athletic activity shall be removed by the coach from participation at that time."

Coaches are asked to heed the American Academy of Neurology's mantra of "*when in doubt, sit them out*" in regard to any potential head injury. Any student-athlete removed from play should be evaluated by an athletic trainer and/or on-site physician if present. If an athletic trainer and/or physician is not present when the injury occurs or the injury occurs outside of athletic competition, the student-athlete must see the UCFSD athletic trainer upon arrival back at school. In accordance to School Board [Policy 123.1](#) Administrative Guidelines, if in the athletic trainer and/or on-site or consulting physician's judgment the athlete can return to play immediately, no further action is necessary unless signs or symptoms present within the next 24 hours. If in the athletic trainer or physician's clinical judgement there is any suspicion of concussion, the athlete may not return to play until evaluated and cleared by an appropriate medical professional in writing, and they have completed the return to play process outlined below.

Return to Play

UCFSD School Board [Policy 123.1](#):

"The coach shall not return a student to participation until the student is evaluated and cleared for return to participation in writing by an appropriate medical professional. The district may designate a specific appropriate medical professional(s) to provide written clearance for return to play."

Once written clearance is obtained from an appropriate medical professional and the student is asymptomatic at rest and is completing school with no concussion-related accommodations, he/she may begin the graduated return to play protocol as outlined below. These guidelines have been approved as part of School Board Policy 123.1 Administrative Guidelines and are in line with the current expert recommendations from the *2017 Berlin Consensus Statement on Concussion in Sport*. If no symptoms re-emerge while participating in the scheduled step, the student-athlete may advance to the next step on the next day. If symptoms re-emerge, the student-athlete will, at minimum, return to the previous level of activity.

Return to Play Protocol:

1. Completion of a full day of normal cognitive activities (school day, studying for tests, watching practice, interacting with peers) without re-emergence of any signs or symptoms.
2. Light Aerobic Exercise- including walking, swimming, or stationary cycling, keeping the intensity at < 70% maximum predicted heart rate: no resistance training. The objective of this step is increased heart rate.
3. Sport-Specific Exercise- including skating, and/or running; no head impact activities. No helmets or equipment. The objective of this step is to add movement and continue to increase heart rate.
4. Non-Contact Training Drills (in full equipment)- The student-athlete may also initiate progressive resistance training.
5. Normal Training Activities- The objective of this step is to restore confidence and to assess functional skills by the coaching staff. Full contact activity may begin during this step.
6. Return to Play- involving normal exertion and/or game activity.

Communication with Parents

School Board Policy 123.1 Administrative Guidelines:

“A parent/guardian of the student-athlete must be contacted any time a student-athlete has been evaluated for head injury/trauma. Interscholastic coaches must contact the parent/guardian if off campus and the athletic trainer must contact the parent/guardian if on campus. Club coaches must contact the parent/guardian at the conclusion of their game/practice via phone or email.”

Communication amongst Concussion Management Team

School Board Policy 123.1 Administrative Guidelines:

“All appropriate school officials should be notified of the event, including the attending physician, Athletic Trainer, Physical Therapist, Athletic Director/Building Administrator, School Nurse, School Psychologist, School Counselor and all of the student’s teachers.”

Upon notification of a suspected or diagnosed concussion, the concussion case manager and/or guidance counselor will alert all teachers and concussion management team members with limited accommodations including withholding the student from all physical activity until cleared by a physician. If presented with additional academic accommodations by the treating health care provider, the concussion case manager or guidance counselor will alert all teachers of accommodations and communicate with parents regarding the student’s academic needs.

Please see the [UCFSD School Board Policy 123.1](#) and [School Board Policy 123.1 Administrative Guidelines](#) for additional information.

ImPACT Testing

In an effort to provide student-athletes with the best concussion care available, UCFSD gives parents and student-athletes the option (via FamilyID agreements) to participate in the ImPACT (Immediate Post Concussion Assessment and Cognitive Testing) program to help evaluate neurocognitive function following a head injury.

ImPACT is an online, non-invasive, ‘video game type’ computerized neurocognitive exam that the student-athlete takes as a baseline prior to or early in the athletic season, prior to injury occurrence. When there is suspicion of a concussion, the athletic trainers may administer a post injury test to help aid in the evaluation and treatment of a suspected concussion. The post injury test is then compared to the baseline test to look for neurocognitive deficits. These results are then sent with the athlete to the appropriate health-care provider.

Student-athletes should take ImPACT every two years to accommodate for a maturing teenage brain and cognitive status. It is recommended that athletes take the exam in 7th grade, 9th grade, 11th grade, or anytime they are new to a program or have not taken the exam in over two years.

Please note: ImPACT is not utilized to diagnose concussions, but is rather available to aid in evaluating the neurocognitive function of a student-athlete after a suspected head injury and for evaluating the progress a student-athlete has accomplished during recovery.

[ImPACT website](#)

Emergency Management

The UCFSD Athletic Department has a comprehensive Emergency Action Plan (EAP) for each home athletic venue which is reviewed annually with coaches, staff, and local Emergency Medical Services. The athletic trainers are equipped with lifesaving equipment including AEDs, oral airways, wound care supplies, splints, emergency medications, and a trauma response kit.

In the event of an emergency, the athletic trainer and on-site administrator will initiate the EAP and provide appropriate treatment until EMS arrives. Once EMS arrives or if a physician is present, the athletic trainers will assist in emergency care as needed.

In order to complete the FamilyID registration, parents must provide parental contact information, emergency contact information, and acknowledge the PIAA CIPPE Section 2 Agreement stating:

“I consent for an emergency medical care provider to administer any medical care deemed advisable to the welfare of the herein named student while the student is practicing for or participating in inter-school practices, scrimmages, and/or contests.”

Parents will be contacted immediately after an emergency has occurred at the phone number provided in FamilyID and/or Powerschool. If a parent can not be reached, the emergency contacts listed in FamilyID and/or Powerschool will be contacted. It is imperative that parents and student-athletes keep emergency

contact information up to date within both online systems. A parent, staff member, or other appropriate adult (with parental permission) will accompany the student-athlete in the ambulance.

Equipment Loans

Athletic training equipment (i.e. crutches, forearm splints, braces, protective padding, etc.) may be loaned out in the event of injury. Student-athletes are asked to sign out equipment when issued by the athletic trainers and/or on-site physician. Equipment must be returned once the student-athletes condition has resolved or they are no longer using the equipment. Failure to return equipment by the end of the school year, or returning damaged equipment, will result in an obligation charge placed to the student's PowerSchool account.

Injury Management

An athletic trainer will be present for all home in-season PIAA interscholastic practices, scrimmages, and competitions conducted on the UCFSD Campus. EMS and a physician will be present at all home varsity football games. An athletic trainer will travel with the team for all away varsity football games and, if possible, district and state playoff competitions.

Athletic trainers are available for injury evaluation and treatment for club interscholastic student-athletes. Club student-athletes are encouraged to have any acute injury evaluated by the athletic trainer or physician covering their event and report to the athletic trainers during the next available school day.

Athletes that report to the athletic trainers with injury or illness will be evaluated and assessed to determine the next appropriate medical plan of action. Based on the athletic trainer's clinical judgement and depending on the severity of the condition, the student-athlete may be required to see a physician or other appropriate health-care provider for further evaluation.

If the student-athlete is required to see a physician or other health-care provider or if the student-athlete receives care from another health-care provider for an injury/illness that affects athletic participation or physical activity, written Medical Clearance (CIPPE Section 8 or other appropriate documentation of clearance) must be obtained before returning to activity based on the PIAA Handbook Section IV: Sports Medicine Guidelines which states on the CIPPE Section 8:

"This form must be completed for any student who, subsequent to completion of Sections 1 through 6 of this CIPPE form, required medical treatment from a licensed physician of medicine or osteopathic medicine. This Section 8 may be completed at any time following the completion of such medical treatment. Upon completion, the form must be turned in to the principal, or the principal's designee, of the student's school, who pursuant to Article X, Local Management and Control, Section 2, Powers and Duties of the Principal, subsection C, of the PIAA Constitution, shall 'exclude any contestant who has suffered serious illness or injury until that contestant is pronounced physically fit by the school's licensed physician of medicine or osteopathic medicine, or if none is employed, by another licensed physician or medicine or osteopathic medicine.'"

Once clearance is obtained, prior to returning to practices and/or competitions, the student-athlete may need to pass a sport-specific functional assessment as deemed appropriate by the athletic trainer. Additionally, medical clearance does not guarantee that the coaching staff will return a student-athlete to competitions immediately.

Please note: if a student-athlete does not provide documentation of clearance by the end of his/her season or end of a school year, he/she will have an 'unresolved injury' obligation noted in his/her FamilyID profile and will need to provide a CIPPE Section 8 (in addition to a CIPPE Section 6) prior to participating during any subsequent seasons or school years.

The athletic trainers may supervise all rehabilitation and treatment of student-athletes following an injury as appropriate according to the applicable physician orders and governing documents listed above. The athletic trainers will communicate with physicians, coaches, school nurses, academic staff, administrators, and other health care providers to ensure accurate information is known by all parties involved in the care or physical wellness of the student-athlete. The athletic trainers will keep up-to-date documentation of all student-athlete injuries, illnesses, and treatments and retain documents for a period of time after graduation as dictated by state law.

[PIAA Handbook Section IV: Sports Medicine Guidelines](#)

Medication

Prescription & Over-the-Counter Medication

**For purpose of this section, the term medications will include all prescription and over-the-counter medicine.*

In accordance with School Board [Policy 210](#) and School Board [Policy 210.1](#):

“All medications shall be administered by the Certified School Nurse, or in the absence of the Certified School Nurse by other licensed school health staff (RN, LPN), except as otherwise noted in this policy.” and “All medication shall be brought to the nurse’s office, or the main office if the nurse is in another building.”

As a result, student-athletes should not be in possession of any medication unless in extenuating circumstances when administrative and school nurse approval has been granted. Student-athletes should not distribute over-the-counter medication to others. The athletic trainers, coaches, or other staff members will not store or administer any medication unless in extenuating circumstances with administrative and physician approval.

Parents and student-athletes are encouraged to speak with their prescribing health-care provider to align their medication schedule and dosage in a way that does not interfere with athletics. If that is not possible, parents and student-athletes are encouraged to reach out to the school nurse, athletic trainers, and/or a school administrator to schedule a collaborative meeting to find a solution that is in the best interest of the student athlete’s health and well-being.

Exceptions:

School Board [Policy 210.1](#) clarifies that:

“The Board shall permit students in district schools to possess asthma inhalers and epinephrine auto-injectors and to self-administer the prescribed medication in compliance with state law and Board Policy.”

School Board [Policy 210](#) states:

“In the event of an emergency, a district employee may administer medication when s/he believes, in good faith, that the student needs emergency care.”

Emergency Medication including antihistamine medication, asthma inhalers, glucagon, and epinephrine injectors are available to the athletic trainers and physician orders dictate that they may use them in an emergency situation as deemed appropriate by their clinical judgment. In the event of an emergency, athletic trainers (or another appropriately trained staff member) may administer the medication as prescribed. If an emergency medication is administered, parents will be notified immediately and the student-athlete will be monitored to determine if EMS needs to be activated.

Parents and student-athletes with medical conditions that may require emergency medication must list the condition and prescribed medications on their FamilyID registration and are encouraged to contact the athletic trainers, coach, and administrators to develop an action plan in the event the student-athlete suffers from a medical condition during practice or competition. Student-athletes with an asthma inhaler, epinephrine injector, or glucagon kit are encouraged to have a designated prescription available for athletics that can be stored in their sports ‘gym-bag’ or with the athletic trainers/coaches.

[UCFSD School Board Policies 210 & 210.1](#)

Pre-Participation Physical Requirements

PIAA Obligations

All athletes (PIAA interscholastic, club interscholastic, and unified interscholastic programs) must follow PIAA guidelines regarding pre-participation physicals and applicable paperwork in order to participate in in-season athletic activities.

The PIAA Sports Medicine Guidelines state:

“Prior to any student participating in practices, inter-school practices, scrimmages, and/or contests, at any PIAA member school in any school year, the student is required to (1) complete a Comprehensive Initial Pre-Participation Physical Evaluation (CIPPE); and (2) have the appropriate person(s) complete the first six sections of this CIPPE Form. Upon completion of sections 1 and 2 by the parent/guardian; sections 3, 4, and 5 by the student and parent/guardian;

and section 6 by an Authorized Medical Examiner (AME), those sections must be turned in to the Principal, or Principal's designee, of the student's school for retention by the school. The CIPPE may not be authorized earlier than June 1st and shall be effective regardless of when performed during a school year, until the latter of the next May 31st or conclusion of the spring sports season. [For] subsequent sport(s) in the same school year: Following completion of a CIPPE, the same student seeking to participate in practices, inter-school practices, scrimmages, and/or contests in subsequent sport(s) in the same school year, must complete Section 7 of this form and must turn in that section to the principal, or principal's designee, of his or her school. The principal, or the principal's designee, will then determine whether a section 8 need be completed."

UCFSD has generated the CIPPE as an electronic form and it should be completed via FamilyID. The Section 6 must be completed by an AME and then scanned/uploaded into the registration form.

[PIAA Handbook Section IV: Sports Medicine Guidelines](#)

FamilyID

FamilyID is an online registration program utilized by the athletics department to manage CIPPEs, team rosters, ImPACT consent, and outstanding athletic-related obligations. This software requires parents and student-athletes to fill out an online CIPPE form, electronically sign all agreements, and upload a Section 6 prior to participation in any in-season sport activity. This form is then reviewed by an athletic trainer and approval or a request for additional clearance/corrections is sent back to the parent and student-athlete via a FamilyID generated email. If additional clearance or corrections are required, or if there is an outstanding obligation or 'unresolved injury', these must be completed and approved prior to the first day of participation. The information on these forms is utilized to generate rosters and emergency contact forms for coaches.

Once a FamilyID profile has been created by a student-athlete, the majority of information will be 'auto-populated' when the athlete registers for subsequent seasons. Emergency contact information can be 'auto-populated' to other members of the same family if the same account is used. However, parents and student-athletes must review the health history and re-sign all applicable agreements each season. In subsequent years, a new Section 6 (dated after June 1st by an AME) must also be uploaded.

[UCFSD FamilyID Dashboard](#)

Risk of Injury

Parents and student-athletes should note that participation in athletics exposes a student-athlete to the risk of serious injury, including, but not limited to, sprains, strains, fractures, communicable diseases, infectious skin disorders, and head injuries. These injuries could result in a temporary or permanent, partial or complete impairment in the use of limbs, brain damage, paralysis, or death.

The PIAA states:

“Participation in interscholastic athletic competition is intended to develop and strengthen the body and mind of the participant. Participation can also be, and often is expected to be, demanding and stressful. Participation in contact sports may provide heightened exposure of the athlete to communicable diseases, illnesses, and/or injuries. While injuries are an inherent risk of any physical activity, and the avoidance of all illnesses not realistic, the PIAA believes that the risk of such injuries and illnesses can be minimized through proper coaching, training, and supervision. PIAA further believes that all students should have a thorough pre-participation physical evaluation, by an Authorized Medical Examiner, to ensure there are no obvious illnesses and/or injuries, which would place the student or others of enhanced risk or injury through the student’s participation in interscholastic athletics. PIAA believes that a review and re-certification of some students is necessary prior to their participation in their next sport season. Finally, the principal has the authority to exclude any contestant who has suffered serious illness or injury until that contestant is pronounced physically fit by the school’s licensed physician of medicine or osteopathic medicine, or if none is engaged or retained, by another licensed physician of medicine or osteopathic medicine.”

[PIAA Handbook Section I: Constitution and By-Laws](#)

Sport Related Skin Infections

While UCFSD utilizes prevention strategies for sport related skin disorders and student-athletes are encouraged to practice proper hygiene habits, there is a risk of sport-related skin infections while participating in athletics (particularly those that require excessive skin to skin contact such as wrestling and football).

Any skin lesion must be reported to the coaching staff and athletic trainers immediately, and if there is suspicion of an infectious skin lesion, the student-athlete must be evaluated and treated by an appropriate medical professional. Once treated and cleared, the National Federation of High School Sports Medicine Advisory Committee (NFHS SMAC) has developed a minimum treatment time-frame that must be completed prior to returning to any contact activity. These minimum treatment time-frames can be found in the NFHS SMAC Sports-Related Skin Infections Position Statement.

For wrestling, student-athletes are required by rule to have their skin checked by the match officials and/or medical staff prior to competitions. The UCFSD athletic trainers may also conduct skin checks when there is suspicion of a skin lesion to prevent further outbreak amongst teammates. A completed copy of the NFHS SMAC’s skin lesion form must be provided to the official for any lesions that are still detectable but have been treated for the minimum treatment time-frame.

[NFHS SMAC Sports-Related Skin Infections Position Statement and Guidelines](#)

[NFHS SMAC’s Skin Lesion Form \(to be completed by appropriate health care provider\)](#)

Sudden Cardiac Arrest/AEDs

In accordance with the 2012 *Pennsylvania Sudden Cardiac Arrest Prevention Act*, Board Policy 123.2 indicates that:

“A student who, as determined by a game official, coach from the student’s team, certified athletic trainer, licensed physician, or other official designated by the district, exhibits signs or symptoms of sudden cardiac arrest while participating in athletic activity shall be removed by the coach from participation at that time. Any student known to have exhibited signs or symptoms of sudden cardiac arrest prior to or following an athletic activity shall be prevented from participating in athletic activities. The coach shall not return a student to participation until the student is evaluated and cleared to return to participation in writing by a licensed physician, certified registered nurse practitioner, or cardiologist.”

All athletic trainers are trained in CPR/AED usage and UCFSD athletics has 7 AEDs dispersed throughout the UCFSD campus available in the event of a cardiac emergency.

AED Locations:

- UHS- Portable AED in yellow all-weather case in large cabinet in UHS Athletic Training Room.
- UHS- Mounted AED in wall cabinet in UHS Athletic Training Room
- UHS- Mounted AED in wall cabinet in UHS Gym Lobby closest to entrance restrooms
- **Patton MS- Portable AED in CFPMS Athletic Training Room.**
- Patton MS- Mounted AED in wall cabinet in Patton MS Hallway outside Nurse’s Office
- Patton MS- Mounted AED in wall cabinet in Patton MS Gym Hallway.
- UCFSD Bus Garage- Mounted AED in wall cabinet in Bus Driver’s Lounge.

Please see [UCFSD School Board Policy 123.2](#) for additional information.

Weather Safety

UCFSD has comprehensive weather protocols for our student-athletes and coaches to follow in the event of dangerous or severe weather.

Lightning/Thunder

In the event of lightning and/or thunder, all outdoor activities will be immediately suspended after the sight of lightning or sound of thunder. No outdoor activity will be allowed to resume until 30 minutes after the last sight of lightning or the last sound of thunder. All players, officials, and coaches must leave the outdoor venue and take cover inside (in a building with indoor plumbing) or inside a personal vehicle/school bus. For outdoor contests with a public-address announcer, an announcement will be made for all spectators to seek shelter inside a vehicle. For outdoor contests without a public-address announcer, staff members and/or coaches will alert spectators to seek shelter indoors or inside a vehicle.

Administrators and/or athletic trainers will utilize air-horns to clear fields during practices. Student-athletes are encouraged to report any signs of lightning/thunder to a coach or staff member immediately. Coaches are required to clear the team off the field immediately and to report lightning/thunder if seen during practices to an athletic trainer/administrator.

While seeing lightning or hearing thunder should cause immediate clearance of field, coaches and athletes are also encouraged to download a lightning tracking app (i.e. Weatherbug Spark, Lightning Alarm) on their cellular device to help prepare for approaching storms.

Tornado Warnings

In the event of a tornado warning, all players, officials, and coaches should seek shelter indoors immediately. Ideal shelters are hallways or small indoor rooms on the lowest possible level away from doors, windows, and exterior walls. Everyone should stay as close to the center of the room as possible. If stuck outside, seek shelter low to the ground in low-lying areas and cover your head with your hands. For contests with a public-address announcer, an announcement will be made for all spectators to seek shelter indoors or in a low-lying area. For contests without a public-address announcer, staff members and/or coaches will alert spectators to seek shelter indoors or in a low-lying area.

Hot Weather

In the event of forecasted hot and/or humid weather, the UCFSD Athletic Department Heat & Humidity Guidelines should be followed to modify and/or cancel outside activities. Athletes and/or coaches should utilize indoor/air-conditioned venues for cooling periods, and athletes should be given adequate hydration breaks and be allowed to remove appropriate clothing and protective equipment during breaks. In the event of a potential heat related illness, the athletic trainers should be notified immediately and EMS activated if needed. Athletes should be monitored and/or cooled via cold water immersion and ice towels as needed until EMS arrives.

Student-Athletes are reminded to prepare for the hot and humid weather through proper hydration and nutrition strategies. They also should wear clothing appropriate for the temperature and report any heat illness signs/symptoms they (or their teammates) are experiencing.

Cold Weather

In the event of forecasted cold weather, the UCFSD Athletic Department Cold Weather Guidelines should be followed to modify and/or cancel outdoor activities. Athletes and/or coaches should utilize indoor venues for rewarming periods and should be encouraged to wear warm layered clothing that covers all exposed skin. In the event of potential frostbite or hypothermia, the athletic trainers should be notified immediately and EMS activated if needed. Athletes should be moved indoors, and proper care will be administered until EMS arrives.

Student-athletes are reminded to prepare for the cold and windy weather and become familiar with the cold weather clothing restrictions. Student-athletes will not be allowed to practice in cold weather unless they have the required minimum clothing. As a result, student-athletes are encouraged to keep extra warm clothing (i.e. hats, gloves, socks, sweatpants, and sweatshirts) in their lockers during cold weather months.

Shelter Locations for UCFSD Athletics Home Venues

- Fields 1-5 & 11- Unionville High School (Alternate- Patton Middle School)
- Fields 8-18- Patton Middle School (Alternate- Unionville High School)

- Fields 19-21- Bus Garage Drivers' Lounge
- Kennett Square Golf & Country Club- KSGCC Clubhouse (Alternate- Halfway House)

[Hot & Cold Weather Practice Guidelines](#)

[UCFSD Campus Diagram](#)

Weight Management

The PIAA and other governing bodies require student-athletes in certain sports to meet minimum and/or maximum weight requirements. The details for individual sports are listed below.

Student-athletes are encouraged to participate at a healthy body weight and to maintain appropriate hydration and nutrition throughout the season. Coaches, athletic trainers, and other staff members are aware of the potential for unhealthy weight management habits and will work with student-athletes on developing and maintaining healthy weight management habits. Parents are encouraged to communicate with coaches regarding the weight class of their child.

Rowing

Rowers wishing to participate in the lightweight classification may need to complete weight certifications depending on the organization sponsoring the regatta. All testing procedures will follow the PIAA Wrestling Weight Control Program Manual and be conducted by an athletic trainer who has completed the NWCA/PIAA weight management certification course. An athletic trainer and administrator will be present for all testing. Please note: If the governing body allows weight certification to be completed via bioelectric impedance, a Tanita Scale may be used in place of skinfold measurements.

[SRAA Lightweight Rules](#)

Track & Field

Pole-vaulters are required to go through Pole Inspection Procedures prior to competitions. As part of this procedure, student-athletes may be weighed on a scale by coaches and meet officials to verify that the pole they are using is safe for their weight class.

[USA Track & Field Officials: High School Pole Vault- Pole Inspection Procedures](#)

Wrestling

The NFHS has set standards for minimum percent body weight for wrestlers to prevent the dangerous practice of intentional dehydration as a means of cutting weight. As a result, wrestlers must undergo weight certification testing within six weeks of his/her first competition.

The testing will be performed by an athletic trainer who has taken the NWCA/PIAA weight certification course through the Pennsylvania Athletic Trainers' Association. All testing will occur with an athletic

trainer and administrator present.

Testing Procedure:

1. Wrestlers must produce a urine sample and have it tested via refractometer for specific gravity levels.
2. If dehydrated, wrestler must wait 24 hours to test again.
3. If hydrated, wrestler is weighed via a calibrated scale.
4. Skinfold testing is then performed at NWCA dictated skinfold sites.
5. Athletic trainer then inputs all information in the OPC Calculator ('Trackwrestling') and the wrestler is given an appropriate weight loss descent plan.
6. CIPPE Section 9 is completed by athletic trainer and signed by physician.
7. Athletes must weigh in at all competitions in the presence of the match official. Official weights are entered into OPC Calculator by coaching staff.

[PIAA Wrestling Weight Control Program Manual](#)

SECTION III- SPORT SPECIFIC INFORMATION

In reference to the information below:

- **Levels Offered** - The teams that we sponsor within each program. Sub-varsity team availability is dependent on roster size and may not be available if roster size is decreased in a given season.
- **Category** - The PIAA Handbook Section IV: Sports Medicine Guidelines breaks down PIAA sponsored sports into three levels of physicality: collision, contact, and non-contact. In collision sports, opponents may displace opponents within the rules of the sport. In contact sports, opponents may not displace opponents intentionally, but contact may occur. In non-contact sports there is minimal or no risk of contact between opponents.
- **Approximate Season** - Regular season dates listed below are for the PIAA high school season. "State Championship" dates are intended to give parents and student-athletes an approximate view of when seasons could end for high school programs; however the PIAA dictates state championship dates and they may vary year to year.
- **Equipment Needed** is intended as a general idea of equipment that is not supplied by UCFSB and must be provided by the participant.

PIAA INTERSCHOLASTIC PROGRAMS

Cheerleading (Coed)

Levels Offered: High School & Middle School

Category: Contact

Approximate Seasons:

- Tryouts- Late May
- Football Cheerleading- Mid August - Early November (or end of Football Playoffs)
- Basketball Cheerleading- Mid December - Early February (or end of Basketball Playoffs)

Equipment Needed:

- Cheerleading Sneakers

Additional Notes:

- There are two cheerleading teams (football and basketball) and they are a separate program from competitive spirit although rosters for the three teams may overlap.

Cross Country (Boys & Girls)

Levels Offered: High School & Middle School

Category: Contact

Approximate Season:

- Mid August - Mid October
- State Championships - First Week of November

Equipment Needed:

- Sneakers and/or running spikes

Additional Notes:

- The PIAA awards team and individual champions.

Field Hockey

Levels Offered: Varsity, Junior Varsity, JV-B, 7th Grade & 8th Grade

Category: Contact

Approximate Season:

- Mid August - Late October
- State Championship- Third Week of November

Equipment Needed:

- Field Hockey Cleats
- Field Hockey Stick
- Protective Equipment (goggles, shin guards, etc)
- Goalie Equipment (if desired)

Football

Levels Offered: Varsity, Junior Varsity, Freshman, 7th Grade & 8th Grade

Category: Collision

Approximate Season:

- Early August - Early November
- State Championship- Second Week of December

Equipment Needed:

- Football Cleats

Additional Notes:

- Football Heat Acclimatization Practices start one week prior to other fall sports.

Golf (Boys and Girls)

Levels Offered: High School

Category: Non-Contact

Approximate Season:

- Mid August - Early October
- State Championships- Last Week of October

Equipment Needed:

- Golf Clubs
- Golf Shoes

Additional Notes:

- The PIAA conducts both team and individual championship tournaments in golf.
- Home practices and competitions are held at Kennett Square Golf & Country Club

Boys Soccer

Levels Offered: Varsity, Junior Varsity, Freshman, 7th Grade & 8th Grade

Category: Contact

Approximate Season:

- Mid August - Late October
- State Championship- Third Week of November

Equipment Needed:

- Soccer Cleats
- Shin Guards

Girls Soccer

Levels Offered: Varsity, Junior Varsity, JV-B, 7th Grade & 8th Grade

Category: Contact

Approximate Season:

- Mid August - Late October
- State Championship- Third Week of November

Equipment Needed:

- Soccer Cleats
- Shin Guards

Girls Tennis

Levels Offered: Varsity & Junior Varsity

Category: Non-Contact

Approximate Season:

- Mid August - Early October
- State Championships- Last Week of October

Equipment Needed:

- Tennis Racket
- Sneakers

Additional Notes:

- The PIAA conducts team, individual, and doubles championship tournaments in tennis.

Girls Volleyball

Levels Offered: Varsity, Junior Varsity, Freshman, 7th Grade & 8th Grade

Category: Contact

Approximate Season:

- Mid August - Late October
- State Championship- Third Week of November

Equipment Needed:

- Volleyball Sneakers
- Spandex shorts

Boys Basketball

Levels Offered: Varsity, Junior Varsity, Freshman, 7th Grade & 8th Grade

Category: Contact

Approximate Season:

- Mid November - Mid February
- State Championship- Third Week of March

Equipment Needed:

- Basketball Sneakers

Girls Basketball

Levels Offered: Varsity, Junior Varsity, Freshman, & Middle School

Category: Contact

Approximate Season:

- Mid November - Mid February
- State Championship- Third Week of March

Equipment Needed:

- Basketball Sneakers

Competitive Spirit (Coed)

Levels Offered: High School

Category: Contact

Approximate Season:

- Mid October - Mid February
- State Championship - Third Week of January

Equipment Needed:

- Cheerleading Sneakers

Additional Notes:

- This is a separate team from football/basketball cheerleading; however, rosters may overlap.
- Some practices are held at the KX Athletics (West Grove, PA).

Indoor Track (Boys & Girls)

Levels Offered: High School

Category: Contact

Approximate Season:

- Late November - Mid February
- State Championships- Last Week of February

Equipment Needed:

- Sneakers and/or running spikes

Additional Notes:

- Practices are conducted outdoors (weather permitting).
- Student-athletes may not be able to compete based on meet allowances
- There are both team and individual champions.

Swimming & Diving (Boys & Girls)

Levels Offered: High School

Category: Contact

Approximate Season:

- Mid November - Late February
- State Championships- Second Week of March

Equipment Needed:

- Swim Goggles

Additional Notes:

- Home competitions and practices are held at the Kennett Area YMCA.
- Kennett Area YMCA and some visiting facilities do not have diving facilities, so divers may not be able to participate in practices/home competitions.
- The PIAA awards team and individual champions.

Wrestling

Levels Offered: Varsity, Junior Varsity, & Middle School

Category: Collision

Approximate Season:

- Mid November - Early February
- State Championships- First Week of March

Equipment Needed:

- Wrestling Shoes
- Sneakers
- Head Gear

Additional Notes:

- The PIAA conducts both team and individual championship tournaments.

Baseball

Levels Offered: Varsity, Junior Varsity, Freshman, 7th Grade & 8th Grade

Category: Contact

Approximate Season:

- Early March - Mid May
- State Championships- Second Week of June

Equipment Needed:

- Baseball Cleats
- Batting Helmet
- Bat
- Glove

- Catcher Equipment (if desired)

Boys Lacrosse

Levels Offered: Varsity, Junior Varsity, Freshman, 7th Grade & 8th Grade

Category: Collision

Approximate Season:

- Early March - Mid May
- State Championships- First Week of June

Equipment Needed:

- Cleats
- Lacrosse Helmet
- Lacrosse Stick
- Additional protective padding (shoulder pads, gloves, etc.)
- Goalie Equipment (if desired)

Girls Lacrosse

Levels Offered: Varsity, Junior Varsity, JV-B, 7th Grade & 8th Grade

Category: Contact

Approximate Season:

- Early March - Mid May
- State Championships- First Week of June

Equipment Needed:

- Cleats
- Lacrosse Stick
- Goggles
- Goalie Equipment (if desired)

Softball

Levels Offered: Varsity, Junior Varsity, 7th Grade & 8th Grade

Category: Contact

Approximate Season:

- Early March - Mid May
- State Championships- Second Week of June

Equipment Needed:

- Softball Cleats
- Batting Helmet
- Bat
- Glove
- Catcher Equipment (if desired)

Boys Tennis

Levels Offered: Varsity & Junior Varsity

Category: Non-Contact

Approximate Season:

- Early March - Early May
- State Championships- Last Week of May

Equipment Needed:

- Tennis Racket
- Sneakers

Additional Notes:

- The PIAA conducts team, individual, and doubles championship tournaments in tennis.

Track & Field (Boys & Girls)

Levels Offered: High School & Middle School, Mixed

Category: Contact

Approximate Season:

- Early March - Early May
- State Championships- Last Week of May

Equipment Needed:

- Sneakers and/or running spikes

Additional Notes:

- The PIAA awards team and individual champions.

Boys Volleyball

Levels Offered: Varsity & JV

Category: Contact

Approximate Season:

- Early March - Mid May
- State Championship- First Week of June

Equipment Needed:

- Volleyball Sneakers
- Volleyball shorts

CLUB INTERSCHOLASTIC PROGRAMS

Ice Hockey (Boys & Girls)

Levels Offered:

- Boys- Varsity & Junior Varsity
- Girls- Varsity
- Coed- Middle School

Category:

- Boys- Collision
- Girls/Coed- Contact

Approximate Season:

- Early September - Late February
- Flyers Cup- Late March

Rowing (Boys & Girls)

Levels Offered: Varsity & Novice

Category: Non-Contact

Approximate Season:

- Fall Season- Late August - Late October
- Winter Training Sessions- Early November - Late February
- Spring Season- Early March - Late May

Boys Rugby

Levels Offered: Varsity & Junior Varsity

Category: Collision

Approximate Season:

- Early February - Mid June

UNIFIED INTERSCHOLASTIC PROGRAMS

Bocce (Coed)

Levels Offered: High School

Category: Non-Contact (Special Olympics)

Approximate Season:

- Early December - Late February (State Championships- Early March)