

**AVON GROVE CHARTER SCHOOL
ATHLETIC HANDBOOK
2023-2024**



**For Student-Athletes
and Parent/ Guardians**

AVON GROVE CHARTER SCHOOL ATHLETICS MISSION STATEMENT

The athletic program of the Avon Grove Charter School is committed to the pursuit of excellence. We strive to be an accepting community that unlocks every student's ability to discover and reach their full potential through sports and exercise.

The program is designed to:

- Promote the intellectual, physical, social, and emotional development of the individual student
- Maintain the tradition of togetherness and unity among our student-athletes as we build a stronger sense of school pride
- Foster parental and community support

We believe our success stems from the cooperation of all members of the athletic community.

GOALS: The Avon Grove Charter School interscholastic athletic program includes coordinated programs in the 7th through 12th grades. These programs provide students with the opportunity to:

- Experience a feeling of self-worth and to develop self-confidence through individual and team achievements
- Develop leadership, self-discipline, self-motivation, and a sense of commitment
- Experience working as a member of a team
- Engage in competitive activities
- Demonstrate good sportsmanship
- Hone problem solving and decision-making strategies
- Understand and practice the principles of sound health, safety, and physical fitness

- Engage in organized activities that generate unity among students, faculty, and community which provide a positive rallying point for school spirit
- Practice and compete using facilities that promote a safe, competitive program, and that generate school and community pride
- Receive coaching in the rules and skills of interscholastic sports from knowledgeable individuals who exemplify high standards of professionalism, and who support AGCS's educational mission

Avon Grove Charter School Student Athletic Fee 2023 – 2024 School Year

Each Avon Grove Charter School student participating in an interscholastic athletics program shall annually pay a one time, non-refundable fee of \$125.00 for all varsity programs for the 2022-2023 school year (HS Soccer, HS XC, HS Volleyball, Basketball, Cheer, Lacrosse). There is a one time, non-refundable fee of \$100.00 for all MS athletic programs (7th-8th Grade Teams: Soccer, Volleyball XC). Fees will be added to your school accounts.

Waiver of the fee, based on the proven financial hardship, may be considered by the High School Principal, or the Director of Athletics on a case-by-case basis and granted at their sole discretion.

- If you are enrolled in the free lunch program you will not receive an athletics fee for the school year.
- If you are enrolled in the reduced lunch program you will receive an athletics fee of \$15 for the school year.
- If you are in the free or reduced lunch program and would like to contribute to the athletics program, you may make a donation of your choice.

Eligibility Requirements

Participation in the Avon Grove Charter School athletic program is a privilege for students who meet all eligibility requirements, are selected after a try-out period, and who represent their school responsibly. Playing time is not guaranteed and will be determined at the discretion of the coach. In this handbook, student-athletes and their parents will find information related to the Avon Grove Charter School athletic program. Please read it carefully.

Eligibility Requirements: AGCS has established certain requirements regarding eligibility for non-academic programs. Failure to comply with AGCS rules will result in loss of eligibility to represent Avon Grove Charter School in interscholastic athletics.

Additional eligibility requirements are set by Avon Grove Charter School and must be met by all Avon Grove Charter School student-athletes.

These requirements are summarized in this Handbook for student-athletes and their parents. Questions regarding Avon Grove Charter School regulations should be referred to the Director of Athletics.

Age Requirements: High school age students are eligible to participate in interscholastic sports. If a student turns nineteen (19) on or after September 1 (per the MIL), the student shall not be eligible, age wise, to compete through the following school year.

Academic Requirements: A student-athlete must meet the following academic requirements:

A student-athlete must pursue a curriculum defined and approved by the principal as a full-time curriculum.

Every student-athlete is required to do satisfactory school work.

The following regulations govern academic eligibility:

Grade averages are based on the student's cumulative average to date during the marking period.

During the season, coaches are notified on a weekly basis by the Director of Athletics/Principals about the academic status of their student-athletes.

- Grades will be pulled every Saturday of the athletics seasons. The grade report will assist in the academic eligibility of the student athletes for the following week.
- A FAILING mark is a grade that falls below a 60 average.
- If the student is FAILING two or more courses, then the student will be ineligible for any game for the following week (Sunday through Saturday). They can work back to practice eligible within the week.
- Students who are declared ineligible for back-to-back weeks will conference with Administration, Athletic Director, and designated staff to develop a return to play plan.
- Coaches will receive a weekly academic report documenting any student athletes with grades below 70. This is to inform the coach to guide the student.
- Any student-athlete failing two course(s) for a marking period is ineligible for fifteen (15) school days starting the next grading period. Students failing two subject(s) at the end of a school year will be ineligible for fifteen (15) school days. In that case, the ineligibility starts the first official date of the fall grading period.
- Coaches may structure additional academic rules than what AGCS has put into place. Coaches have been granted permission by AGCS to do so.

Attendance Requirements: A student-athlete must be regularly enrolled as a full-time student at Avon Grove Charter School.

If a student-athlete is absent from school for a total of twenty (20) or more days during a semester, a student-athlete will lose eligibility until he/she has been in attendance for a total of forty-five (45) school days following the student-athletes twentieth (20) day of absence.

Students must be in attendance for at least 1/2 the school day (by 11:00 AM) to practice or compete on that day. Exceptions must be pre-approved in writing by the Director of Athletics or Principal. This attendance requirement is in effect for all regular school days, including the days when quarterly exams are scheduled.

Students who are excused from PE class or choose not to participate in PE class on a given day are ineligible for athletic participation (competition or practice) for that day.

Communication

The coaches and administration of the Avon Grove Charter School welcome communication with student-athletes and their parents/guardians regarding athletic issues. Coaches and the Director of Athletics can be reached through email throughout the day and the phone lines after classes end. Refer to the written team rules given out at the beginning of each season for this information.

Contact Coaches to discuss any issue regarding an individual student athlete, including skills development and performance, team policies and regulations, and excuses for missed practices or contests. Contact the Director of Athletics to discuss any health or safety concerns, the overall athletic program, transportation and

attendance exemptions, academic or eligibility matters, or any concern that is not resolved through a parent-coach conference.

Late Pick-Up from Practice/Games

Out of respect to our coaches, it is imperative that students are picked up at the appropriate times consistently throughout the season. There will be a 4 step discipline action in place for this school year. If a student is not picked up from the school within 15 minutes of the scheduled event, they will receive a step of discipline.

1. Verbal Warning
2. Not eligible for the next game.
3. Not eligible for the next 3 games.
4. Off of the team.

Please reach out to another parent within the program or email both coach and athletic director if you are having issues.

Transportation

Riding together as a team to and from an athletic contest is part of the athletic experience. The following regulations govern athletic transportation:

All members of an athletic squad must ride to and from scrimmages and contests on school-provided transportation.

Exceptions to the above policy, which will make it possible for a student-athlete to compete and still meet other school or family commitments, may be granted at the discretion of the head coach

and should be pre-arranged. School or family commitments are the only grounds for exception.

To be granted an exception, the student-athlete must present a written request/email in advance from a parent or guardian setting forth the reason(s) for the exception. The request from a parent/guardian must include the method of transportation to be used, a statement of responsibility for the student-athlete's safety, the date(s), and the event(s) for which the exception is requested. Written requests for exemption from student athletic transportation must be signed by a parent/guardian and must be hand delivered to the head coach. It will be the responsibility of the coach to bring the transportation notes to the main office.

There are (4) alternate methods of transportation acceptable to the school:

- Transportation provided by the parent or guardian.
- Licensed student-athletes driving their own cars.
- Student-athletes permitted by their parents/guardians to ride with another licensed student-athlete who also has parent /guardian approval.
- Student-athletes permitted by parent/guardian to ride with a coach must submit a written request/email to the coach and the Director of Athletics prior to the bus leaving campus.

Injuries

Every effort is made to insure that injuries do not occur. Students are required to follow their coaches' procedures for conditioning, warm-up, stretching, cool-downs and to exercise caution when using athletic equipment.

Students must report all injuries to the coach immediately so that proper treatment may be given. Do not leave a practice or contest without notifying the coach.

The Avon Grove Charter School has contracted Orville Hernandez as our school athletic trainer for all athletic seasons. He can be reached at ohernandez@agcharter.org.

Any student that sees a physician for any injury must turn in a clearance note to the athletic trainer from the treating physician.

Concussion Safety Protocol

No student-athlete should return to play (RTP) or practice on the same day of a suspected concussion. Any student-athlete removed from play should be evaluated by an athletic trainer and/or on-site physician if present. The student-athlete with a diagnosed concussion may not return to play until evaluated and cleared by an appropriate medical professional in writing, and they have completed the return to play protocol. The student-athlete will work alongside the school's concussion management team to ensure any academic accommodations are made. Unrestricted return-to-sport should not occur prior to unrestricted return-to-learn for concussions diagnosed while the student-athlete is enrolled in classes. For athletics, the school will follow the Zurich Return to play protocol. **Each step is separated by 24 hours.** If symptoms re-emerge, the student-athlete will, at minimum, return to the previous level of activity. 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.

Uniforms and Equipment

Student-athletes are responsible for equipment and/or uniforms issued to them. They will be required to pay for any equipment and uniforms not returned. Students are to return equipment and/or uniforms to their coach. No equipment/uniforms can be accepted by the main office personnel.

Bills will be issued for any unreturned items, and student-athletes may not: participate in the next sports season, receive a parking permit, yearbook, graduation tickets/graduation ceremonies or athletic awards, purchase prom tickets, go on senior and school sponsor trips, or attend school dances until bills are paid or items are returned.

The Student-Athlete Code of Conduct

The following regulations are necessary for the operation of any good sports program. Other rules and regulations are described in the Avon Grove School Charter School Student Handbook. All athletes are encouraged to be enthusiastic about the game and to exhibit the highest standards of sportsmanship.

Use of Illegal substances, Alcohol, and Tobacco Products:

Students who violate the Avon Grove Charter School Students Code of Conduct will be removed from the team for the remainder of the season on the first offense.

Student-athletes who violate school regulations regarding drugs and alcohol and possession are subject to the same penalties outlined in the Avon Grove Charter School Student Handbook.

The use of performance-enhancing substances/anabolic steroids is prohibited and shall be removed from the team consistent with the Avon Grove Charter School Students Code of Conduct. Violators

may incur suspension from the team for all or part of the remainder of the season and the following season for a second offense.

A student-athlete may not smoke or use tobacco products while an active member of the team. Violators may incur loss of playing time or other athletic privileges, or suspension from the team for the remainder of the season. Student-athletes who violate school regulations regarding tobacco use and possession are subject to the same penalties outlined in the Avon Grove Charter School Student Handbook.

Fighting: Fighting will not be tolerated. Violations will be dealt with by the administration and may incur suspension from school. Any student suspended from school for fighting will also be removed from the team they are playing on at the time of the suspension for the remainder of the season.

Profanity: Profanity and gestures on the part of the student-athlete will not be tolerated at any time. Violations may be dealt with by the coach or by the administration, depending upon the severity of the offense. Student-athletes are expected to treat officials, visiting teams, and spectators with courtesy and fairness at all times.

Athlete Attendance at Practices and Athletic Contests: A student-athlete is expected to be committed to the team. Practices and attendance at athletic contests are an essential part of that commitment.

- A student-athlete is required to attend all practices unless excused by the coach.
- Each coach has specific practice times. Student-athletes should check with their coaches about practice times, and should listen to announcements for schedule changes.

- If an emergency arises making it necessary for a student to leave school and the coach is not available, word may be left with the Director of Athletics or Principal.
- If for any reason the student is to be excused from any particular practice, a written request from the parent/guardian is to be presented to the coach.
- It is the policy of Avon Grove Charter School that a student will be excused from practice, or may be excused for lateness to practice, to obtain assistance with school work or to make up quizzes, tests, and labs.
- Any lateness to practice or missed practice as the result of a discipline infraction, including the serving of a detention, will be dealt with according to each coach's stated policy.
- A student-athlete is required to attend all games unless excused by the coach.
- Any student-athlete who has left a team (other than for medical reasons or first time academic ineligibility) shall not be permitted to return.
- Shoes with cleats must be removed before entering the school, gym, and sport buses.
- Violations of the Discipline Code Violations of the Discipline Code as stated in the AGCS Student Handbook may cause a student-athlete to lose playing time or other athletic privileges, or be suspended from the team for the remainder of the season.

Suspension from School: Any student-athlete who is placed on suspension may also be disciplined by the coach and may return to the team when the suspension has been served. A second suspension for any reason will not be accepted and the student will be removed from the team for the remainder of the season.

Team Rules and Discipline

Coaches are awarded the freedom to create their own discipline and team rules for their individual teams. These are agreed upon by the athletic director prior to the season and must align with the standards and expectations of the student athlete handbook.

Playing Time

At our high school, we believe in fostering a positive and supportive environment for our student-athletes to thrive both academically and athletically. We understand that playing time is an important concern for parents and students alike, as it directly impacts the overall experience and growth of our athletes. However, we kindly request that parents and students refrain from directly approaching coaches to inquire about playing time.

Our coaches dedicate their time and expertise to ensuring fair and equitable opportunities for all student-athletes. They carefully assess each player's skills, dedication, commitment, and performance during practices, games, and other relevant activities. These evaluations are essential in determining playing time and overall team dynamics.

We understand that parents and students may have questions or concerns about how student-athletes can improve their skills and increase their playing time. In such instances, we encourage students to directly approach the coaching staff on non-competition days. Our coaching staff is readily available to provide guidance, offer insights into areas for improvement, and support student-athletes in their journey to maximize their playing time. By discussing these matters with the coaching staff during designated

non-competition days, students can have valuable conversations focused on their individual growth and development as athletes. Together, we can work towards enhancing the abilities and performance of our student-athletes, creating opportunities for increased participation and growth within our teams.

It is important to remember that coaches have the best interests of the team and individual athletes at heart. They make decisions based on a comprehensive assessment of each athlete's abilities and the overall team strategy. Trust in the coaches' expertise and decisions plays a crucial role in maintaining a positive and supportive environment for all student-athletes.

Together, let us foster an atmosphere where our student-athletes can focus on their growth, development, teamwork, and sportsmanship. We appreciate the cooperation of parents and students in adhering to this policy and working collaboratively with our coaching staff to create a successful and rewarding athletic experience for all.

Athletic Awards

Athletic awards signify accomplishment and commitment at the highest levels. Before any award is received, a student must meet requirements in scholarship, sportsmanship, athletic eligibility, and participation. The following awards are given by the AGCS Sports Boosters: AGCS Senior Athlete of the Year (One male and one female).

An athlete who fails to complete the full season will not receive a varsity letter, or any other award or form of recognition.

Director of Athletics:

Mr. Jason McGehean

484-667-5000 ext. 645

jmcgehean@agcharter.org

Upper School Principal

Mr. Matt Messick

mmessick@agcharter.org

Athletic Trainer

Mr. Orville Hernandez

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