



UNIONVILLE ATHLETICS



2024-25 Handbook

Athletics Department Staff

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Welcome to UCFSD Athletics

We are proud of our athletic program at UCFSD. We are built on a foundation of core values, full of opportunities and life lessons, and we strive for success in athletics, academics, and in future endeavors. In 2019 we partnered with our stakeholders to develop a set of values and standards which we consider the north star for everything we do. Our work continues to foster a habit of thought in our community that reflects our values and standards, resulting in a fun, safe, and competitive experience for our athletes, coaches, spectators, and families. At the conclusion of this handbook, you will find a copy of our values and standards.

For 100 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 students in 28 PIAA high school interscholastic programs, 18 PIAA interscholastic middle school programs, 1 club program, 2 unified sports teams, and 3 middle school extracurricular athletic opportunities. We have approximately 1300 athletes in grades 6-12 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 athletes 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 our programs. Our program is special because of the relationships and teamwork that occur 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 an 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, Director of Student Activities*

SECTION I- ATHLETICS INFORMATION

General Overview

Unionville High School Interscholastic Sports

Unionville High School fields 28 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 offering 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
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 18 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 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

Club sports are not governed by the PIAA. They participate in a competitive schedule against other schools and independent club teams. Club Sports expectations and guidelines are outlined in [UCFSD School Board Policy 122.1](#).

- Boys & Girls Rowing- Grades 9-12 (Fall & Spring Seasons)
- Mountain Biking- Grades 6-12 (Fall Season)

Unified Interscholastic Athletics

Unified Bocce is offered as a partnership with the Special Olympics of Pennsylvania. The high school interscholastic season runs from December through February with the culminating events held in March. The middle school intramural season runs March through May.

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

Extracurricular Athletic Opportunities

UCFSD offers extracurricular athletic opportunities:

- Middle School
 - Fall: 6th Grade Running Club
 - Winter: Track & Field Training Program (Grades 6-8)
 - Spring: 6th Grade Sport and Conditioning Club
- High School
 - Fall & Winter: Dance Team

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, administration, 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 holds our club sport athletes to the same standard regarding academic eligibility rules as those who participate in our PIAA sports.

Resources

Student-athletes who need help in a class should meet with the teacher immediately. Students can also seek help by contacting their counselor or administrator. Additional academic planning and resources can be found on our [school counseling webpage](#).

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). 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 Director of Student Activities.

[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 \$600-cap per family. There is also a \$300 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: in

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 that 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. Athletes dismissed through the Nurses' office may not participate in their athletic activity later that day.

Absences

- Athletes who are absent from school are ineligible to participate that day. However, athletes can reach out to the Supervisor of Athletics or their Assistant Principal for an absence exception related to external academic obligations (i.e., award ceremonies, college visits, etc), bereavement, or family emergencies.

Awards

Formal awards are generally earned at the high school level. Unionville High School awards varsity and JV letters, and certificates for freshman teams, middle school 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 team banquets.

Booster Clubs

Booster Clubs must follow the guidelines set forth in UCFSD [Board Policy 915](#).

UCFSD recognizes and appreciates the teamwork between our booster clubs and programs. 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 organizations, 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. All fundraisers require preapproval from the athletics office, and then the UHS main office. Please contact the athletics office for the fundraiser approval form.

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:

- 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.

UHS Logo Style Guide and General Usage Guidelines

Unionville High School is proud of our official logo and style/branding guide. Our logo and branding package was built by a sub-committee including teachers, administrators, staff, students, and community members. The original artwork was delivered by Iris Creative out of Fort Washington, PA. The process for building this logo was very impressive and filled with many nights of critique and deliberation.

Witnessing this process firsthand gave us a deep appreciation for the importance of brand integrity and brand commitment. For our community, and especially for our students, we want to generate excitement and school pride with our mascot. We can accomplish this by staying committed to our brand and using our logo and the available variations as designed by the professionals.

Our style guide is intended to help our users accomplish our branding goals. In it, you will see rules and details that will promote brand integrity. Accompanying our style guide, we have a full library of approved logos in various formats that we are happy to share with you. As you will see in the style guide, athletics requests should be made to the athletics office.

[Unionville Longhorns Style Guide](#)

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 (November, February, May).

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](#)

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

[NAIA Eligibility Center](#)

Commitment of Athletics

A student-athlete is expected to be accountable and honor the commitment they have made to their team. Practices and games should be a very high priority. Missing practice or competition may hinder a student-athlete's individual or team's skill, may increase the chance of injury, may weaken his/her role with the team, and could affect the team's competitiveness and chances for success.

Student-athletes are 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 expect that athletes are dressed and ready to start practice at the specified time. Athletes should listen for announcements about changes to the team schedule.

Unexcused Absences from Practice/Games

A student-athlete who cannot meet our standard of being committed to the team may have a lessened role on the team or could be dismissed. 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 the athlete's role on the team.

Season Ending Injuries

We encourage athletes with season ending injuries to remain involved with team activities including team meetings, practices, competitions, and social functions (banquets, team meals, etc.). We believe that an athlete who is injured can still play pivotal roles in the success of a team by showing leadership and supporting his/her teammates. We believe that even when it is not possible to practice and compete in a sport there are still many benefits to being part of 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.
- 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.
- Middle school teams begin after Labor Day, with the exception of football which reports in August for heat acclimatization.

- Typically, when school is closed, middle school teams will not practice or compete.

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.
- 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.
- 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, but tryouts will occur in November.
- Typically, when school is closed, middle school teams will not practice or compete.

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.
- Middle school sports also begin in March.
- Typically, when school is closed, middle school teams will not practice or compete.

Participating in Multiple Sports in Separate Seasons

We strongly encourage multi-sport participation; however, student-athletes who participate in multiple activities are expected to make their “in-season” school team a priority in terms of our expectations for the commitment of athletics.

Participating in Multiple Sports in the Same Season

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.

Communicating Concerns

Self-Advocacy Statement: In accordance with our district's mission statement, *To empower each student to succeed in life and contribute to society*, student-athletes are encouraged to self-advocate. Self-advocacy has been defined as, "the ability to speak on one's behalf and represent personal needs and interests" (Kotzer and Margalit, 2007). Self-advocacy prepares our students to succeed in life and society by building self-confidence and independence. School staff (coaches, teachers, administrators, counselors) will promote a welcoming environment and support our student-athletes in regards to self-advocacy.

Our athletic department has established an environment for effective and appropriate lines of communication between student-athletes and coaches. While team selection, player utilization, and team strategy are solely the prerogatives of the coach, student-athletes should advocate for themselves if there are concerns regarding their individual role on the team and/or their overall experience. Administrators and counselors will provide resources and are available to student-athletes for guidance on how to engage in these conversations.

We believe that most concerns can be resolved with effective and appropriate communication between the coach and student-athlete. If concerns remain unresolved, the communication protocol below shall be followed for concerns about the student-athletes role or experience on the team:

1. Student-athlete speaks with the coach
2. Student-athlete speaks with the coach with parent present
3. Student-athlete speaks with Supervisor of Athletics with coach and parent present.
4. The Supervisor of Athletics will engage the Principal if necessary.
5. The Principal will engage the Director of Student Activities if necessary.

If a student-athlete's safety is endangered, these concerns should be immediately addressed to an appropriate authority. Additionally, allegations of bullying are taken seriously and will be handled in accordance with school board policy.

UCFSD asks all involved to self-reflect throughout the process, and be reasonable, respectful, and patient while working towards a resolution.

See Appendix B for Roadmap to Self Advocacy Infographic

Discipline

School

At UCFSD, we have high expectations for behavior and we expect all students to practice integrity and be respectful. 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 uniforms 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 - 5:00 PM. 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 activities. At no time should a student-athlete be utilizing the fitness center while unsupervised. Middle school students, alumni, and members of outside organizations are not allowed to use the fitness center.

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:

The use of the UHS Fitness Center is a privilege. Any violation of the rules or expectations of the fitness center will result in disciplinary action, and may result in being banned for up to a year. Below is a list of the Rules and Expectations.

- Upon entering the Fitness Center, please be sure there is a teacher or coach present. You can NOT be in the Fitness Center without proper supervision.
- NO food should be eaten in the fitness center
- NO 'horseplay'
- Proper footwear must be worn at all times. Sandals, slippers or slides are NOT permitted while exercising.
- Please use all of the equipment as it is intended to be used.
- ALWAYS warm up before starting to lift heavy weights
- DO NOT attempt to complete an exercise/movement if you are not properly trained. Also, do NOT attempt to lift heavier weights unless you are properly trained
- ALWAYS use proper form and technique when weight training
- When using free weight racks
 - Return plates to their proper location
 - Use bar clamps to secure plates
 - Always have a spotter or be sure the safety bars are adjusted accordingly (NEVER COMPLETELY REMOVE THE SAFETY BARS FROM THE RACK!!)
 - Clean benches when finished using
- When using the weight machines
 - Always adjust settings to promote proper form and technique
 - Complete the exercise in a slow and controlled movement
 - DO NOT allow the weights to slam together
 - Clean the machine when you are done the exercise

Don't hesitate to ask for advice regarding a specific exercise or how to use a specific machine from the fitness center supervisor, 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 | ● Exercise/Yoga Mats |
| ● Weight Machines | ● Medicine Balls |
| ● Cardio Equipment | ● 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

Unionville High School is a member of the Ches-Mont League which has members in Chester and Delaware Counties. For most sports, 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 appointed league officers. Please note, the Ches-Mont League does not sponsor Boys Volleyball; however, our team does compete in District 1 as part of the Independent Volleyball League.

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

Ches-Mont 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.

Our middle school extracurricular athletic programs are not part of the Ches-Mont Middle School League but may compete against other schools if there are teams in the league available to compete against.

Club & Unified Governing Bodies

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

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.

Mountain Biking:

National Governing Body: [National Interscholastic Cycling Association](#)

Regional Governing Body: [Pennsylvania Interscholastic Cycling League](#)

Unified Bocce:

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

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

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."*

Levels of Participation and Playing Time Expectations

Middle School and 9th Grade Teams

Middle school and freshman athletics emphasize skills development where participation is stressed more than competition. Equal playing time is not guaranteed, but coaches are aware that all athletes who are meeting the team expectations are deserving of opportunities to compete.

JV-B & Junior Varsity

The junior varsity level is generally made up of athletes from grades 9 through 11. At this level, opportunities to compete are intended to prepare athletes for the varsity level. Equal playing time is not guaranteed; however, coaches will try to get everybody playing time.

Varsity

Of the levels at UCFSD, the varsity level has the highest level and is the most competitive. 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.

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. Submit your PIAA Comprehensive Initial Pre-Participation Physical Evaluation (CIPPE) via ArbiterSports Registration
 - Must be completed one week prior to the start of practices (See Athletics Calendars for specific dates)
 - This registration must then be approved by the athletic training staff.
2. Pay the Activity Fee
3. Submit and Clear 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 Saturdays 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 please reference the Athletics Calendar which can be found on the UCFSD Athletics Homepage.

Spectator Decorum

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

Prior to each game in which there is a public address announcer, he/she or a student designee will remind all about the UCFSD Athletics Values & Standards.

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."

THE BEST ENVIRONMENTS ALLOW

THE COACHES TO COACH

THE SPECTATORS TO CHEER

THE OFFICIALS TO OFFICIATE

AND THE ATHLETES TO PLAY

Sportsmanship

Respect is a core value in our program, and as a result, we have established standards for high character and sportsmanship towards officials, contestants, teams, and spectators. Remember that actions and behaviors on and off the field are a reflection of UCFSD.

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."

[PIAA Sportsmanship Program](#)

Stadium and Gymnasium Guidelines

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, vaping, drugs, and/or alcohol are not permitted on school property.
- Please do not park in fire lanes or unmarked parking spaces.
- Administrators, game manager(s), 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 the stadium.
- Food and/or drinks are not permitted inside the gymnasium.

UCFSD Stadium Rules Specific to Football

- No bags, food, or 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.

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 others are \$5.
- 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.
- Official complimentary passes will be accepted from the District One committee and the leagues in which visiting schools are sanctioned by.
- 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.

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 Director of Student Activities 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

If provided, all participants of school sponsored activities are expected to take district transportation to and from all activities unless previous arrangements have been made for the student to be picked up directly from the activity. In this case, the parent should contact the coach in written communication. Each program and/or coach may have different procedures for how and when this written communication should occur (emails, texts, hand-written, etc.). In some circumstances we allow students to drive to an event with permission from the parent, coach, and an administrator.

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 limit the number of team members who can be effectively 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 gives 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 students 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 composed of emerging leaders from all sports.

The mission of USAAC is to work in collaboration with the administration and staff advisors to serve as a collective voice of student-athletes that works to enhance athletic experience for all athletes at UCFSD.

The beliefs are that this committee: 1) Fosters effective communication between administration and student-athletes 2) Provides feedback and insight into department issues 3) Builds relationships among student-athletes and the student body 4) Participates in community service 5) Demonstrates and promotes a positive student-athlete image and 6) Promotes school pride.

Athletes who are interested in representing their program as an emerging leader in USAAC should speak with their program's head coach in regards to future opportunities.

SECTION II- SPORTS MEDICINE

Athletic Training

Mission Statement

The mission of the Unionville-Chadds Ford School District athletic training staff is to provide the best available athletic health care to the UCFSD student-athletes 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

healthcare 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 with 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 judgment 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 to increase 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 ArbiterSports 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 test 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 healthcare provider.

Student-athletes should take a new baseline ImPACT test 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, cold-water immersion tubs, 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 ArbiterSports 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 ArbiterSports and/or Powerschool. If a parent can not be reached, the emergency contacts listed in ArbiterSports 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-athlete's condition has resolved or they are no longer using the equipment. We ask that school loaned equipment be treated with respect and 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 / Illness 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 UCFSD 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 judgment and depending on the severity of the condition, the student-athlete may be required to see a physician or other appropriate healthcare provider for further evaluation.

If the student-athlete is required to see a physician or other healthcare provider or if the student-athlete receives care from another healthcare provider for an injury or 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 ArbiterSports 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 may 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](#)

Insurance

The PIAA requires that all students participating in athletics must have their own primary insurance policy. If a student does not have insurance, they can purchase student accident insurance through the school district to meet this requirement. If you have any specific questions about primary insurance coverage, please contact the Athletics Office.

Students who are injured during athletics may also qualify for the school's secondary insurance policy. More information can be provided on a case by case basis by contacting the Athletics Office. As a result, it is imperative that all injuries sustained during athletics or on school premises are reported to a coach and/or athletic trainer immediately.

Medication

Prescription & Over-the-Counter Medication

**For the 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 healthcare 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, naloxone, 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 of/and student-athletes with medical conditions that may require emergency medication must list the condition and prescribed medications on their ArbiterSports 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 five 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 (replaces Section 7) 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 ArbiterSports. The Section 6 must be completed by an AME and then scanned/uploaded into the registration form.

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

ArbiterSports

ArbiterSports has purchased FamilyID, which is the program we use for sport's registrations. This is an online registration program utilized by the athletics department to manage physicals, registrations, rosters, 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 an ArbiterSports 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 an ArbiterSports 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 ArbiterSports 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 *are* 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](#)

Sports-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).

It is important that student-athletes report any potential skin lesions 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 (as defined by the PIAA & NFHS). Once treated and cleared, the National Federation of High School Sports Medicine Advisory Committee (NFHS SMAC), and in some cases the Ches-Mont League, have 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 & NFHS SMAC Skin Lesion Form linked below.

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'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 AEDs dispersed throughout the UCFSD campus available in the event of a cardiac emergency.

AED Locations (nearest UCFSD Athletic Facilities):

- UHS- Portable AED in all-weather case 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
- Unionville Elementary School- Mounted AED in wall cabinet in Gym Entrance

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

Team Physician

The role of our team physician is to provide the following: 1) Sign off on standing orders for our athletic trainers 2) Be a resource and/or provide guidance to athletic trainers and administration when a medical question arises concerning a student-athlete 3) Review and sign CIPPE Section 9 forms (Minimum Wrestling Weights) for wrestling 4) Attend (or find appropriate substitute coverage) for home varsity football contests and 5) Serve as the on-call physician for tournaments/invitationals host at UHS.

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 the 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. Athletes may be required to follow return to play guidance (in addition to physician clearance) after a heat-related illness.

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. Athletes may be required to follow return to play guidance (in addition to physician clearance) after a cold-related illness.

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

The Middle School League divides athletes into weight classes for sprinting events, including relays. These weight classes are intended to ensure that athletes are running against athletes of similar abilities and size. The weight classes for sprinters are below 90 lbs, below 105 lbs, below 120 lbs, and an open class (for anyone over 120 lbs). Weigh-Ins are conducted pre-season and prior to and at the County Championships.

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' Society. 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 team 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.

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 UCFSD and must be provided by the participant.

PIAA Interscholastic Programs

Cheerleading (Coed)

Levels Offered: High School, 7th & 8th Grade

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, 7th & 8th Grade

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:

- Early 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.
- Most 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, 7th & 8th Grade

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 basketball cheerleading; however, rosters may overlap.

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, 7th & 8th

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- Second 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- Second 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 7th & 8th Grade

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

Rowing (Boys & Girls)

Levels Offered: High School 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

Mountain Biking

Levels Offered: High School & Middle School

Category: Collision

Approximate Season:

- July-November

Equipment Needed:

- Mountain Bike, Helmet, Water, Bike Maintenance Equipment (PICL Scholarships are available)

Unified Sports

Bocce (Coed)

Levels Offered: High School Interscholastic & Middle School Intramural

Category: Non-Contact (Special Olympics)

Approximate Season:

- High School: Late November - Late February (State Championships- Early March)
- Middle School: Spring

Extracurricular Athletic Opportunities

High School Dance Team

Grades: 9-12

Category: Tryouts in the Spring

Approximate Season:

- September - May

6th Grade Running Club

Grades: 6th Grade

Category: Non-Contact

Approximate Season:

- September-October

Winter Track & Field Training Program

Grades: 6th-8th

Category: Non-Contact

Approximate Season:

- January-February

6th Grade Sport & Conditioning Club

Grades: 6th Grade

Category: Non-Contact

Approximate Season:

- March-May

SECTION IV- APPENDICES

APPENDIX A- Values & Standards Infographic



OUR VALUES & STANDARDS

UCFSD MISSION

To empower each student to succeed in life
and contribute to society

UCFSD ATHLETICS BELIEF STATEMENT

Built on a foundation of core values, our program is full of opportunities
and life-lessons that promote success in athletics, academics, and
in future endeavors.

*We expect all athletes, parents, and coaches to abide by and/or support the high
values and standards that we have established for our athletic program.*

ATHLETES, PARENTS, COACHES OF THE UCFSD COMMUNITY SHALL:

1. Put the physical, mental, and emotional well-being of the student-athletes at the core of every decision
2. Demonstrate high character and sportsmanship towards officials, contestants, teams, and spectators
3. Adhere to all team and school rules/policies
4. Honor the commitment that you have made to the team
5. Practice and compete in a way that reflects our core values
6. Communicate effectively and appropriately
7. Give your best effort in everything you do
8. Put team before self
9. Recognize and support the contributions of all
10. Celebrate a climate of mutual respect and diversity
11. Be responsible for our actions
12. Recognize everyone's right to a positive experience regardless of the outcome
13. Remember that actions and behaviors on and off the field are a reflection of UCFSD

*Depending on the severity, failure to meet our expectations may result in team consequence,
such as loss of playing time or dismissal from the team; school consequence in accordance
with Policy 218; administrative action for violations by coaches, spectators, and parents.*

APPENDIX B- Roadmap to Self Advocacy Infographic

