

Pennridge North Middle School
Grades 7 and 8
Required Sports Documents

- Parent Letter
 - Parent & Student Sign and **return**
- Extra-Curricular Code
 - Completed by parent and student
 - **Return pages 3 and 4**
- Emergency Contact Information
 - **Return with physical**
- PIAA Comprehensive Physical Evaluation – see link on North website
 - Sections 1 – 6 are to be completed by parent
 - Section 7 is to be completed by physician **after JUNE 1**
 - **Return all sections**

All documents must be given to the coach prior to tryouts or practice. Daily schedules and changes for each season will be available via the Pennridge North website (pnms.pennridge.org) under the athletic tab.

Fall Sports: First day of school

Football
Soccer
Field Hockey

Winter Sports: Prior to first day of practice

Girls Basketball: Mid October
Wrestling: Beginning of December
Boys Basketball: Beginning of January

Spring Sports: Prior to first day of practice (Mid-March)

Lacrosse
Baseball
Softball
Track

PENNRIDGE NORTH MIDDLE SCHOOL ATHLETICS

Parents and Students,

In an effort to provide clarity about participation, below are rules coaches will follow in regards to student/athlete playing time, making cuts, participation and different levels, etc.

- 1) Student athlete playing time will be determined by the coach at his/her particular level. The philosophy of the athletic department is to have student athletes play as much as possible but that may not always be the case. The coach has the final decision on playing time and will give his/her best effort to have student athletes participate in the contests.
- 2) At times coaches may need to make cuts due to the number of participants trying out for the team. In most if not all cases this is dictated by the number of uniforms available as well as keeping a number of players that is manageable to coach. The coaches have the final say in who does or does not make the team. This will not only be determined by athletic ability but also includes other factors such as character, sportsmanship, grades, and work ethic.
- 3) Coaches have the discretion to move athletes between teams (Varsity/JV) depending on need, ability, and growth during the season. Just because a student athlete starts the season on one level, DOES NOT mean he/she cannot be assigned to the other level at any time during the season.
- 4) Parents should not contend the assigned position of their son or daughter. Again, the coach(es) will use their best judgment on what position best suits your child.
- 5) Some of the other schools do not have JV teams in some of their sports. Therefore, there is a possibility your son/or daughter will not get to play on the day of a given contest.
- 6) Just because your son/daughter made the team last year, DOES NOT guarantee them a spot on the team the following year.
- 7) On practice days, student/athletes are to be picked up by 5:00 (or designated time) or take the 5:00 bus home. Coaches should not have to wait for a student to be picked up. Students who are picked up late regularly may result in loss of playing time or removal from the team. Please be considerate of the coaches and have your son or daughter picked up promptly at the end of practice (and games).
- 8) Parents should not be involved in practices unless requested by the coaches.

We have read and understand the above expectations/rules.

Parent

Student/Athlete

PENNRIDGE NORTH MIDDLE SCHOOL

EXTRACURRICULAR CODE

Introduction:

The Pennridge Code shall govern all students during the time they are participating in any program or athletic team as identified and created by the Pennridge School District.

The purpose of Pennridge's Code is to add to our student's mental, physical, social, emotional, moral, and ethical well being. It is a positive step to prepare and enrich our students in becoming productive young adults.

Participation in any program at Pennridge North Middle School is a privilege and not a right. In the exercise of this privilege, all students shall comply with the Code beginning with the first day of each school year. As a condition precedent to a student's participation in any program or the first practice or contest, the student and his or her parent/guardian shall acknowledge receipt of this Code by signing and returning to the program director or coach the attached consent form. The director or coach will send all consent forms to Administration for the students' eligibility.

A director or coach may distribute a separate Code, which shall govern students who participate in a particular program or sport. The student and his/her parent/guardian shall also acknowledge receipt of this Code and return the acknowledgment to the director or coach.

The same standard of behavior and discipline for the regular student shall apply to the extracurricular participant. Therefore the **PENNRIDGE EXTRACURRICULAR CODE** shall supplement the Pennridge School District Code of Conduct or Student Handbook.

1. Athletic/Event Eligibility

- A. Eligible if a student has not reached the age of 15 prior to July 1st (athletics only).
- B. Eligible if a student is passing 4 full-time subjects.

If a student becomes ineligible because of failing grades, he/she will remain ineligible for one week at a time (Monday afternoon to Tuesday morning until he/she is no longer failing).

2. Attendance in School

- A. To participate in any activity or practice, a student must be in attendance at school before 10:30 A.M. on the day of the activity.
- B. Exceptions to the above rule would be a doctor's appointment, a family or medical emergency, or extenuating circumstances. These exceptions require a note from the student's parent or guardian, and are subject to review by the Administration.

3. Pennridge Extracurricular Code – General Requirements

- A. All students shall be governed by and are subject to the Code during the time they participate in the program.
- B. The student athletes shall conduct themselves at all times showing good sportsmanship, courtesy to fellow players/participants, referees and opposing team members.
- C. All students shall abide by the Pennridge School District Student Code of Conduct or Student Handbook as printed or explained. The Administration and/or the Athletic Director will handle any infraction by the student.
 - 1. If a violation involves an exclusion/suspension, in school or out, the student will be suspended from the program, practice, games or event during the exclusionary period. He/she becomes eligible the next calendar day following the last day of exclusion. If multiple days occur for the exclusion, the student is ineligible until the exclusion is completed. A student who is a continuous behavior problem in school or has problems attending school as stated by the Pennridge School District Student Code or Student Handbook may be suspended or dismissed from the team/activity for a period of time until behavior becomes satisfactory as determined by Administration.
 - 2. A student who is assigned a detention, after serving the required time, he/she will report to the director or coach immediately after the detention.
- D. If a student is late to practice because of academic reasons, the student must bring a note from the teacher stating the dismissal time.

- E. A student athlete must abide by the health and training routines as set forth by his/her coach.
- F. A student athlete may be permitted to move from one sport to another with the approval of the Athletic Director and the coaches involved.

4. **The Pennridge Extracurricular Code – Unacceptable Actions and Sanctions**

A. Ejection for misconduct during an athletic contest or event.

- 1st offense – Coach/Director's Discretion
- 2nd offense – One Game/Event Suspension
- 3rd offense – Administrative Review; removal from activity for entire season.

B. Use of profanity is prohibited. All offenses will be addressed by the coach/director.

C. Conduct unbecoming a student during an activity or athletic contest or related activity, out of school or off the property, will be addressed by the Administration, the Athletic Director and Director/Coach and may result in:

1. 1st offense – One Event Suspension
2. 2nd offense – Two Events/Games Suspension
3. 3rd offense – Removal from Program/Team

4. Gross misconduct by any athlete/participant will mean immediate removal/suspension from the team/activity. This may include, but is not limited to: verbal/physical abuse of player, official, teammate, coach, and teacher or staff member. Coach/director and administration will determine the outcome in each case.

D. Tobacco

1. No student shall use, possess or distribute tobacco products during the season/event/duration of program.
2. If the offense takes place on school property, the administration shall enforce the code of conduct as stated in the student handbook.
3. The commission of the offense, whether on or off school property, shall result in one week suspension from team/program if verified by the coach/director. If a second offense occurs, the student will be dismissed from the team or program.

C. Alcohol and other Drugs

These regulations have been developed in order to discourage our student from using harmful drugs and alcohol and to foster the good health and welfare of all of our students.

1. No student shall use, possess, or distribute alcohol, drugs, steroids, controlled substances, look-alikes, or possess drug-related paraphernalia on or off school property.
 - a. If the offense takes place on school property or during a school sponsored activity, the following will apply:
Possession/Distribution – 5-10 day suspension from school and dismissal from the activity/team for the remainder of the season; referral to the Student Assistance Program; if appropriate, referral to the proper law enforcement agency; referral to the Superintendent for possible expulsion; placement in Alternative School, if appropriate.
 - b. If a student is arrested/cited for drug/alcohol use, distribution or Possession, he/she will be dismissed from the team for the season.

D. Hazing/Initiation Ceremonies

The Pennridge School District believes that students must be protected from hazing and/or initiation ceremonies. All verbal, written, or physical conduct, which harasses, humiliates, or persecutes students, or disrupts or interferes with any student's curricular or extracurricular experiences, shall not be tolerated.

1. Any student or Pennridge School District employee who is found, after appropriate investigation, to have engaged in the hazing of any student or the filing of false charges shall be subject to disciplinary actions up to and including expulsion or termination.
2. Any student or Pennridge School District employee who witnessed or has knowledge of hazing activities and fails to report such actions shall be also be subject to appropriate measures.

PENNRIDGE NORTH MIDDLE SCHOOL
EXTRACURRICULAR CODE

I have read the Pennridge North Middle School Extracurricular Code and agree to abide by the Code.

CONSENT FORM SIGNATURES

Student Name (print) _____

Grade _____

Date _____ Sport /Activity _____

Student Signature _____

Parent/Guardian Name (Print) _____

Parent/Guardian Signature _____

Date _____

Relationship (Circle) Mother Father Guardian

Please return this form to activity director or coach.

Coach's/Director's Signature _____

PLEASE TURN OVER

PENNRIDGE SCHOOL DISTRICT ATHLETIC DEPARTMENT

Athlete's name _____ School year _____ Grade _____
Sport(s) _____ School building _____

AUTHORIZATION FOR MEDICAL TREATMENT AND PROOF OF INSURANCE COVERAGE

I, the undersigned, parent or legal guardian of _____ give my permission for a school designated physician to treat my child, the above name, for an injury sustained as a result of his/her participation in the Pennridge athletic program.

I also certify that I have A, _____ purchased school insurance OR am insured by the B _____ (company name) to cover my child, the above named, throughout the school year for any expense incurred as the result of injuries sustained in interscholastic athletics.

NOTE: Pennridge School District will not pay for any medical or hospitalization expense that exceeds insurance coverage. All injuries must be reported within twenty-four (24) hours of the incident.

I agree to be financially responsible for the return of all athletic equipment issued to the above named child by the school district.

Signature of parent or guardian

Address

Name & phone number of family physician

Parent phone number

PLEASE NOTE: Parents and athletes must be aware that participation in any athletic activity can be dangerous to the participants. The possibility of injury (minor, major, catastrophic) is always present.

SPORTS EMERGENCY INFORMATION CARD

Student Name _____ Grade _____

Address _____

Parent Emergency Contacts: Home Phone _____

Mom Cell Phone _____ Work Phone _____

Dad Cell Phone _____ Work Phone _____

Additional Contacts if parent is unavailable (relative, neighbor, or friend)

Name _____ Phone _____ Relationship _____

Name _____ Phone _____ Relationship _____

In case of accident or serious illness, I request the school to contact me. If the school is unable to reach me, I hereby authorize the school to call the physician indicated below and to follow his instructions. If it is impossible to contact this physician, the school may make whatever arrangements seem necessary.

Parent Signature _____

I give permission for my child to be given Tylenol.

Parent Signature _____

I give permission for my child to be given Antacids

Parent Signature _____

List allergies or other conditions: _____

Physician Name _____

Physician Office Phone _____

