

INTERSCHOLASTIC ATHLETIC PROGRAM

Guidelines Packet
for Students & Parents in Grades 6-12



2026-2027 School Year



Cecil County Public Schools
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PARENT INFORMATION SECTION

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Please keep this information for your reference.

This packet is for ALL sports during the 2026-27 school year.



CECIL COUNTY PUBLIC SCHOOLS INTERSCHOLASTIC ATHLETIC PROGRAM

Your child would like to play sports! Now what?

To Our Student-Athletes & Families:

At Cecil County Public Schools, being an athlete means being a leader. Whether you're in the "athletic arena" or out in the community, you represent the heart of our school. Because you are held to a higher standard, we want to ensure you have the roadmap to success.

Please review the attached handbook, which outlines your rights, responsibilities, and the guidelines for our Interscholastic Athletic programs. Let's work together to keep our tradition of excellence alive!

Questions? We're here to help. Reach out to the Athletic Department anytime.

Quick Start Guide: Participation & Forms

To get your student-athlete cleared for the season, please follow these guidelines.

Important: Please keep the "Athletic Forms Packet" together—**do not separate the pages!**

1. Review & Prepare

Read through this Guidelines Packet along with any school-specific info regarding eligibility, tryouts, and schedules. Ensure every signature line in the Athletic Form Packet is completed.

2. Medical History (Pages 2–3)

Who fills this out? The student and parent/guardian together.

Pro-Tip: If you answer "YES" to any health questions, please provide a brief explanation in the space provided.

Next Step: Bring these completed pages to your Pre-participation Physical Exam (PPE) to review with your healthcare provider.

Note: *Keep a copy for your personal records before turning it in.*

3. Pre-participation Physical Exam (Pages 4–5)

For Parents: Fill out the top section only (Name, DOB, and School).

The remainder of these pages must be completed and signed by a licensed provider (MD, DO, CRNP, or PA-C).

Our Mission: Building Leaders on and off the Field

The Cecil County Public Schools (CCPS) Interscholastic Athletic Program is dedicated to providing a safe, supportive, and high-energy environment for every student. We believe that being an athlete is about more than just the score; it's about developing **sportsmanship, self-discipline, and lifelong relationship skills**.

The Commitment Students choosing to join our program are committing to excellence. This includes practices and contests scheduled after school hours and occasionally on non-school days. To support our athletes, CCPS provides professional supervision for all practices, games, and travel.

Excellence in the Classroom & the Arena Athletics are an integral part of the CCPS educational journey. Our eligibility rules aren't just "hoops to jump through"—they are designed to help every student reach their full academic and athletic potential.

Academic Eligibility:

All students must comply with the CCPS Board of Education Policies and Regulations that can be found online under Board of Education Board Docs (<https://go.boarddocs.com/mabe/cecil/Board.nsf/Public?open&id=policies>). They must also abide by MPSSAA (<https://www.mpssaa.org/>) and individual school athletic team rules.

Academics should be the major focus of every Student-Athlete during the entire school year. Student-Athletes should set a positive example by attending all classes, arriving early, completing all assignments, and making a sincere effort to work to their potential.

At the beginning of each school year, all students entering grades 10, 11, and 12 shall have the status of eligibility determined by the final grades received at the end of the previous year. Students who have earned a failing grade for a year-long or second semester course and were unable or unsuccessful in completing a CCPS grade reinstatement program may still be eligible to participate in fall sports if the student is promoted to the next grade level and on track for graduation.

Year-Long Courses: Eligibility determined by each marking period grade and course grade for the following year's eligibility.

Semester Courses: Eligibility determined by first and third marking period grades and course grades for second and fourth marking periods.

Grade Recoup: Students may regain eligibility by improving grades through the CCPS Grade Recoup program. Students are given five (5) school days following the notification of their Grade Recoup status to complete the assignments to regain their athletic eligibility.

Appeal: Any student ineligible to participate in athletics may appeal his/her ineligibility to the Eligibility Committee. The student must submit an appeal in writing to their building principal within two (2) school days after he/she has been declared ineligible and has unsuccessfully completed an approved CCPS Grade Reinstatement Program. The principal will review all submitted appeals and make a determination as to whether they merit submission to the Eligibility Committee.

Alcohol, Tobacco, and Controlled Substances

Zero Tolerance Policy: The use of tobacco, alcohol, and/or drugs will not be tolerated. Our student-athletes are held to the highest standards of health and integrity.

Any student-athlete found in possession of, using, or under the influence of these substances will be subject to strict disciplinary action in accordance with **Cecil County Public School guidelines**. Violations may result in immediate **dismissal from the team**.

Uniforms & Equipment

All uniforms and equipment are issued to student-athletes on a loan basis and should only be worn for coach-authorized events.

Return Policy: Items must be returned clean and in good condition.

- Head Coaches will collect all gear within five (5) days of the final contest.

Financial Obligations: If items are not returned, a replacement cost obligation will be issued. Until this is resolved, the student-athlete will:

1. Be ineligible for athletic awards.
2. Not receive their report card.
3. Be barred from participating in any future athletic seasons.

Attendance & Eligibility

To be eligible for practices or games (whether in-person or virtual), students must attend their scheduled classes.

- The One-Period Rule: Students cannot miss more than one (1) period during the school day. Missing more than one period results in immediate ineligibility for that day's athletic activities.
- Exceptions: The Principal may grant an exception for "good cause" (e.g., a pre-planned medical appointment), but this must be approved in advance.
- Suspensions: Any student-athlete suspended from school is strictly ineligible for all practices and contests for the entire duration of the suspension.

Zero Tolerance: Hazing & Harassment

At CCPS, we believe that true teamwork is built on mutual respect, not humiliation. What is Hazing? Hazing is defined as subjecting any student to abusive, humiliating, or ridiculous "tricks" or "initiations," which can often lead to emotional or physical injury.

Our Policy: Hazing has no place in our programs and will not be tolerated. We are committed to a culture of non-acceptance. We expect our coaches, parents, and athletes to remain vigilant in ensuring our teams are safe, welcoming environments for everyone—especially our newest members.



Game Day Updates: Stay in the Loop!

Tired of wondering if today's game is canceled or postponed due to weather?
Get the most up-to-date schedules and alerts instantly!

How to check your schedule:

1. Visit the [CCPS Athletics Website](#).
2. Scroll to the "WHO'S PLAYING?" section.
3. Select your child's school.
4. Check the Year: Ensure the current school year is selected in the dropdown menu.



Injured? Here's the Playbook:

- *Tell Your Coach: Report all injuries before you leave the field/gym.*
- *See a Pro: Your coach may refer you to a doctor or the Athletic Trainer.*
- *Get Cleared: If you see a doctor, you must have a medical release to get back in the game.*
- *Show Up: You're still a teammate! Continue attending practices for rehab and team meetings.*



Important: Risk of Participation

By its very nature, athletic activity carries an inherent risk of physical injury. While Cecil County Public Schools takes every precaution to ensure student safety, this risk can be reduced but never entirely eliminated.

Types of Potential Injury:

- **Minor/Moderate:** Including but not limited to broken bones, dislocations, and muscle strains.
- **Catastrophic:** Including permanent paralysis or death.

These risks exist during both official competitions and the unique physical preparations required for those sports.

Athlete's Assumption of Risk:

By choosing to participate, the student-athlete and their parents/guardians acknowledge these warnings and understand that they are voluntarily exposing themselves to the risk of serious injury.



Practice & Team Commitment

Joining a CCPS team is a commitment to your coaches and your teammates. Success starts with showing up!

Attendance Expectations:

- **Every Session Counts:** Athletes are expected to attend every scheduled practice and contest.
- **Be on Time:** Unauthorized absences or tardiness will lead to coach counseling, contest suspension, or even dismissal from the team.

The "Academics First" Exception:

We support your academic success! If you need to stay after school for academic work, your absence will be excused only if:

1. You speak to your Head Coach in advance.
2. You provide a **written note** from the teacher you were working with.

STUDENT ACCIDENT INSURANCE FOR PURCHASE

A link to register for this insurance option is available at

<https://www.ccps.org/instruction/athletics/student-accident-insurance>



Insurance Requirement: Must be Covered to Play

To participate in CCPS Athletics, all students **must have active health insurance coverage** starting on the first day of practice.

Important Financial Notice: Please be advised that the **Board of Education of Cecil County does not provide** accident or health insurance to students. Parents and guardians are solely responsible for ensuring their children have adequate coverage.

Need Coverage? If your student is currently uninsured, Cecil County Public Schools provides access to reasonably priced student accident insurance through an independent carrier:

- **Provider:** Bob McCloskey Insurance
- **Coverage:** Policies can be purchased through this MABE sponsored program to meet the insurance requirement.

Registration Link: [Bob McCloskey MD K-12 Coverage](#)

HIGH SCHOOL FOOTBALL ONLY:

Provides coverage for injuries sustained while practicing or participating in JV and Varsity Football. Football insurance must be purchased through the school plan if coverage is not provided through a family plan. This plan only covers the student for football. The coverage is not intended to replace other insurance. It should be considered as a supplement to other health and accident insurance coverage.

Football Levels	Premium	Student Cost	CCPS Contribution
Full Year Rate	\$ 134.00	\$ 67.00	\$ 67.00

The Board of Education will reimburse half the cost of this option. If you wish to purchase the insurance for FOOTBALL, fill out the paper copy and take it to your child's school along with a check for **HALF THE TOTAL AMOUNT** made out to Bob McCloskey Insurance.



Office of Athletics

**Athlete/Parent/Guardian Sudden Cardiac Arrest
Symptoms and Warning Signs Information Sheet and Acknowledgement of Receipt**

What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens, blood stops flowing to the brain and other vital organs. SCA doesn't just happen to adults; it takes the lives of students, too. However, the causes of sudden cardiac arrest in students and adults can be different. A student's SCA will likely result from an inherited condition, while an adult's SCA may be caused by either inherited or lifestyle issues.

SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating.

Warning Signs of SCA

- SCA strikes immediately
- SCA should be suspected in any athlete who has collapsed and is unresponsive
- No response to tapping on shoulders
- Does nothing when asked if he/she is OK
- No pulse

Emergency Response to SCA

- Act immediately; time is most critical to increase survival rates
- Recognize SCA
- Call 911 immediately and activate EMS
- Administer CPR
- Use Automatic External Defibrillator (AED)

Warning signs of potential heart issues: The following need to be further evaluated by your primary care provider.

- Family history of heart disease/cardiac arrest
- Fainting, a seizure, or convulsions during physical activity
- Fainting or a seizure from emotional excitement, emotional distress, or being startled
- Dizziness or lightheadedness, especially during exertion
- Exercise-induced chest pain
- Palpitations: awareness of the heart beating, especially if associated with other symptoms such as dizziness
- Extreme tiredness or shortness of breath associated with exercise
- History of high blood pressure

These symptoms can be unclear in athletes, since people often confuse these warning signs with physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated.

What are the risks of practicing or playing after experiencing these symptoms?

There are risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just a few minutes. Most people who experience SCA die from it.

The act is intended to keep student-athletes safe while practicing or playing. The requirements of the act are:

- All student-athletes and their parents or guardians must read and sign this form. It must be returned to the school before participation in any athletic activity. A new form must be signed and returned each school year.
- Schools may also hold informational meetings. The meetings can occur before each athletic season. Meetings may include student-athletes, parents, coaches and school officials. Schools may also want to include doctors, nurses and athletic trainers.

Removal from play/return to play

A youth athlete who has been removed from play may not return to play until the youth athlete has obtained written clearance from a licensed health care provider.

A FACT SHEET FOR High School Parents



This sheet has information to help protect your teens from concussion or other serious brain injury.

What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep My Teens Safe?

Sports are a great way for teens to stay healthy and can help them do well in school. To help lower your teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
 - Work with their coach to teach ways to lower the chances of getting a concussion.
 - Emphasize the importance of reporting concussions and taking time to recover from one.
 - Ensure that they follow their coach's rules for safety and the rules of the sport.
 - Tell your teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. There is no "concussion-proof" helmet. Even with a helmet, it is important for teens to avoid hits to the head.

Talk with your teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some teens think concussions aren't serious or worry that if they report a concussion they will lose their position on the team or look weak. Remind them that *it's better to miss one game than the whole season.*

How Can I Spot a Possible Concussion?

Teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents

- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events *prior to or after* a hit or fall

Symptoms Reported by Teens

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not "feeling right," or "feeling down"

**GOOD TEAMMATES KNOW:
IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.**



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CONCUSSIONS AFFECT EACH TEEN DIFFERENTLY.

While most teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your teens' healthcare provider if their concussion symptoms do not go away or if they get worse after they return to their regular activities.



Plan ahead. What do you want your teen to know about concussion?

What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1, or take your teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other
- Drowsiness or inability to wake up
- A headache that gets worse and does not go away
- Slurred speech, weakness, numbness, or decreased coordination
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching)
- Unusual behavior, increased confusion, restlessness, or agitation
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously

Teens who continue to play while having concussion symptoms or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious, and can affect a teen for a lifetime. It can even be fatal.



What Should I Do If My Teen Has a Possible Concussion?

As a parent, if you think your teen may have a concussion, you should:

1. Remove your teen from play.
2. Keep your teen out of play the day of the injury. Your teen should be seen by a healthcare provider and only return to play with permission from a healthcare provider who is experienced in evaluating for concussion.
3. Ask your teen's healthcare provider for written instructions on helping your teen return to school. You can give the instructions to your teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess a teen for a possible concussion. You may not know how serious the concussion is at first, and some symptoms may not show up for hours or days. A teen's return to school and sports should be a gradual process that is carefully managed and monitored by a healthcare provider.

Revised January 2019

To learn more,
go to [cdc.gov/HEADSUP](https://www.cdc.gov/HEADSUP)



A FACT SHEET FOR Middle School Athletes



This sheet has information to help you protect yourself from concussion or other serious brain injury and know what to do if a concussion occurs.

WHAT IS A CONCUSSION?

A concussion is a brain injury that affects how your brain works. It can happen when your brain gets bounced around in your skull after a fall or hit to the head.

What Should I Do If I Think I Have a Concussion?

Report It.

Tell your coach and parent if you think you or one of your teammates may have a concussion. You won't play your best if you are not feeling well, and playing with a concussion is dangerous. Encourage your teammates to also report their symptoms.



Get Checked Out by a Doctor.

If you think you have a concussion, do not return to play on the day of the injury. Only a doctor or other healthcare provider can tell whether you have a concussion and when it's OK to return to school and play.



Give Your Brain Time to Heal.

Most athletes with a concussion get better within a couple of weeks. For some, a concussion can make everyday activities, such as going to school, harder. You may need extra help getting back to your normal activities. Be sure to update your parents and doctor about how you are feeling.



GOOD TEAMMATES KNOW:
IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.



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How Can I Tell If I Have a Concussion?

You may have a concussion if you have any of these symptoms after a bump, blow, or jolt to the head or body:

-  **Get a headache**
-  **Feel dizzy, sluggish, or foggy**
-  **Are bothered by light or noise**
-  **Have double or blurry vision**
-  **Vomit or feel sick to your stomach**
-  **Have trouble focusing or problems remembering**
-  **Feel more emotional or "down"**
-  **Feel confused**
-  **Have problems with sleep**

A concussion feels different to each person, so it's important to tell your parents and doctor how you feel. You might notice concussion symptoms right away, but sometimes it takes hours or days until you notice that something isn't right.

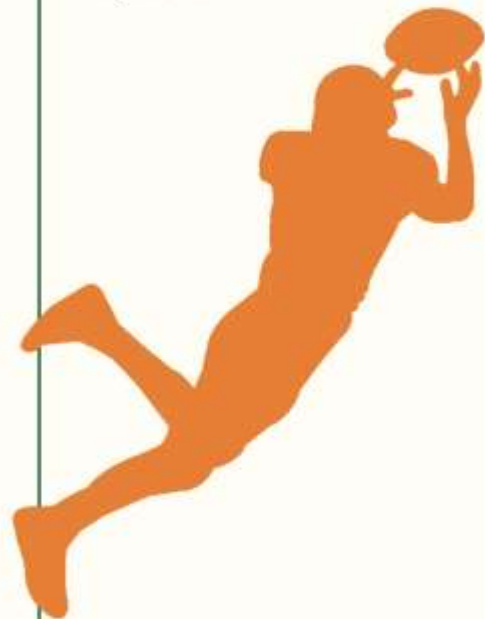
How Can I Help My Team?

Protect Your Brain.

All your teammates should avoid hits to the head and follow the rules for safe play to lower chances of getting a concussion.

Be a Team Player.

If one of your teammates has a concussion, tell them that they're an important part of the team and they should take the time they need to get better.



The information provided in this document or through linkages to other sites is not a substitute for medical or professional care. Questions about diagnosis and treatment for concussion should be directed to a physician or other healthcare provider.

Revised January 2019

To learn more,
go to [cdc.gov/HEADSUP](https://www.cdc.gov/HEADSUP)



INTERSCHOLASTIC ACTIVITIES SPORTSMANSHIP, ETHICS AND INTEGRITY

1. For Coaches, Directors & Sponsors

- Lead by Example: Model the highest moral and ethical behavior at all times.
- Prioritize Integrity: Explicitly instruct participants that ethics is the #1 priority.
- Professionalism: Respect official rulings and publicly shake hands with opposing staff.
- Accountability: Develop and enforce clear penalties for participants who violate these standards.

2. For Student Participants

- Representation: Treat your school and community representation as a privilege, not a right.
- Respect: Show respect to teammates, opponents (including pre/post-game handshakes), and officials.
- Fair Play: Cooperate with all parties to ensure a fair and competitive environment.

3. For Parents & Fans

- Role Modeling: Be a "Fan, not a Fanatic." Support your team positively without tearing others down.
- Intervention: Encourage those around you to maintain sportsmanlike conduct.
- Perspective: Remember that a ticket is a privilege to observe and support, not a license to harass.

UNACCEPTABLE BEHAVIOR

- Targeting of individual opposing players, coaches, fans, or officials
- Negative and derogatory chants, yelling, songs and/or gestures.
- Communication and interaction between spectators and event participants
- Signs, unless approved by school administration for special events
- Noisemakers are prohibited for all **indoor** events
- Noisemakers for **outdoor** events must be approved by school administration
- Charging the court upon completion of the event

Failure to comply with the above expectations may be required to meet with an administrator.

Finish First with Sportsmanship