Freeport Area School District

Athletic Department



Parent/Student Athlete Handbook & Code of Conduct

June 2026

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“The most important thing in sports is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well.” – Olympic Creed

Disclaimer:

Contents of this handbook are subject to change based on guidelines set forth by the Center for Disease Control and the Pennsylvania Department of Health.

DISTRICT AND ADMINISTRATIVE PERSONNEL

Freeport Area School District Board of School Directors

Gary L. Risch Jr., Board President
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Sylvia R. Maxwell, Second Vice President
Michael J. Huth, Treasurer
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Dino A. DiGiacobbe, Member
Shane Hinderliter, Member
Daniel Ritter, Member
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Mary Dobransky, Board Secretary

District Administration

Ian M. Magness, Superintendent
Tim E. Walters, Program Director
Bradley Walker, Business Administrator

Secondary Education Administration

Chaz Shipman, High School Principal
Renee Bogan, Middle School Principal
Christine Davis, 6-12 Assistant Principal

Athletic Department

Shawn Stivenson, School & Student Events Coord./Athletic Director
Bobbi Jo O'Shell, Administrative Assistant
TBD, UPMC Athletic Trainer

INTRODUCTION

Honor…with Responsibility

Welcome to Freeport Area School District's (FASD) Athletic Programs. Congratulations on becoming an important part of the wonderful tradition and excellence in athletics at FASD. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight; it takes the hard work of many people and many years. As a member of an interscholastic squad in the FASD, you have inherited a tremendous tradition, which you are challenged to uphold.

Our tradition has been to win with honor. We strive to win, but only with honor to our athletes, our school and our community. Such a tradition is worthy of the best efforts of all concerned. Over many years, our teams have achieved more than their share of league and tournament championships. Many individuals have set records and achieved All-Conference and All-State honors.

It is always a challenge to maintain such a great athletic tradition and continue past success. However, as you wear the colors of our school and the Yellowjacket, we assume that you understand our traditions and are willing to accept the responsibilities that go with them. The contributions you make will be a satisfying accomplishment to your and your family.

1. **Responsibility to Yourself:** The most important of these responsibilities is to broaden and develop strength of character. You owe it to yourself to derive the greatest benefit from your high school experiences.

2. **Responsibility to Your School**: Once established as a Freeport Athlete, you have assumed a responsibility to represent your school in a mature manner at all times on and off the playing field. FASD cannot maintain their position as an outstanding school unless you do your best in the activity in which you engage. By participating in athletics to the maximum of your ability you are contributing to the reputation of your school. Make the FASD proud of you, and your community proud of your school, by consistently demonstrating these ideals.

3. **Responsibility to Others:** As a squad member you also bear a heavy responsibility to your family and community. When you know in your heart that you have lived up to all of the training rules, that you have practiced to the best of your ability every day and that you have practiced and played the game with all heart, you can keep your self-respect and your family and community can be justly proud of you.

Please remember, the younger students throughout FASD are watching you. As a student athlete, you have a responsibility to be a good role model for the younger students at FASD. Set good examples for them.

ATHLETIC PHILOSOPHY

The FASD Athletics Department believes that a well-developed athletic program is integral in the educational progress of students and will enhance their social, physical and educational development through participation. The FASD Athletic Department will provide a comprehensive athletic program that is challenging and rewarding to the school's student-athletes. The athletic program will provide a program that addresses the needs of students in a fair and equitable manner, provides safe, well maintained facilities and equipment, and employs a competent, qualified coaching staff.

The FASD Athletics Department will adhere to the following belief system in achieving goals and objectives in all athletic programs and offerings:

- Promote athletics as an educational experience provided to students as an extension of the classroom and an enhancement to a student's social, physical, and educational development
- Promote the spirit of sportsmanship, teamwork, and fair play with student-athletes and coaching staff in athletic competition, minimizing the focus on wins and losses as sole factor of success
- Promote equity and understanding among all athletic program participants
- Encourage coaches, parents, and fans to be positive examples and role models to student-athletes in the spirit of fair play and competition
- Champion the effort for safe and efficient facilities, appropriate equipment, and diverse opportunities for all student-athletes to excel

Participants in FASD Athletic Department's programs should demonstrate high standards of ethics and sportsmanship. The development of good character and other important life skills should be at the forefront of student-athletes and their parents are committed to pursuing victory with honor, respect, responsibility, fairness, caring, and good sportsmanship.

As a result, participation in FASD Athletics is a privilege earned by student-athletes through his/her observance of the policies of FASD, Western Pennsylvania Interscholastic Athletic Association (WPIAL), and the Pennsylvania Interscholastic Athletic Association (PIAA). As an extension of the classroom, the FASD athletic program encourages all students to maintain this privilege by striving for high levels of success both in the classroom and in athletic competition.

While participating in athletic competition, student-athletes will model and possess the attributes listed in the FASD Student-Athlete Code of Conduct as part of this privilege:

- Accept accountability for all behavior and its outcomes;
- Honor obligations and promises;
- Exercises self-control;
- Be willing to be fair with others on and off the playing field;

- Take pride in themselves and their accomplishments, but never at the expense of demeaning another person or group;
- Respect the efforts of others;
- Respect authority;
- Play by the spirit, not just the letter, of the rules of the game/event;
- Support the PIAA Sportsmanship Initiative “Sportsmanship - The Only Missing Piece is You!” (www.piaa.org) by following the fundamentals of sportsmanship; gain an understanding and appreciation for the rules of the contest; exercise representative behavior at all times; recognize and appreciate skilled performances regardless of affiliation; exhibit respect for contest officials; display openly a respect for the opponent at all times; and display pride in your actions at every opportunity.

OBJECTIVES OF ATHLETIC PARTICIPATION

- To provide a positive image of school athletics at Freeport Area High School and Freeport Area Middle School
- To strive always for playing excellence that will produce winning teams within the bounds of good sportsmanship while enhancing the mental and physical health of student athletes.
- To ensure growth and development that will increase the participants; that will give impetus to increased contest attendance; that will enhance a program of maintenance and improvement of athletic facilities.
- To provide opportunities that allow the program to serve as a laboratory where students may cope with problems and handle situations similar to those encountered under conditions prevailing in the contemporary world. The laboratory should provide adequate and natural opportunities for:
    - Physical, mental and emotional growth and development.
    - Acquisition and development of special skills in activities of each student’s choice.
    - Development of commitments such as loyalty, cooperation, fair play and other desirable social traits.
    - Directed leadership and supervision that stresses self-discipline, self-motivation, excellence, and the ideals of good sportsmanship that make for winning and losing graciously.
    - A focus of interests on activity programs for the student body, faculty and community that will generate a feeling of unity.
    - Achievement of initial goals as set by the school in general and the student as an individual.
    - Provisions for worthy use of leisure time in later life, either as a participant or spectator.
    - Participation by the most skilled that will enable these individuals to expand possibilities for future vocational pursuits.
- To provide a superior program of student activities that includes appropriate activities for every participant.

- To provide an opportunity for students to experience success in the activities he/she selects.
- To provide sufficient activities to respond to a wide variety of students interests and abilities.
- To provide student activities which offer the greatest benefits for the greatest number of students.
- To create a desire to succeed and excel.
- To provide for the students' worthy use of leisure time now and in the future.
- To develop high ideals of fairness in all human relationships.
- To practice self-discipline and emotional maturity in learning to make decisions under pressure.
- To be socially competent and operate within a set of rules, thus gaining a respect for the rights of others.
- To develop an understanding of the value of activities in a balanced educational process.

GOVERNANCE OF SPORTS PROGRAMS

LOCAL GOVERNANCE

Freeport Area School District

1. Board of School Directors - The Board of School Directors, responsible to the residents of the District, is the ruling agency for the FASD. It is responsible for interpreting the needs of the community and requirements. Additional responsibilities include:
    a. Developing policies in accordance with state statutes and mandates in accordance with the educational needs and wishes of the people
    b. Approving means by which professional staff may make these policies effective
    c. Evaluating the interscholastic athletic program in terms of its value to the community
2. Superintendent of Schools - The Superintendent is responsible to administer the schools according to adopted policies of the Board of Education, rules and regulations of the State Department of Education, and in accordance with state school code. It is his/her duty to establish a definite school athletic policy and to have an understanding of the policy. The Superintendent shall represent the school district as its chief executive officer and its foremost professional educator in its dealing with other school systems, social institutions and businesses.
3. Principal - The Principal is the official representative of the school and is directly responsible for the general attitude of the student body and the conduct of the athletic affairs by the Athletic Director and the Coach. By delegation and by established precedent, the school Principal is the official school representative in matters dealing with Freeport Area High School and Freeport Area Middle School Athletics and conference affiliations. The Principal is solely responsible for any official action taken by his/her school.
4. Athletic Director - The primary responsibility of the Athletic Director is the administration

and supervision of the interscholastic athletics program in the FASD. The Athletic Director's duties will be those described in his/her job description and any others as designated. He/She will provide the leadership necessary for the day-to-day operation of the athletic department.

5. Head Coaches - Each head coach is responsible to the Athletic Director for the total operation of their respective sports programs. Head Coaches are responsible for the normal duties required of interscholastic competition, those duties described in the Coaches' job description, and/or any duties delegated by the Athletic Director.

PLEASE NOTE: If you experience a problem or have any concerns regarding your child's athletic experience, you should follow the chain of command, first contacting you child's Head Coach. If you are not satisfied with their response or solution, then you should contact the Athletic Director and so on.

REGIONAL GOVERNANCE

Western Pennsylvania Interscholastic Athletic League (WPIAL)

Freeport High School is a voluntary member of the WPIAL. This league was established to encourage member schools to improve their co-curricular program in athletics. The conference membership facilitates the arranging of schedules, equalizing competition, and conducting league meets and determining league championships. The conference provides Freeport Area High School the opportunity for competition without excessive travel and wil school of similar size and athletic philosophy. Membership implies abiding by conference schedules, rules and regulations. Freeport Area Middle School is a voluntary member of the Allegheny Interscholastic Conference (AIC), which consists of 20 local school districts. The AIC follows all rules and regulations of the WPIAL.

STATE GOVERNANCE

Pennsylvania Interscholastic Athletic Association (PIAA)

All schools are voluntary members of the PIAA as a member school district, the FASD agrees to abide by and enforce all rules and regulations promulgated by this association. The primary role of the state association is to maintain rules and regulations that ensure equity in competition for the student-athletes and a balance with other educational programs. The association solicits input and is responsive to requests for rule modification from member schools, appointed committees, and coaches' associations. The state association attempts to enforce such rules that assure the greatest good for the greatest number and to ensure that competition is conducted in an appropriate manner.

NATIONAL GOVERNANCE

National Federation of State High School Associations (NFHS)

The NFHS consists of the fifty-one individual state high school athletic and/or activities associations. The purpose of the NFHS are to serve, protect, and enhance the interstate activity interests of the high schools belonging to state associations; to assist in those activities of state associations which can best be operated on a nationwide scale; to sponsor meeting, publications and activities which will permit each state association to profit by the experience of all other member associations; and to coordinate the work to minimize duplication. The NFHS is both a service and regulatory agency. The growth and influence of state associations and the NFHS ensures some degree of teamwork on the part of more that 20,000 schools and enables them to formulate policies for the improvement of interscholastic activities.

STUDENT-ATHLETE ELIGIBILITY

OVERVIEW

A student who participates in FASD interscholastic athletics must adhere to the PIAA eligibility rules for student athletes. If you fail to comply with PIAA rules, you will lose your eligibility to represent your school in interscholastic athletics. If you participate while ineligible, your school or team will be penalized. It is important for you to be aware of the requirements to which you are subject. The information contained here highlights and summarizes the major eligibility requirements you must meet in order to participate in interscholastic athletics. It does not list every rule or every detail. Unless otherwise indicated, each requirement applies to grades 7 through 12.

The Principal of your school is responsible for certifying the eligibility of all students representing your school in interscholastic athletics. If you have any questions concerning your athletic eligibility, either present or future, you should see your school Principal who has a complete copy of all the PIAA eligibility rules. Your Principal may also obtain from the appropriate PIAA District Committee a formal ruling as to your athletic eligibility, if necessary.

AGE

To be eligible to participate in grades 10 through 12, you must not have reached your 19th birthday by June 30th immediately preceding the school year. Where you will participate only grades 7 and 8, you may not have reached your 15th birthday by June 30th immediately preceding the school year; where you will participate only in grades 7 through 9, you may not have reached your 16th birthday by June 30th immediately preceding the school year.

AMATEUR STATUS AND AWARDS

To be eligible to participate in a sport, you must be an amateur in that sport. Amateur status,

and eligibility, is lost if you, or your parent(s) or guardian(s), receive money or property for or related to your athletic ability, participation, performance, services, or training in a sport.

You may be recognized and receive awards for your participation only from your school or school-affiliated booster club, the sponsor of an athletic event, a non-profit service organization approved by your school Principal, or the new media. Permissible awards include items of apparel, a blanket, watch, ring, scroll, carry-on or warm-up bag, photograph, medal, plaque, or similar award, which must bear appropriate institutional insignia or comparable identification. The fair market value of all the items provided to you may not exceed $200. If they do, you must return the items in excess of $200.

ATTENDANCE

You must be enrolled in and in full-time attendance at a PIAA member school or a Charter or Cyber-Charter School, or be home-schooled. Generally, you are eligible only at the school at which you are enrolled or, if a home-schooled student, at a public school in the public school district in which you reside. If you are a student enrolled in either a Charter School or Cyber Charter School, you should consult with your Principal to determine the school at which you are eligible.

If you are absent from school during a semester for a total of 20 or more school days, you will lose your eligibility until you attend school for a total of 45 days following your 20th day of absence.

CONSENT OF A PARENT OR GUARDIAN

You are eligible only if there is on file with the Principal of your school, before you begin practice, an official PIAA certificate signed by your parent or guardian consenting to your participation in the particular sport involved. *All certificates must be turned in with the physical packet prior to a student-athlete participating in an officially sanctioned practice or contest.*

COMPREHENSIVE INITIAL PRE-PARTICIPATION PHYSICAL EVALUATION

You are eligible only if you have completed a comprehensive initial physical evaluation (“CIPPE”), performed by an Authorized Medical Examiner (as that term is defined in GLOSSARY of the PIAA By-Laws) before your first sport season’s first Practice of that school year. If you want to participate in subsequent sport(s) in the same school year, you may be required to be re-evaluated and re-certified that your physical condition is satisfactory. Check with your Principal or Athletic Director to determine whether re-evaluation and re-certification is needed.

In all cases, an Authorized Medical Examiner must certify, on the PIAA CIPPE form, as to your physical fitness to participate in the particular sport(s) involved. A CIPPE may be performed no earlier than June 1st; and, regardless of when performed during the school year, remains

effective on until the next May 31st.

TRANSFERS

You are treated as having transferred whenever you seek eligibility to participate in interscholastic athletics at a school other than the one at which you are previously either enrolled or otherwise eligible. You are considered to have transferred even if you are promoted to a higher level school or are out-of-school for a period of time before entering the new school. If your transfer from one school to another is materially motivated in some way by an athletic purpose, you will lose your athletic eligibility in each sport in which you participate within a period of one year immediately following the date on which you transferred. This requirement applies even if you would be otherwise eligible at the school to which you transferred. If your school eliminates a sport for budgetary reasons, you may be permitted to Transfer to another school to participate in any other sports at that school, your PIAA District Committee will assess whether the Transfer was materially motivated in some way by an athletic purpose relating to those sports.

PERIOD OF TIME AFTER 8TH GRADE, PARTICIPATION, & GRADE REPETITION

Your athletic eligibility extends only until you have reached the end of your fourth consecutive year (8th consecutive semester or the equivalent) beyond the eighth grade. Therefore, if you repeat a grade after eighth, you will be ineligible as a senior.

Additionally, you may participate in (1) a maximum of six seasons in each sport during grades seven through twelve, (2) a maximum of four seasons in each sport during grades nine through twelve, and (3) a maximum of three seasons in each sport during grades seven through nine.

You may participate in only one season in each sport during each school year.

OUTSIDE PARTICIPATION

If you participate in a non-school athletic program during the PIAA Season for that sport, while enrolled at a school which has a Team in that sport, you will not be eligible for District and Inter-District Championship Contests in that sport unless you are in uniform and available to participate as a member of your school Team for a least 75% of it Regular Season Contests.

SCHOLASTIC ELIGIBILITY

Only full time students, regardless of age, may participate in scholastic athletics, unless expressly permitted by law or the Board of School Directors. You must pursue a full-time curriculum defined and approved by your Principal. You must be passing at least four (4) *full-credit subjects*, or the equivalent, as of each Friday during a grading period. If you fail to meet this requirement, you will lose your eligibility from the immediately following Sunday through the Saturday immediately following the next Friday as of which you meet this

requirement.

You must have passed at least four full-credit subjects or the equivalent during the previous grading period, except that eligibility for the first grading period is based on your final grades for the preceding school year. If you fail to meet this requirement, you will lose your eligibility for at least 15 or 10 school days of the next grading period, beginning on the first day that report cards are issued. If your school has four grading periods, you will be ineligible for at least 15 school days; if your school has six grading periods, you will be eligible for at least 10 school days.

A pupil who has been absent from school during a semester for a total of twenty (20) days shall not be eligible to participate in any athletic contest until he or she has been in attendance for a total of sixty (60) days following his twentieth day of absence. Attendance at summer school does not count toward the sixty days.

When a ninth grade team exists, ninth grade pupils are eligible to compete on varsity athletic teams if the decision is made at the beginning of each season and approved by the principal.

Students may not practice or compete while under suspension.

ALL-STAR CONTESTS

You will lose your eligibility in a sport for one year if you participate in an all-star Contest in that sport. Your eligibility will not be affected if you participate in an event that (1) is not advertised or promoted as an all-star Contest; (2) is open to all participants on the basis of a tryout or a uniform standard of qualification; and (3) you do not represent your school and do not wear any school-affiliated uniform or apparel in the event.

OUT-OF-SEASON PARTICIPATION

All PIAA sports have a defined season. If your school Team conducts Practice and/or participates in Inter-School Practices, Scrimmages, and/or Contests outside that PIAA defined season, your school will be penalized.

If you desire to play interscholastic football for a PIAA member school, and you engage in Physical Contact (as that term is defined in ARTICLE XVI, SEASON AND OUT-OF-SEASON RULES AND REGULATION, Section 2, Rules and Regulations, subsection c, Football, sub-section 1, of the PIAA By-Laws) outside the PIAA-defined football season, you will be ineligible to participate in interscholastic football for a period of up to one year from the date of such participation.

USE OF ANABOLIC STEROIDS

By state law, all Pennsylvania school districts are required to adopt and enforce rules and regulations prohibiting the use of anabolic steroids, except for a valid medical purpose, by

students involved in school-related athletics. School Boards are also required to establish penalties for students found in violation of the adopted rules and regulations. As penalties may vary from school district to school district, you should consult with your Principal or Athletic Director as to the penalties that your School Board has adopted.

STUDENT PARTICIPATION IN ATHLETICS…A TO Z

OVERVIEW

When a student becomes a member of a team he/she is committing to all the rules and expectations of that team and Coach, along with the policies of the school district and PIAA. Full participation in athletics by any student requires skillful time management and prior planning for involvement in multiple events and activities. This is part of the skills and advantages that participants develop and nurture through membership in co-curricular activities.

Acknowledging that students by nature of their youth and inexperience are still developing life skills which include time management and prioritization of responsibilities, the Board of School Directors, Administration, and Coaches shall encourage each participant to strive to achieve the highest academic as well as team standing on both an individual as well as team basis as possible.

All Coaches will reinforce the premise that the student has the responsibility to maintain sound academic standings.

Full participation and attendance at all competitions, practices and events is expected of all participants. In the event of an extreme personal or family emergency and/or a conflict with academic demands, at the request of the parent/guardian and with the approval of the head Coach, participation may be excused or abbreviated. This may only be arranged at the discretion of the head Coach prior to the event.

In the case of emergency and/or the Coach is not available, the building Principal has the authority to approve the student's participation or excused absence.

If the conflict cannot be resolved with the Coach, the appeal may be presented to the appropriate building administrator.

The Board of School Directors and the Administration require the Coach to accommodate reasonable requests of the students and/or their parents without prejudice towards the student.

ATHLETIC INSURANCE

All students who participate in school sponsored extracurricular activities are required, as a condition for such participation, to be covered by accident insurance that would cover hospital and medical costs in the event of accidental injury while participating. The parents should

provide an insurance waiver attesting to such coverage. Student accident insurance made available annually by the school district (24-hour coverage) is sufficient for students participating in all activities except football. Information regarding purchase of the student accident insurance is available by contacting your child's school nurse.

ATTENDANCE

All athletes are to be in attendance at school the day of the game. Students who are absent from school or tardy after 11:00am will not participate in activities or practices on that day without the written approval of the appropriate building principal.

ATHLETIC TRAINER

When an injury of consequence occurs that might require medical attention please notify the Coach and/or the Athletic Trainer. UPMC will provide the district with an Athletic Trainer and they will be available in the high school/middle school training room daily after school. The Trainer will be in attendance at all home varsity competitions and junior high competitions, schedule permitting.

Any time a student is seen by a doctor or has been recommended to be seen by a doctor as a result of a possible injury, a medical release MUST be provided by the doctor and cleared by the school nurse before the student may resume participation.

CANCELLATION DUE TO INCLEMENT WEATHER

If a game must be canceled due to inclement weather, it is the responsibility of the host school to make that decision and inform the visiting school. However, if school is canceled by the district, all competitions, practices and extra-curricular activities are also canceled unless administrative approval is given. Make up games are scheduled depending on the current schedules of both schools.

DISQUALIFICATION FROM CONTESTS

Disqualifications are a major concern of the PIAA and the FASD. All player disqualifications from contests will be addressed with a "no tolerance" posture and additional penalties will be assessed for major contest infractions. We have created and will enforce preventative measures to help assure contest disqualifications do not happen at our sports programs at any level. When a disqualification is reported to the Athletic Director, the consequences for the infraction will be imposed immediately. Any disqualification behavior will not be tolerated and in all cases the penalties may be more severe (doubled) than the PIAA mandated game suspension of one game.

After the principal receives an official/referee/umpire PIAA disqualification report the procedures below will be followed:

1. Contact by the Athletic Director to the parent explaining the violation and the “no site” rule during suspension.
2. Student and coach meeting with the Principal and Athletic Director
3. Freeport Area school rules apply and discipline administered as if the offense occurred during school session. This will occur in fighting and/or flagrant verbal abuse or foul language cases at the discretion of the Athletic Director and Principal.
4. Minimum suspensions will include up to 2 games. A second disqualification will not be tolerated and will result in permanent suspension removal from the team. A future offense during a subsequent season may result in immediate dismissal from the team.
5. If there are several disqualifications of individual students within a particular program or level, the coach will be addressed.

The important sportsmanship objectives of every sports program in Freeport Area Schools are to instill good sportsmanship in our student-athletes, making it a priority for everyone.

DRUG AND ALCOHOL POLICY

The foundation of the District’s Drug and Alcohol Policy is the belief that students and the entire school community benefit educationally, socially and personally when the entire student body is free of all types of chemical dependencies. Violation of FASD Drug & Alcohol Policy will result in the suspension or expulsion of the student violator from school.

A student shall not manufacture, knowingly, or intentionally possess, use, consume, be under the influence of, offer for sale, possess with the intent to sell or distribute, transport, assist in the concealment of, dispose of, or dispense any durg, contraband, controlled substance and/or any paraphernalia related to the following: 1) on district property before, during, and after school hours; 2) on district property during school-and/or district-sponsored approved activity, function or event; 3) away from district property during a school-and/or district-sponsored approved activity, function or event; 4) on a school bus traveling to/from a school-and/or district-sponsored approved activity, function or event; 5) the use of a drug/contraband/controlled substance authorized by a licensed physician must be registered with the school nurse, or it will be considered a violation of this policy.

FINANCIAL OBLIGATION FOR ATHLETIC EQUIPMENT

FASD issues athletic equipment/uniforms to each athlete at the beginning of the season. You are financially responsible for the safe return of all equipment/uniforms at the end of the season.

HAZING

FASD has a policy against hazing. No hazing or intimidation of any member of the team shall be permitted at any time. Students are prohibited from organizing, soliciting, aiding or participating in any type of hazing for any class, school-sponsored club, activity, or athletic team.

Hazing is any intentional, knowing or reckless act directed against a student for the purpose of being initiated into, affiliated with, holding office or maintaining membership in any class, school-sponsored club, activity, or athletic team. Hazing is any intentional, knowing or reckless act directed against a student for the purpose of being initiated into affiliation with, holding office or maintaining membership in any class, school-sponsored club, activity or athletic team. Hazing is any activity expected of someone joining or belonging to a group that humiliates, degrades, abuses or endangers, regardless of the person's willingness to participate. Students are required to report any known or suspected form of hazing to a Principal immediately. Disciplinary action including, but not limited to, permanent removal from the class, club activity, may be taken against any students who organize, participate in, and/or fail to report a hazing rite.

IN-SEASON FAMILY AND/OR NON-TEAM COMMITMENTS

An athletic season is defined as the first permitted practice date as established by the PIAA Rules & Regulations to the last scheduled contest and/or league, county, state or national tournament contest. In order to be eligible for a varsity letter, an athlete must be on the team in good standing at the end of the season.

It is the goal of the athletic department to encourage regular and forthright communication between and among student-athletes, coaches and parents. With this in mind, athletes and parents are to communicate any family and/or club athletic commitments that may occur during said season to the head coach prior to the beginning of each season.

Participation in teams sponsored by non-school organizations during a season when the student is a team member representing FHS is not recommended. This is to assure team loyalty and to prevent over-extension, which can possibly result in injury and poor academic achievement. If an athlete chooses to miss any contest or competition during an athletic season to fulfill a non-school organization commitment, the athletic may forfeit the right to a varsity letter at the discretion of the coach and the athletic director, along with playing time rules.

LETTERMAN AND OTHER AWARDS

It is important that student-athletes be recognized for their hard work and efforts when participating in the FASD Athletic Program. At the conclusion of every season, coaches will conduct end of season ceremonies/banquets for the purpose of recognizing these student-athletes in the presence of their families and friends. Many sports establish awards that are distributed to qualifying athletes. The criteria for the disbursement of these awards are different from sport to sport and are determined by each coach. Our purpose is to recognize as many athletes as possible with the highest accolades as possible.

In addition, students are awarded a "letter" for participating in a certain amount of playing time.

Basic rules that apply to all prospective athletic letter award candidates are:

1. An athlete must display sportsmanship and conduct which exemplifies the school to his opponents, teammates and officials.
2. An athlete must conform to all practices and game regulations as established by the coach for that given sport.
3. An athlete must have conformed to practices and game regulations as established by the coach and/or athletic director.
4. The athlete must have returned all the equipment issued to him/her to the satisfaction of the coach and/or athletic director.
5. In the event of injury or any other legitimate extenuating circumstances, letter awards will be made on the recommendation of the coach to the athletic director.
6. If the person has earned and been awarded a letter and his conduct and behavior has been unbecoming, the award letter can be taken away from him/her.
7. Only one letter will be awarded to any given player in attendance at Freeport Area High School. Letter awards in more than one sport will be designated by a suitable representative pin of that sport to be attached to the Freeport Area letter. Players who have earned a letter in a sport for the second year shall receive a certificate and a service bar. Players who have earned a letter for the third and fourth year shall receive a service bar and plaque.
8. Coaches use, as a general rule, that athletes should compete at least in half of the varsity games.
9. Juniors or seniors who have not met award requirements, but who have participated in at least two of the sophomore, junior or senior years may purchase a varsity letterman's jacket at the conclusion of the second season.
10. The head coach may recommend awards in special cases to the students who have not met the requirements. All awards are subject to the approval of the athletic director and/or principal.

ATHLETIC PHYSICAL AND SCREENING INFORMATION

Directions for the Registration Process:

A parent/guardian should register by clicking on this link:
(https://www.familyid.com/freeport-area-school-district)

Follow these steps:

1. To find your program, click on the link provided above and select the needed registration under the word **Programs**.
2. Next click on the green **Register Now** button and scroll, if necessary, to the **Create Account/Log In** green buttons. If this is your first time using FamilyID, click **Create Account**. Click **Log In**, if you already have a FamilyID account.
3. **Create** your secure FamilyID account by entering the account owner First and Last names (parent/guardian), email address and password. Select **I Agree** to the FamilyID

Terms of Service. Click **Create Account**.

4. You will receive an email with a link to activate your new account. (If you don't see the email, please check your spam/junk folder.
5. Click on the link in your activation email, which will log your into FamilyID.com
6. Once in the registration form, complete the information requested. All fields with a red* are required to have an answer.
7. Click the **Continue** button when your form is complete.
8. Review your registration summary.

All information is required to be entered into the online software, FamilyID. The only forms that can be turned in hard copy are Section 5 & 6. The availability to upload these two completed forms into your FamilyID registration is available as well. As a third option, the two forms can be emailed to the athletic secretary.

ImPACT BASELINE CONCUSSION TESTING

Students are required to take a new baseline concussion test every two years. This test is offered through the athletic department or can be taken at your child's doctor's office.

SCHOOL SUSPENSION

Students who are assigned to in-school suspension may participate in practices but may not participate in games. Students are permitted to attend the event.

Students who are assigned to out-of-school suspension may not participate or attend any activity or practice on the days of the suspension. If a suspension is assigned over the weekend (ex. Friday, Monday, Tuesday) the student cannot attend or participate in any activity or practice over the weekend.

SEXUAL HARASSMENT

FASD is committed to assuring equal educational opportunities without discrimination on the basis of sex. Furthermore, this district is committed to maintaining an educational environment for all students which is free of any type of sexual harassment/abuse/misconduct.

This policy is based upon Section 703 of Title VII the Civil Rights Act of 1964, The Final Amendment to Guidelines on Discrimination because of sex promulgated by the Equal Opportunity Commission (EEOC). Title IX of The Education Amendments of 1972 of the Civil Rights Acts of 1964, Secton 5 (A) of the Pennsylvania Human Relations Act, as amended 43 P.S., Section 951, et seq., the implementing guidelines on Sexual Harassment promulgated by the Pennsylvania Human Relations Commission and case law.

STUDENT-COACH RELATIONSHIP

It is the Policy of the District that intimate or sexual relations between any and all District employees and students is strictly prohibited. Such strict prohibition includes intimate or sexual relations between a head coach, assistant coach or any volunteer coach and a student. Any violation of this Policy by a District employee will result in termination of employment.

STUDENT CONDUCT/SPORTSMANSHIP

Student-athletes who are good sports are positive role models within our school and the community at large. A good sport knows that athletic competition builds character and shapes lifetime attitudes. You, in turn, experience additional educational and leadership benefits that come from participation in sports. Integrity, fairness and respect - these are the principles of good sportsmanship. With them, the spirit of competition thrives, fueled by honest rivalry, courteous relations, and graceful acceptance of the results.

Working to that end, we join with the PIAA to support a program called Sportsmanship: The only missing piece is you! This is a program designed to positively change behavior in our schools and reinforce and reward the need for sportsmanship as one of the values taught through educational athletics.

As a Freeport athlete, your sportsmanship goals should include:

- Developing a sense of dignity under all circumstances
- Respecting rules of the game and officials who administer the rules and their decisions
- Respecting opponents as fellow students and acknowledging them for striving to do their best while you seek to do your best at the same time
- Looking at athletic participation as a potentially beneficial learning experience, whether you win or lose
- Educating other students and fans to understand the rules of the contest, and the value of sportsmanship
- Accepting the personal responsibility that comes with your actions during competition. You are the spokesperson for our school when you represent us in athletic competition. Family and friends, opposing fans, the local community and the media, view your actions. Your display of good sportsmanship will show the most positive things about your and our school and will remind us all that in the end, sports are meant to be fun

Disruptive or violent behavior may result in removal from the team. Suspension or removal from the team and/or referral to the appropriate building administrator may be the result of the student's inappropriate and/or disruptive behavior during practices and games. *All student misconduct at events associated with a specific athletic team (on the bus, on the field, or at any event) is directly or indirectly related to the school, and all student-athletes will be subject to school-based consequences.*

TOBACCO-FREE ZONE

FASD is a tobacco free school in accordance with School Board Policy and PA. Possession of cigarettes, cigars, pipes, or other look alike pieces of smoking equipment, and possession of smokeless tobacco in any form, and smoking or use of tobacco by students in school buildings, on school grounds, on school buses, and during any school activity before, during, or after school hours, whether or not on the school grounds or in school facilities is prohibited.

Student-athletes using tobacco during athletic practices and/or games at any time will be disciplined according to the school handbook and my be suspended indefinitely from their team.

TRANSPORTATION

Transportation is provided by the school district to away competitions. A bus will take the team from the middle or high school to the host school. When the game is completed, the team will be returned to the school where they were picked up. It is the parents responsibility to pick their child up when they return. Please be prompt when picking your child up after a game or practice.

It is the intention of the school that all teams travel to and from an event together. In the event of a true emergency, a parent should write a note to be given/emailed to the coach, athletic director and principal releasing the school from responsibility.

The conduct of students riding buses shall be above reproach. Any breach of proper conduct will be enforced by suspension of his/her transportation privileges.

VALUABLES/SECURITY

Student-athletes should be made aware of the responsibility for securing valuables. Since many teams dress away from home, coaches must establish security procedures to prevent loss of valuables. Student-athletes should not bring anything of value to away contests or leave valuable in the school locker room unattended.

YOUR FINAL REMINDERS…

1. Athletes will not be permitted in any of the buildings after school except those areas designated by the Coaches or Athletic Director.
2. Athletes should report immediately to the locker rooms or designated area after the dismissal bell in the afternoon.
3. No practice arrangements, formal or informal, are permitted without the presence of supervisory coaching personnel.
4. Students are not to remain after school unless Coaches are present.
5. Athletic shoes with spikes are not to be worn in the building.
6. Athletes are to leave their automobiles in the designated student parking areas.

7. You may not practice without all properly signed physical forms to be returned to the athletic secretary.

PARENT - COACH RELATIONS

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of others and provide greater benefit to the student. As parents, when your children become involved in our programs, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

Communication you should expect from your child's coach

1. Expectations the coach has for your child as well as all the players on the squad.
2. Locations and times of all practices and contests.
3. Team requirements, i.e. fees, special equipment, off-season conditioning.
4. Procedure should your child be injured during participation
5. Team rules and guidelines, and lettering requirements.

Communication coaches expect from athletes

1. Notification of any schedule conflicts in advance.
2. Special concerns in regards to a coach's philosophy and/or expectations.

As your children become involved in the athletic programs they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times discussion with the coach is encouraged.

Appropriate concerns to discuss with coaches

1. The treatment of your child, mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

It is very difficult to accept your child not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on when they believe to be the best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as the following must be left to the discretion of the coach.

Issues not appropriate to discuss with coaches

1. Playing time

2. Team strategy
3. Play calling
4. Other student-athletes

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedures are suggested to help promote a resolution to the issue of concern.

If you have a concern to discuss with a coach, the suggested procedure is listed below:

1. Email or call to set up an appointment
2. If the coach cannot be reached, email or call the athletic director. The athletic director will set up the meeting for you.
3. Please do NOT attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and coach. Meetings of this nature do not promote resolution.

What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

1. Email or call to set up an appointment with the Athletic Director to discuss the situation.
2. At this meeting the appropriate next step can be determined.

Since research indicates a student involved in co-curricular activities has a greater chance of success during adulthood, these programs have been established. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school. We hope the information provided here makes both your child's and your experience with Athletic programs less stressful and more enjoyable.

FASD Athletic Department Website, Schedules, Social Media and US Today HighSchoolSports. Net

FASD ATHLETICS DEPARTMENT WEBSITE AND TWITTER

The FASD Athletic Department website is available at www.freeport.k12.pa.us. The site has information on the athletic mission and philosophy, student and parent code of conduct, physical and baseline concussion testing, tickets, coaches, booster contacts and athletic links. There are also pages for each sports team, sports scores for each current season, and archived scores for past seasons. The Yellowjacket twitter (https://twitter.com/FASD_Athletics) provides updated information on all sports grades 7-12, notification of canceled events, achievements, and general athletic department information.

ATHLETIC SCHEDULES

Complete printable schedules are uploaded frequently and available for each sport on the athletic website at http://freeport.k12.pa.us/domain/24. Same day contest changes are posted to @FASD_Athletics and are also posted to the website. Click on the specific sport. The athletic department also sends daily event emails that note the contests of the day, cancellations, schedule updates, playoff information, etc. If you would like to be included in the Athletic Update emails, please contact the athletic department.

ATHLETIC SCHOLARSHIPS AND RECRUITING

National Collegiate Athletic Association (NCAA)

NCAA Division I - This is the highest level of play and they offer the most scholarships. These are the large schools with large student populations.

NCAA Division II - Smaller specialty schools that provide scholarships, as well as financial aid and grants.

NCAA III - No athletic scholarships, but many high school graduates receive academic scholarships, financial aid, grants, and jobs on campus, also known as work-study.

National Association of Intercollegiate Athletics (NAIA)

The NAIA can give athletic scholarships as well as other benefits to enable a player to attend school.

National Junior College Athletic Association (NJCAA)

NJCAA Financial aid is provided for the cost of tuition and books. If you are not ready physically or mentally to attend a four-year college then a junior college that offers athletic programs may be the answer.

Are you good enough to participate at the college level? Build a support group that can give you good sound advice that would consist of your parents, coaches, principals, athletic director and community members that have participated in college athletics that have seen you play. There is no substitute for the college playing experience. These people know what it takes to play at the next level.

Once you have set your goals for college athletics, begin to market yourself. You can only be offered a college scholarship if a college coach or scout has an opportunity to see you play.

This is where you need to begin to market yourself to the colleges of your choice.

1. Go to the guidance office, athletic office or the internet and obtain addresses of the colleges that you would be interested in attending.
2. Prepare a letter to be sent to the college coaches.
3. Prepare a resume of your career.
4. Prepare a highlight tape and game tape to send with the resume.

The NCAA Brochure "Guide for the College-Bound Student Athlete", is available online at www.ncaaclearinghouse.net.

Send the information before your senior season. The best advice would be to send it immediately after the signing of the last recruiting season ahead of you.

The majority of the colleges will send you a questionnaire; complete it and return it to the colleges immediately.

If you are an outstanding student you will have opportunities to obtain athletic and academic scholarships. Many of the top academic universities have stringent minimum academic requirements where many athletes cannot qualify.

College coaches are looking for all around athletic ability first. They look for coordination, speed and jumping ability, size and strength. College coaches recognize that superior all around athletes are usually good at a variety of sports. Just by participating in different sports, you are showing scouts that you have some unique gifts. If you are a standout at two or three sports, then you are a special talent.

PARENT/STUDENT-ATHLETE CODE OF CONDUCT

All participants must have a signed Student Athlete/Parent Code of Conduct (*signature required as part of your FamilyID registration*). In accordance with the Parent/Student-Athlete Code of Conduct, all athletes must present themselves in a positive and sportsmanlike manner. All athletes and parents must show proper respect for opposing teams, their coaches and officials alike.

In addition, FASD will not tolerate hazing of any kind to our student athletes as outlined earlier in this handbook. Students who disregard this rule are subject to suspension and/or expulsion from their team, as well as appropriate school consequences set forth by the Principal.

Athletes are to be on time for practice and be prepared for practice every day. They should prioritize their affiliation with community teams, placing the needs of the Freeport Area School District's interscholastic teams first. Athletes are responsible for all equipment issues and for the care of said equipment. Equipment and uniform to be worn and used only at FHS events. Athletes will be held accountable and submit restitution for any equipment/uniforms mistreated

or not returned.

Failure to comply with requirements stipulated in the Parent Student Athlete Handbook, any of the rules stated in the Code of Conduct, or rules stipulated by the Coach regarding curfews, detentions, etc., will result in disciplinary action which may include suspension or dismissal for a designated time as determined by the Head Coach and/or the Athletic Director and Principal.

In addition to the above-mentioned criteria, all athletes are expected to be alcohol-free, tobacco-free, and drug-free. Student/athletes who use and/or are in possession of these during school hours, on school property (including means of transportation to and from events), and while participating in any school sponsored event are subject to disciplinary action per the terms of School Board Policy No. 227 (Controlled Substances/Paraphernalia) and School Board Policy No. 222 (Tobacco). Use of any of these substances outside the realm of school district policy is highly discouraged and not becoming of a Freeport athlete. All school athletes should be alcohol/tobacco/drug free 24/7.

FREEPORT AREA SCHOOL DISTRICT PARENT/STUDENT-ATHLETE CODE OF CONDUCT

High School athletic competition should demonstrate high standards of ethics and sportsmanship. The development of good character and other important life skills should be at the forefront of student-athlete participation in high school athletics. The highest potential of sports is achieved when student-athletes and their parents are committed to pursuing victory with honor, respect, responsibility, fairness, caring, and good sportsmanship.

These values are the core of the Freeport Area School District Student-Athlete and Parent Code of Conduct. All student-athletes and their parents should read and understand the Code of Conduct prior to participating in a school year sport.

PARENTS'/GUARDIANS' CODE OF CONDUCT

General

All parents' and guardians' shall pledge to provide positive support, care, and encouragement for their child participating in the activities of Freeport Area School District by following this code of Conduct.

Guidelines

All parents' and guardians; shall therefore resolve to conduct themselves with dignity as a citizen of the community, recognizing and accepting that they shall:

- Encourage good sportsmanship by demonstrating positive support for all players,

coaches, and officials at every game, practice, or other school sports event;
- Place the emotional and physical well-being of their child and the other student-athletes ahead of a personal desire to win;
- Support efforts to create and maintain a safe and healthy environment;
- Support coaches and officials working with their child, in order to encourage a positive and enjoyable learning experience for all;
- Do their very best to make sports fun, and remember that it is a game for youth;
- Encourage their child to treat other players, coaches, spectators, officials, and others with respect regardless of race, sex, creed, or ability; and
- Promise to help their child enjoy the sports experience in whatever way possible, such as being a respectable fan, assisting with booster organizations, or providing encouragement to the entire program.
- Support the PIAA Sportsmanship Initiative " Sportsmanship - The Only Missing Piece is You!" (www.piaa.org) by following the fundamentals of sportsmanship; gain an understanding and appreciation for the rules of the contest; exercise representative behavior at all times; recognize and appreciate skilled performances regardless of affiliation; exhibit respect for contest officials; display openly a respect for the opponent at all times; and display pride in your actions at every opportunity.

ATHLETE'S CODE OF CONDUCT

General

All student-athletes shall recognize that being a member of the community carries with it responsibilities and rewards, and they shall not only embrace those responsibilities, but also conduct themselves both on and off the playing field/facility in a way that exhibits respect for others and self.

Guidelines

All student-athletes shall conduct themselves with dignity as an athlete and as a citizen of the community, recognizing and accepting that they shall:

- Accept accountability for all behavior and its outcomes;
- Honor obligations and promises;
- Exercise self-control;
- Be willing to be fair with others on and off the playing field;
- Take pride in themselves and their accomplishments, but never at the expense of demeaning another person or group;
- Respect the efforts of others;
- Respect authority;
- Play by the spirit, not just the letter, of the rules of the game/event; and
- Strive to make the community better through support and contribution as a member and

citizen.
- Support the PIAA Sportsmanship Initiative “Sportsmanship - The Only Missing Piece is you!” (www.piaa.org) by following the fundamentals of sportsmanship; gain an understanding and appreciation for the rules of the contest; exercise representative behavior at all times; recognize and appreciate skilled performances regardless of affiliation; exhibit respect for contest officials; display openly a respect for the opponent at all times; and display pride in your activities at every opportunity.

It is the student-athlete’s responsibility to know and adhere to all rules and regulations for student conduct with regard to Freeport Area School District School Board policy and student handbooks.

ENFORCEMENT OF THE CODE OF CONDUCT

Responsibility

Responsibility for enforcement of this Code of Conduct shall reside with the Freeport Area School District Board of School Directors and Administration.

Spectators

Spectators who are directly associated with a particular student-athlete shall comply with the same criteria as for Parents’/Guardians’, and the same enforcement action shall apply.

Enforcement

The Freeport Area School District Board of Directors and Administration shall take whatever measures necessary to enforce this Code of Conduct, up to and including any of the following actions:

- Removal or restriction of an Athlete from the program due to his or her failure to comply with this Code of Conduct
- Removal or restriction of a Parent/Guardian from attendance at the program due to the failure of his or her Parent/Guardian to comply with this Code of Conduct.

Please always keep in mind…

- Remember that children are involved in sport for their enjoyment not yours.
- Respect all decisions made by coaches, referees and officials.
- Be a role model by supporting your child.
- Do not coach your child in games and training.
- Respect the rights of all players.
- Applaud effort and hard work, as well as success.

- Avoid criticizing any player
- Encourage children to play according to the rules.
- Do not shout or criticize players if they make a mistake.
- Do not be rude towards players, other parents, coaches and officials.
- Applaud the opposition as well as your own team.

Code of Conduct as stated in FamilyID

The Freeport Area School District values the notion that every participant, worker, and spectator should enjoy sports in an honorable atmosphere free from any form of hate or discrimination. We ask that everyone respects those participating, working and watching and refrain from any inappropriate behavior. Any person found to be in violation of this expectation will be subject to disciplinary action which may include removal from teams and/or being prohibited from attending future events. Sporting events should be free from any form of harassment, hate, or demeaning comments, especially from adults to officials and/or adults to student-athletes.