

East Stroudsburg Area School District Student-Athlete Expectations & Guidelines 2026-2027



TIMBERWOLVES



CAVALIERS

SCHOOL AND SPORT

A Message from the Athletic Department

To the Parents:

Your son/daughter has expressed an interest in participating in interscholastic athletics with your approval. It is very important to read, review, and sign off on the information included in this document with your child. Additionally, it is recommended that you familiarize yourself with the *East Stroudsburg Area School District 2026-27 Athletic Handbook* and the *Code of Student Conduct*. It is equally important to understand that **participation in athletics is a privilege, not a right**. Interscholastic athletics offered at the East Stroudsburg Area School District (ESASD) serve as an integral part of the educational process for students grades 7-12. Our athletic philosophy is based on developing the person, the student, the teammate, and the athlete. As a compliment to the academic component, our athletic program is structured to foster physical, social, emotional/intellectual, and moral development in all participants. Additionally, the ESASD athletic program emphasizes teamwork, good sportsmanship, leadership, and competitive spirit. We are hopeful that the experiences and opportunities gained by participation in interscholastic athletics will help your son or daughter develop lifelong skills, making them more productive citizens within the community upon graduation. Lastly, we ask for your cooperation in being a positive role model by demonstrating respectful behaviors at all times with coaches, other parents, officials, administrators, spectators, and all student-athletes.

To the Student-Athletes:

Being a member of an East Stroudsburg Athletic Team is a privilege, not a right. It is our expectation:

- That you embrace this opportunity to make yourself a better person, a better student, a better teammate, and a better athlete.
- That you will follow school rules at all times.
- That when you have questions or concerns, you will ask for help.
- That you will give 100% effort at all times regarding academics and athletics.
- That you take pride in yourself, your team, your school, and your community.
- That you are respectful at all times to teammates, classmates, administrators, teachers, coaches, opponents, spectators, officials, and parents/guardians.
- That you develop a sense of professionalism whereas you always do the best you can, use appropriate language, dress appropriately, and play with sportsmanship.
- That you will become leaders within athletics, within the school, and within the community.

Meeting these expectations will help in laying the foundation for success upon graduation from the East Stroudsburg Area School District. We are proud to have you representing our school and will support you throughout your journey. Failure to meet these expectations can result in suspension from games, practices, and possible removal from a team. With that said, we wish you the best of luck and look forward to watching you compete.

Academic Eligibility

As per Board Policy #123 – Interscholastic Athletics: The Board directs that no student may participate in the program of interscholastic athletics if he/she has not maintained a record of academic proficiency that satisfies guidelines set forth by the PIAA and the East Stroudsburg Area School District and is sufficient to ensure that participation in interscholastic athletic activities will not interfere with his/her instructional program.

For the purpose of determining *Academic Eligibility*, an average of 65% or greater is considered PASSING; an average below 65% is considered FAILING. Academic Eligibility will be determined by the following two criteria:

1. In accordance with Article X Sections 3 and 5 of the PIAA Constitution and By-Laws, a **high school student-athlete** must PASS at least 2 full blocks worth of classes or its equivalent that meet daily or he/she will be considered *Academically Ineligible* for participation. For eligibility purposes, a full block is defined as a class that meets for two periods daily; an equivalent would be a class that meets for one period daily. An **intermediate student-athlete** must PASS at least 4 periods worth of classes that meet daily, or he/she will be considered *Academically Ineligible* for participation.
2. The East Stroudsburg Area School District further requires that no high school or intermediate student-athlete can be failing any two or more classes at the same time, or he/she will be considered *Academically Ineligible* for participation. For the purposes of academic eligibility: 1) A class is defined as any course that meets daily and 2) Programs at the Monroe County Technical Institute are equivalent to TWO classes.
 - **Academically Ineligible** means that a student-athlete may not participate in any team-oriented work, in skill work, in performances, in scrimmages, or in competitions during the period of ineligibility that will go into effect the immediately following Sunday through the next Saturday. He/she can be at practice for the sole purpose of maintaining proper conditioning or the like. Additionally, an academically ineligible student-athlete cannot be dismissed early from school for athletic purposes. For purposes related to trying out for a team, an academically ineligible student-athlete will fully participate in scheduled tryouts as determined by the coaching staff and approved by the Athletic Office. Throughout the ineligible week, the student-athlete will be required to cooperate in academic remediation as determined by building administration and the athletic department. If the student-athlete meets eligibility requirements the following Friday, he/she will become eligible the immediate following Sunday.
 - If a student-athlete is failing one class that meets daily, he/she will be on “**academic warning**.” **Academic Warning** requires a student-athlete to participate in academic remediation as determined by building administration and the athletic department. If the student-athlete is passing the course as of the following Friday, he/she will no longer be on academic warning. Throughout the week, the student-athlete will be required to cooperate in academic remediation as determined by building administration and the athletic department.

Academic Eligibility will go into effect once the roster is established. It will be monitored on a weekly basis and checked every Friday by combined efforts of the athletic department and the building administrative team. Grades of student-athletes will be reviewed as reported by classroom teachers

through Sapphire. Student-athletes and coaches will be notified of any cases of Academic Ineligibility or Academic Warning through the building Athletic Director. A letter will be mailed to parents of students who are Academically Ineligible.

At the conclusion of a marking period, if a student-athlete has failed to meet academic eligibility requirements, he/she will be ineligible for a period lasting for 15 days beginning on the first day reports cards are issued. The 15 day ineligibility period, when applied to the end of the school year, uses final averages and not 4th marking period averages to determine eligibility for the next grading period and begins on the first day of school the next year; the only exception being any deficiencies that have been corrected over the summer which make a student-athlete eligible for participation.

Attendance in School for Eligibility to Participate

In order for a student-athlete to be eligible to participate in any contest, he/she must be enrolled in school and attend school regularly in accordance with applicable law. Additionally, student-athlete participation in scheduled activities or athletic contests is contingent upon the following:

- A student-athlete who is absent from school for the entire day may not participate in or attend a scheduled activity or athletic contest unless pre-approved by administration.
- A student-athlete who arrives AFTER 10:30 a.m. may not participate in a scheduled activity or athletic contest for that day unless pre-approved by administration.
- A student-athlete who leaves early from school without pre-approval by administration or because of illness may not participate in a scheduled activity or athletic event for that day.
- A student-athlete who is suspended from school may not participate in a scheduled activity or athletic contest for the duration of the suspension. If a suspension ends on Friday, the student-athlete cannot participate in any weekend practices, contests, or events.

Infractions of the Code of Student Conduct

Student-athletes are held accountable to all school rules, policies, and disciplinary measures: 1) in school, 2) at school activities, 3) during time spent in travel to and from school and school activities, and 4) at such other times as allowed by applicable law; this could include but is not limited to at home, on the internet, or other places where conduct affects school operations. Misconduct on behalf of a student-athlete at any time should be immediately reported to the Building Principal and Director of Athletics and Activities. He/she may be subject to discipline according to the *Code of Student Conduct* and possible suspension and/or removal from the team. Refer to Board Policy #218 – *Student Discipline* and Board Policy #227 – *Controlled Substances* for additional information. There is an expectation that student-athletes within the ESASD are to be role models to others within the district.

An accumulation of three athletic demerits during the course of a season will result in an automatic suspension from the team and all team related activities to include practices, games, and ceremonies. The student-athlete shall be suspended from participation in athletics and activities for 15 days or the remainder of the season, whichever occurs first. A season is recognized as the first official day of practice as defined by the PIAA until the last team or individual competition. If an ESASD student-athlete is suspended for an infraction of the *Code of Student Conduct*, he/she will be subject to demerits as follows:

- Any single disciplinary infraction resulting in **In School Suspension (ISS)** will result in ONE ATHLETIC DEMERIT. In addition to the one athletic demerit, the student-athlete shall be suspended from participation in athletics on the day(s) the ISS is served.
- Any single disciplinary infraction resulting in **Out of School Suspension (OSS)** less than five days will result in TWO ATHLETIC DEMERITS. In addition to the two athletic demerits, the student-athlete shall be suspended from participation in athletics on the day(s) of the OSS. Sports with 15 or more competitions will carry a minimum two game suspension for in-season student- athletes; a one- or two-day tournament will be equivalent to 2 competitions. Sports with less than 15 competitions will carry a minimum one game suspension for athletes.
- Any single disciplinary infraction resulting in **Out of School Suspension (OSS)** five days or greater will result in THREE ATHLETIC DEMERITS. In addition to the three athletic demerits, the student-athlete shall be suspended from participation in athletics and activities for 15 days or the remainder of the season, whichever occurs first. Days suspended from school will run concurrently within the timeframe of the 15 day suspension.

One Athletic Demerit	• Student-athlete shall be suspended from participation in athletics on the day(s) the ISS is served. • Student-athlete shall meet with coach upon returning to participation.
Two Athletic Demerits	• Student-athlete shall be suspended from participation in athletics on the day(s) of the OSS. Sports with 15 or more competitions will carry a minimum two game suspension for in-season student-athletes; a one- or two-day tournament will be equivalent to 2 competitions. Sports with less than 15 competitions will carry a minimum one game suspension for athletes. • Student-athlete, coach and athletic director shall meet to discuss behavioral agreement outlining student-athlete expectations moving forward through the remainder of season.
Three Athletic Demerits	• Student-athlete shall be suspended from participation in athletics and activities for 15 days or the remainder of the season, whichever occurs first. Student-athlete, coach and athletic director shall meet to discuss suspension and return timeline if applicable. Days suspended from school will run concurrently within the timeframe of the 15 day suspension.

- Upon returning from a 15-day suspension, a student-athlete may return to the team if the season has not culminated. If he/she accumulates any additional athletic demerit(s) for any reason, he/she will be suspended for the remainder of that season.

Athletic Demerits will be assigned as per any single disciplinary infraction resulting in suspension. Days of suspension do not equal number of demerits assigned. Example: A student-athlete receives three days of ISS for a single disciplinary infraction; this will be considered one athletic demerit.

If a student-athlete is not demonstrating appropriate behavior as defined by the *Code of Student Conduct* at any time in season or out of season, a meeting may be held by building administration and the athletic department which may result in a suspension from participation of in season and/or out of season practices or events. **Please remember that participation in athletics is a privilege, not a right.** Student-athletes are expected to model appropriate behaviors at all times.

For the purpose of athletic demerits, suspensions assigned to student-athletes attending MCTI will count towards demerit totals.

Lastly, students who are placed in an alternative education setting or who are currently placed in an alternative education setting are not permitted to participate in interscholastic athletic programs.

Hazing and Bullying

In accordance with Board Policies #247 *Hazing* and #249 *Bullying*, the ESASD Athletic Department strives to maintain a safe, positive, and welcoming environment for student-athletes, coaches, parents, spectators, and game personnel. Any action or situation that recklessly or intentionally endangers the mental or physical health or safety will not be tolerated.

Student-athletes, coaches, and parents are strongly encouraged to promptly report incidents related to hazing and/or bullying to athletic and school administration. A thorough investigation will follow; a founded charge will be subject to disciplinary action according to the *Code of Student Conduct*. There is no place for Hazing and Bullying in the ESASD Athletic Department.

Disqualification from a PIAA Athletic Competition

If a student-athlete is ejected from a PIAA athletic competition, he or she will serve a suspension as rendered by the PIAA, which will include but is not limited to completion of the NFHS Sportsmanship Course and possibly an apology letter considering the circumstances of the ejection. Additionally, the student-athlete shall be subject to administrative review and possible action consistent with the school code of conduct.

NCAA Clearinghouse

We are very hopeful that many of our student-athletes will continue their athletic careers beyond high school by competing at the collegiate level. The NCAA Clearinghouse regulates athletic participation at the division I and II levels based upon **specific academic requirements beginning in 9th grade**. It is strongly recommended for both parents and student-athletes to express their desires to compete in college athletics to the athletic department, coaches, and especially to the guidance counselors. The counselors will help educate parents and student-athletes on NCAA eligibility requirements and assist with proper course selections and academic requirements. It is never too early to start asking these questions! Attached at the end of this document is a copy of the [NCAA Eligibility Center Quick Reference Guide](#).

Transportation

The athletic department recognizes the right of the parent(s)/guardian(s) to decide how and by whom their child is transported. However, the privilege to compete in interscholastic athletics for ESASD is based on student-athletes following the policies, guidelines, and procedures as established by the ESASD.

Teams, which include coaches and student-athletes, are expected to travel together using whatever transportation is provided to them by the *ESASD*; this includes both to and from athletic competitions and scrimmages. This expectation is presented to build team camaraderie and to protect all student-athletes.

A coach should always be present on a bus when one of his/her teams is being transported by bus. It is preferred that the head coach accompany the bus at all times. If the head coach cannot, for some valid reason, accompany the bus, the Associate Athletic Director or Director of Athletics and Activities will be made aware of the situation in advance to assure appropriate supervision of student-athletes is secured.

It is recognized that there will be times when extenuating circumstances may make it necessary for a student-athlete to travel to or from an event separately from the team. In the event that a student-athlete needs to travel separately from the team, a parent/guardian must communicate with the head coach and complete the ESASD Parental Transportation Request Form in advance (*see attached*). The head coach will keep the original. Student-Athletes will only be permitted to ride with their own parent/guardian. In case of emergency, the head coach may use his/her discretion and will contact the Associate Athletic Director or Director of Athletics and Activities. The Parental Transportation Request Form is still required.

Equipment/Uniforms

Once a student-athlete is identified as a member of the team, he/she may be distributed equipment and/or uniforms. Uniforms issued by the athletic department are intended to be worn for competition. Wearing uniforms for purposes outside of competition including during school must be pre-approved by the coach, building administration, and Director of Athletics and Activities. At the completion of the season, the student-athlete must return all equipment and/or uniforms issued by the District as determined by the head coach before being eligible to participate in any interscholastic activity in the future. The student-athlete is responsible to return such equipment or make monetary restitution. Failure to do so may result in non-participation of High School graduation activities and/or in charges being filed with the appropriate District Magistrate.

Expected Behaviors During Competition

During athletic competitions, it is expected that our student-athletes will compete in the true essence of good sportsmanship. This includes no disrespectful/inappropriate gestures, actions, or comments to officials, teammates, coaches, opponents, and/or spectators. We will be gracious in both victory and in defeat.

Social Media

Student-athletes are reminded that they must comply with the School District's Social Media Policy (#816) and Social Media Student Administrative Regulation (#816-AR-S), the Acceptable Use Policy (#815), and other relevant School District policies, regulations, rules, and procedures. Student-athletes should use good judgment in their use of social media both in and out of school. Examples of what students should not do include: bully/cyberbully others; use defamatory or discriminatory statements/images; engage in terroristic threats; and promote illegal items and activities (such as, illegal drugs, violence, and unlawful drinking). The applicable legal due process procedures will be used when violations are reported or discovered. If applicable, discipline may result in athletic department sanctions up to and including removal from the team, any suitable disciplinary consequences listed in the Code of Student Conduct, and disciplinary consequences provided in the School District's policies. Social Media can include, but is not limited to, blogs, microblogs (such as Twitter); social networking websites (such as Facebook); media sharing (such as Instagram, Snapchat, and YouTube); wikis (such as Wikipedia); virtual worlds (such as World of Warcraft and Second Life) when using text messages, e-mail messages, Internet websites, and other communications.

ESASD Athletic Concussion Management Protocol

This protocol follows the recommendations and guidelines from the East Stroudsburg Area School District Board Policy 123.1 and the 6th International Conference on Concussion in Sport held in Amsterdam, 2022. The Consensus Statement on Concussion in Sport, which resulted from the 6th international conference on concussion in sport, defines sport-related concussion as follows:

Sport-related concussion is a traumatic brain injury caused by a direct blow to the head, neck or body resulting in an impulsive force being transmitted to the brain that occurs in sports and exercise-related activities. This initiates a neurotransmitter and metabolic cascade, with possible axonal injury, blood flow change and inflammation affecting the brain. Symptoms and signs may present immediately, or evolve over minutes or hours, and commonly resolve within days, but may be prolonged.

No abnormality is seen on standard structural neuroimaging studies (computed tomography or magnetic resonance imaging T1- and T2-weighted images), but in the research setting, abnormalities may be present on functional, blood flow or metabolic imaging studies. Sport-related concussion results in a range of clinical symptoms and signs that may or may not involve loss of consciousness. The clinical symptoms and signs of concussion cannot be explained solely by (but may occur concomitantly with) drug, alcohol, or medication use, other injuries (such as cervical injuries, peripheral vestibular dysfunction) or other comorbidities (such as psychological factors or coexisting medical conditions).

It is important to recognize that many sports related concussions (SRC) DO NOT result in loss of consciousness and, therefore, all suspected head injuries should be taken seriously. Since a concussed athlete may be trying to hide or may not be aware of their condition, coaches, parents, and fellow teammates can be helpful in identifying those who may potentially have a concussion.

The East Stroudsburg Area School District Athletic Concussion Protocol is as follows:

1. All East Stroudsburg Area School District (ESASD) student-athletes and their parent(s)/guardian(s) must read and sign off on the following documents each school year related to the Risk of Concussion and Traumatic Brain Injury:
 - a. Section 3 of the PIAA CIPPE form
 - b. ESASD Concussion Management Protocol
2. All ESASD coaches (head, assistant, and volunteer) must do the following each year prior to the start of their sports season:
 - a. Complete the ConcussionWise educational video presented by Sports Safety International (www.sportsafetyinternational.org/coaches) or an educational platform approved by the PIAA. A certificate of completion must be printed out and submitted to the athletic office prior to the start of the athletic season.
 - b. Review the ESASD Concussion Management Protocol.
3. ESASD student-athletes will take an Impact baseline test prior to the first competition date of their sport. Student-athletes in grades 7 and 8 will take the baseline annually. Student-athletes, beginning in grade 9, will take the baseline bi-annually. Any new athlete, being a transfer or first time playing, will take the baseline as appropriate.

4. ImPact baseline testing may be done in person or asynchronously at home. ESASD and/or the St. Luke's athletic trainers will provide instructions for taking the ImPact test asynchronously via email and handouts.
5. Student-athletes who return a failed ImPact test will retake the baseline test under an athletic trainer's direct supervision.
6. A student athlete with a suspected concussion will be removed from athletic activity for the remainder of that practice/event and will be encouraged to seek medical attention.
7. A student-athlete suspected of a concussion will be evaluated by medical personnel trained in acute concussion management (i.e. ESASD and/or St. Luke's athletic trainer) using a sideline assessment tool such as the SCAT 6. If a St. Luke's University Health Network team physician is present, the student athlete will be evaluated by the physician.
8. Parents and or guardians of the student athlete must be called as soon as possible. Athletes presenting concussion signs and symptoms will be referred to a physician. Parents and/or guardians will be informed of the signs and symptoms of a concussion (refer to CDC fact sheet for parents) and any other guidance that may be associated with acute concussion care.
9. Parents and/or guardians as well as coaches are not expected to be able to "diagnose" a concussion. Only appropriate health care professionals that are trained in recognition and management of concussions may do so. Parents and coaches must BE AWARE of signs, symptoms, and behaviors of a possible concussion. WHEN IN DOUBT, SIT THEM OUT!
10. If it is suspected that an athlete has sustained a concussion, the "Heads-Up" four step action plan will be followed. This includes all in-season PIAA sports as well as if any off-season concussions that are brought to the ESASD and St. Luke's medical staffs' attention:
 - a. Remove athlete from play.
 - b. Inform the athlete's parents and/or guardians about the possible concussion and give them the necessary information on the concussion, ie. CDC Heads Up Fact Sheet for Parents (2).
 - c. The athlete is to be encouraged to be evaluated by an appropriate health care professional.
 - d. Keep the athlete out of play the day of the injury and until clearance is given by an appropriate health care professional.
11. The student-athletes parent(s)/guardians(s) will be contacted regarding their student-athlete's potential concussion. ESASD athletic trainer(s) and St. Luke's athletic trainer(s) will contact the student athlete's parents if the potential concussion occurs at an ESASD facility. If a potential concussion occurs at an away event, the coach should request the host school's athletic trainer contact the student-athletes parent(s)/guardian(s) regarding the injury.
12. If it is suspected that a student-athlete has sustained a concussion, the student-athlete will not be allowed to drive themselves home. This is due to the potential for further neuro-cognitive symptoms worsening or developing while traveling.
13. Return to learn for the student-athlete will be guided by one or more of the following, the student athlete's building nurse, guidance department, teachers, and attending physician (MD/DO).

- a. Academic accommodations may be necessary until the concussion has been resolved.
14. As put forth for the 6th International Conference in Concussion in Sport, the Return to Sport (RTS) protocol is as follows. This RTS may begin at Step 1 within 24 hours of injury with each subsequent step progressing 24 hours at a minimum. Steps 4-6 may not begin until symptom resolution and a full clearance for athletics has been obtained from the student athlete's attending physician (MD/DO) and/or concussion care specialist center.

Return-to-sport (RTS) strategy—each step typically takes a minimum of 24 hours

Step	Exercise strategy	Activity at each step	Goal
1	Symptom-limited activity	Daily activities that do not exacerbate symptoms (e.g., walking)	Gradual reintroduction of work/school
2	Aerobic exercise 2A- Light (up to approximately 55% max HR) then 2B-Moderate (up to approximately 70% max HR)	Stationary cycling or walking at slow to medium pace. May start light resistance training that does not result in more than mild and brief exacerbation* of concussion symptoms.	Increase heart rate
3	Individual sport-specific exercise Note: If sport-specific training involves any risk of inadvertent head impact, medical clearance should occur prior to Step 3	Sport-specific training away from the team environment (e.g., running, change of direction and/or individual training drills away from the team environment). No activities at risk of head impact.	Add movement, change of direction
Step 4-6 should begin after the resolution of any symptoms, abnormalities in cognitive function and any other clinical findings related to the current concussion, including with and after physical exertion			
4	Non-contact training drills	Exercise to high intensity including more challenging training drills (e.g. passing drills, multiplayer training) can integrate into a team environment.	Resume usual intensity of exercise, coordination, and increased thinking
5	Full contact practice	Participate in normal training activities	Restore confidence and assess functional skills by coaching staff
6	Return to sport	Normal game play.	

*Mild and brief exacerbation of symptoms (i.e., an increase of no more than 2 points on a 0–10-point scale for less than an hour when compared with the baseline value reported prior to physical activity).

Athletes may begin Step 1 (i.e., symptom-limited activity) within 24 hours if injury, with progression through each subsequent step typically taking a minimum of 24 hours. If more than mild exacerbation symptoms (i.e., more than 2 points on a 0-10 scale) occurs during Steps 1-3, the athlete should stop and attempt to exercise the next day. Athletes experiencing concussion-related symptoms during steps 4-6 should return to Step 3 to establish full resolution of symptoms with exertion before engaging in at-risk activities.

Coaching Staff Information

List the names and positions of each coach, the head coach's email address, and at least a school phone number to contact the head coach; it is your discretion about cell phone numbers. Include your building Associate AD and a school contact number and email for him/her as well. **IT IS HIGHLY RECOMMENDED TO USE THE REMIND APP (TO BE DISCUSSED AT COACH'S MEETING)**

A Message from the Head Coach

Team Rules and Expectations

Delete the highlighted yellow information and insert your message and team rules here. Remember that no rules should supersede or conflict with the rules already stated.

Attendance Policy

Include your practice attendance policy here or in your team rules. Be sure to reference school attendance for eligibility to participate as mentioned above in the document.

Practice/Game Schedule

Whether in this section, or as a separate attachment, be sure to provide a practice schedule and game schedule to student-athletes and parents. Include the words **SUBJECT TO CHANGE** on each page. You are encouraged to maintain a school district website for your sport where you can refer parents for updates. If you need assistance with that, **ASK FOR HELP**.

Delete this section if your practice/game schedule is a separate document.

Game Day/Travel Dress Code

Define your game day/travel dress code for your sport. For away trips, either travel in uniform or business casual. No jeans, short dresses, or skirts.

Varsity Level Criteria

FOR HIGH SCHOOL VARSITY COACHES ONLY - Spell out your varsity letter criteria. **SUB VARSITY COACHES DELETE THIS SECTION.**

East Stroudsburg Area School District

Parental Transportation Request

The East Stroudsburg Area School District provides transportation to athletic contests for those student-athletes participating in scheduled athletic events. All participating student-athletes shall use the transportation so provided.

Provisions are available, however, to have student-athletes excused from school-provided transportation for a scheduled event. Under these provisions, student-athletes may be excused from the provided transportation only with the permission of the coach responsible for the scheduled activity and only with the written permission of the parent(s)/guardian(s). Such students shall only be released to their own PARENT(s) or GUARDIAN(s).

I assume the responsibility for transporting my daughter/son home and release the East Stroudsburg Area School District of all liability and legal responsibility associated with the transportation which I, as a parent/guardian, provide.

(Location of Venue)

(Print Student-Athlete's Name)

(Date)

(Print Name of Student-Athlete's Parent/Guardian)

(Signature of Student-Athlete's Parent/Guardian)

East Stroudsburg Area School District Athletic Department Expectations, Guidelines, and Team Rules Verification Form

We acknowledge that we have received and understand the *Student-Athlete Expectations & Guidelines* for East Stroudsburg Area School District student-athletes participating in the School District's athletic program and the coach's team rules and regulations for the sport of _____ for the _____ athletic season. Additionally, we
(Name of Sport) (Year)
understand that we are responsible for all rules and policies as explained in the *Student-Athlete Handbook* and *Code of Student Conduct* and board policies relating to athletics. We also understand that the *Student-Athlete Handbook*, the *Code of Student Conduct*, and board policies can be accessed from the school district website: www.esasd.net or upon request from the school district athletic offices.

[Print Name of Parent(s)/Guardian(s)]

(Date)

[Signature of Parent(s)/Guardian(s)]

(Date)

[Print Name of Student –Athlete]

(Date)

[Signature of Student-Athlete]

(Date)

(Coach's Initials)