Antietam School District



Student Athlete Handbook

Revised July 2026

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Antietam School District

Student Athlete Handbook

INTRODUCTION

***To the Parent/Guardian*:**

This material is presented to you because your son or daughter has indicated a desire to participate in interscholastic athletics and you have expressed your willingness to permit them to compete. We believe that participation in sports provides a wealth of opportunities and experiences which assist students in personal growth and development.

The Antietam School District is concerned with the educational development of students through athletics and we believe that a properly controlled, well-organized athletic program can meet students' needs for self-expression, social, mental, and physical growth. It is our intent to conduct a program that is educationally sound in purpose and will enhance students' personal growth.

The athletic program at Antietam is a privilege, not a right. Students who elect to participate in athletics are making a voluntary choice of self-discipline, self-denial, and good training habits. We are all striving for excellence and believe that there is no place in athletics for students who will not discipline their bodies and minds for rigorous competition.

The failure to comply with the rules of training and conduct is a failure to the team and our coaches and may lead to exclusion from participation. To this end, our staff is committed to certain responsibilities and obligations to help students achieve these goals. Our commitment is to provide:

1. Adequate equipment and facilities.
2. Well-trained coaches.
3. Equalized contests with skilled officials.

We believe that as parents/guardians you have also committed yourself to certain responsibilities and obligations. The purpose of this handbook is to acquaint you with specific guidelines that are necessary for a well-organized program of athletics.

It is the role of the department of athletics to establish rules that govern the spirit of competition for the school. The spirit of these rules can be facilitated through communication to the parent/guardian and your subsequent reinforcement at home. It is our hope to accomplish this objective through this athletic publication for students and parents/guardians.

***To the Student-Athlete*:**

Being a member of an athletic team is a fulfillment of an early ambition for many students. 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 over many years.

As a member of an interscholastic team at Antietam Middle-Senior High School, you have inherited a wonderful tradition which you are challenged to uphold. Our tradition has been to win or lose with honor and dignity. We strive to win, but only with honor to our athletes, school, and 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. A few elite individuals have set records and achieved All-State and All-Conference honors. It will not be easy to contribute to such a great athletic tradition. Becoming a member of a team is a privilege. When you wear the colors of our school, we assume that you not only understand the privilege and traditions, but are also willing to assume the responsibilities that go with them.

Responsibilities to Yourself

Your most important responsibility is to broaden and develop strength of character. You owe it to yourself to derive the greatest benefit from your high school experiences. Your academic studies, participation in other extracurricular activities, as well as in athletics, prepare you for life as an adult.

Responsibilities to Your School

Another responsibility you assume as a team member is to your school. Antietam School District cannot maintain its position as having an outstanding athletic program unless you do your best in the activity.
By participating in athletics to the maximum of your ability, you are contributing to the reputation of your school. You assume a leadership role when you are on the athletic team. The student body and citizens of the community know you. You are on stage with the spotlight on you.

The student body, our community and other communities judge our school by your conduct and attitude - both on and off the field. Because of this leadership role, you can contribute significantly to your school spirit and community pride.

Responsibilities to Your Team

As a team member you also bear a responsibility to the team. When you know you have lived up to all of the training rules, have practiced to the best of your ability, and have played the game 'all out,' you will build your self-respect and your team can be justly proud of your endeavors. This includes your willingness to consider participation in opportunities afforded off-season including open gyms, conditioning/lifting workouts, summer leagues and other opportunities established by your team to train in the off-season. Further, as a student-athlete you must maintain an academic standard of excellence. Anything short of that is not only letting yourself down but your team, coaching staff and school.

ATHLETIC PHILOSOPHY

Statement of Philosophy

The athletic program should provide a variety of experiences to enhance the development of favorable habits and attitudes that will prepare students for adult life in society. The interscholastic athletic program shall be conducted in accordance with existing Board of Education policies, rules, and regulations.

While the ASD Board of Education takes great pride in winning, it does not condone "winning at any cost." It discourages any and all pressure, which might lead to neglecting good sportsmanship and good mental health. At all times, the athletic program must be conducted in such a way that it is an educational activity.

ATHLETIC GOALS AND OBJECTIVES

The student- athlete shall become a more effective citizen in society by learning the following objectives.

Work with others. In society, a person must develop self-discipline, respect for authority, and the spirit of hard work and sacrifice. The team and its objective must be placed above personal desires.

Be successful. Our society is very competitive. We do not always win, but we succeed when we continually strive to do so. Learn to accept defeat by striving to win with earnest dedication. Develop a desire to excel.

Develop Sportsmanship. Learn to accept any defeat like a true sportsman knowing we have done our best. We need to develop desirable social traits including emotional control, honesty, cooperation, and dependability.

Improve. Continual improvement is an essential component of good citizenship. As an athlete, you must establish a goal and constantly strive to achieve it. Try to improve in the skills and knowledge required and those personal traits that enhance the success of a team.

Enjoy! It is necessary for athletes to enjoy participation. Acknowledge all of the personal rewards to be derived from athletics. Give sufficiently of yourself in order to persevere and improve the program.

Develop Desirable Personal Health Habits. To be an active, contributing citizen, it is important to obtain a high degree of physical fitness through exercise and good health habits. Develop a desire to maintain this level of physical fitness after formal competition has been completed.

GOVERNANCE

The ASD Board of Education

The ASD Board of Education is responsible to the people and is the governing body for the Antietam School District. The Board of Education is responsible for the following:

1. Interpreting the needs of the community.
2. Developing policies in accordance with state statutes and mandates in accordance with the educational needs and wishes of the people of the Antietam School District.
3. Approving procedures by which professional staff may make these policies effective.
4. Evaluating the interscholastic athletic program in terms of its value to the students.

The National Federation of State High School Associations (NFHS)

The NFHS consists of the 51 individual state high school athletic and/or activities associations. The purpose of the NFHS is to serve, protect, and enhance the interstate activity interests of the high schools belonging to state associations. The NFHS assists in those activities of the state association, which can best be operated on a nationwide scale.

The association also sponsors meetings, publications, and activities that will permit each state association to profit by the experience of all other member associations. 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 than 20,000 schools and enables them to formulate policies for the improvement of interscholastic activities.

The Pennsylvania Interscholastic Athletic Association (PIAA)

Our district is a voluntary member of the PIAA and competes only with member schools. As a member school district, we agree to abide by and enforce all rules and regulations administered by the 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.

To be eligible for interscholastic athletics, a high school student must meet state regulations regarding:

1. Enrollment.
2. Age.
3. Physical Examinations.
4. Seasons of Competition.
5. Semesters of Enrollment.
6. Academic Eligibility.

7. Residence Transfers.
8. Guardianship.
9. Awards.
10. Amateur.
11. Practices.
12. Independent Teams.
13. Undue Influence.

The Berks County Interscholastic Athletic Association (BCIAA)

Antietam is a voluntary member of the BCIAA. This league was established for the primary purpose of promoting selected interscholastic activities among member schools and the assurance of such advantages as may be gained by a union of effort. The league was established to encourage member schools to improve their co-curricular program in athletics.

The league membership facilitates the arranging of schedules, equalizing competition, and con-ducting league meets and determining league championships. The league provides Antietam athletic teams the opportunity for competition without excessive travel with schools of similar size and athletic philosophy. Membership implies abiding by league schedules, rules, and regulations.

REQUIREMENTS FOR PARTICIPATION

Emergency Medical Authorization

Each athlete's parent/guardian shall complete an Emergency Medical Authorization Card giving permission for treatment by a physician or hospital when a parent/guardian is not available. The card will be kept in the medical kit for availability at all practices and contests. A copy of this card will be maintained by the coach and Athletic Trainer throughout the duration of any season.

Parent/Guardian Acknowledgement of Athletic Policies

When a student tries out for an athletic team, they will be presented with this handbook which contains information for participating in athletics. A parent/ guardian as well as the student athlete must read the handbook. The parent/guardian and the athlete must sign the Athletic Conduct and Sportsmanship form to confirm their understanding of the eligibility rules and policies of the school district. A parent/guardian must also sign the PIAA parent permission form prior to any participation by an athlete. A signed Code of Conduct form must be turned in to the coach prior to the first official practice of any season in order to be eligible to practice with the team.

Insurance

The Antietam School District does not carry supplemental medical insurance for student athletes. The student athlete's personal insurance is utilized to cover athletic injuries and Antietam strongly encourages all parents'/guardians to carry medical insurance on their student athletes. Information on medical insurance coverage is available at the high school office.

Scholastic Eligibility

In order to participate on any Antietam School District athletic team, each student athlete must have satisfied all of the scholastic eligibility requirements prior to participation. See Academic Requirements.

Risk of Participation

All athletes and parents/guardians must realize the risk of serious injury which may be a result of athletic participation. Antietam School District will use the following safeguards to make every effort to eliminate injury. Coaches shall:

1. Conduct a parent/athlete meeting at the beginning of the season to fully explain the athletic policies, as well as to advise and caution of the potential for injury.
2. Instruct all student athletes about the dangers of participation in the particular sport.

Financial Obligations and Equipment

In several sports, student athletes will be required to purchase a portion of the game uniform. Purchased uniforms will become the property of the student athlete.

All athletes are responsible for the proper care and security of equipment that is issued to them. School-furnished equipment is to be worn only for contests and practice. Any equipment not returned in good condition at the end of the season will subject the athlete to a financial penalty. Financial responsibilities must be paid in full before a student athlete can participate in the next available season.

ATHLETIC CODE OF CONDUCT

Conduct of Athletes

A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the athletic department. The community, school administrators, and the coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound program of athletics. The welfare of the student athlete and our team environment is our major consideration.

All student athletes shall abide by a code of ethics which will earn them the honor and respect that participation and competition in the interscholastic program affords. Any conduct that results in dishonor to the athlete, team, coach, or school will not be tolerated. Acts of unacceptable conduct such as (but not limited to) theft, vandalism, disrespect, immorality, or violations of law, tarnish the reputation of everyone associated with the athletic program and will not be tolerated.

Penalties for Conduct Violations

Due to the serious nature of this rule, the coach involved, director of athletics, and principal or designee shall meet to determine the specific penalty according to the degree of the infraction.

TRAINING RULES AND REGULATIONS

The use, possession, or distribution of controlled substances, alcoholic beverages, or tobacco products is strictly prohibited. Any violation of this rule shall invoke the application of the penalties hereinafter set forth.

Chemical Substances (Drugs, Alcohol, and Tobacco)

The Antietam school community is concerned with the health habits of student-athletes and is convinced that athletics and the use of these substances are not compatible. Medical research clearly substantiates the fact that use of tobacco, alcohol, or any type of mood-altering substance produces harmful effects on humans. An athlete cannot compromise athletic participation with substance abuse.

Any athlete who experiments with such substances jeopardizes their own well-being, as well as the team's morale, reputation, and success. No student athlete shall use chemical substances.

Penalties for Violations of Substance Use Policy

First Violation

Any student/athlete caught using, possessing or distributing a chemical substance will be removed from the team immediately and suspended for the remainder of the season. In addition, the student/athlete will not be given credit for participating on the team for the respective season. Further, the student-athlete will be subject to consequences set forth in the Antietam Student Handbook.

Second Violation

Any student/athlete caught using, possessing or distributing a chemical substance will be removed from the team immediately and suspended from the athletic programs at Antietam MSHS for 1 calendar year. In addition, the student/athlete will not be given credit for participating on the team for the respective season. Further, the student-athlete will be subject to consequences set forth in the Antietam Student Handbook.

Third Violation

Any student/athlete caught using, possessing or distributing a chemical substance will be removed from the team immediately and suspended from the athletic programs at Antietam MSHS for the remainder of their career at Antietam MSHS. In addition, the student-athlete will not be given credit for participating on the team for the respective season. Further, the student-athlete will be subject to consequences set forth in the Antietam Student Handbook.

Individual Rules of a Coach

Coaches will establish additional rules and regulations with the approval of the director of athletics and principal for their respective sports. These additional rules for a particular sport must be stipulated in writing to all team members and parents/guardians and explained fully at the start of the season.

Penalties for violation of team rules will also be in writing and shall be administered by the coach. Copies of all additional team rules established by coaches are on file in the athletic office.

If a student-athlete quits the team or is removed from the team by the coach for two consecutive seasons, the student-athlete will not be eligible to participate in the next scheduled athletic season. For example, if a student was removed from a team during the fall and winter season, this individual student would not be eligible to participate in the spring season.

Truancy/Attendance

Any athlete arriving at school after the start of 2nd period may not participate in the athletic program (game or practice) that day unless the reason for the late arrival is excused by the principal or a designee.

Any athlete who is absent for a total of 12 or more school days in a semester will be ineligible until they have been in attendance for a period of 45 days after the infraction is discovered. Absences due to confining illness, injury, or death in the immediate family may be waived by the principal or designee. No student-athlete may participate in an athletic contest if they were absent on the day of the contest unless the absence is excused by the principal or designee.

School Discipline Referral

Any student-athlete referred to the office for a violation of school rule may be denied the privilege of participation in all athletic activities for a period determined by the principal or designee.

First Suspension
A student-athlete who receives a suspension (in or out-of-school), regardless of duration, may not participate in the sports program (game or practice) while suspended.

Second Suspension
A student-athlete who receives a suspension (in or out-of-school), regardless of duration, will be suspended from the team for one week (games and practices) in addition to the duration of the suspension.

Third Suspension
A student-athlete who receives a suspension (in or out-of-school), regardless of duration, will be removed from the team in addition to the duration of the suspension.

Policy on Fighting in Interscholastic Sports

Harassment, fighting, and flagrant unsportsmanlike conduct in Interscholastic Sports is prohibited.

Fighting in any sport is strictly prohibited and shall be deemed as:

1. An invitation to fight.
2. Following an opposing player during a disturbance and making any menacing or taunting gestures or sounds.
3. Punching or slugging, whether or not contact is made.
4. Wrestling or tackling an opponent as part of an altercation.
5. Leaving the player box or bench area to approach an altercation.

Furthermore, any student athlete, coach, or other team personnel ejected by an official from any contest for harassment, fighting, or flagrant unsportsmanlike conduct will be subject to the penalties listed hereafter.

1. Violation of this rule shall result in an automatic suspension for the remainder of the day, plus suspension from the next scheduled contest.
    a. Should the original violation of this rule occur during the final contest of the season, the individual will be suspended from the next contest they are eligible for during a season in which they participate.
2. A more severe penalty may be assessed for an individual for a violation if, in the judgment of the school, such action will be beneficial to the future of that sport.
3. A second violation by the same individual during the same season will result in an automatic exclusion from that sport for the remainder of the season plus suspension from any and all tournament contests of that same season.

ACADEMIC REQUIREMENTS

To be eligible to participate in interscholastic athletics at Antietam, all student athletes will be required to meet the eligibility standard consisting of weekly and marking period grade checks.

Weekly Grade Check

Academic Status

Antietam student-athletes must pass at least four full-credit subjects (or the equivalent) and be enrolled in a full-time curriculum approved by their principal. Academic eligibility is evaluated weekly; any student failing to meet requirements is ineligible to compete from the following Sunday through the next Saturday.

During a Marking Period

Academic standing is monitored on a weekly basis during the course of a marking period. The eligibility report is completed on the last day of the week which is typically on Fridays at 3PM. For example, if school is not in session on Friday, the eligibility report will be run on Thursday at 3PM. Any student-athlete who is failing two (2) or more credits (59% or lower) during the course of a week will be ineligible. If a student is ineligible, s/he will be ineligible to practice or participate in athletic contests for the following week, a period of 7 days, beginning Sunday and ending Saturday. In addition, a student who is ineligible may not attend away competitions.

End of a Marking Period

Academic standing is also monitored at the end of a marking period. Each student-athlete who is failing two (2) or more credits (59% or lower) during the course of a marking period will be ineligible. Eligibility for the 1st Marking Period of the new school year is based on the previous school year's final credits. If the student-athlete does not meet this requirement they will remain eligible to practice but ineligible to participate in athletic contests until after the 15th school day of the next grading period beginning on the first day that report cards are issued. In addition, a student who is ineligible may not attend away competitions.

- ➢ Students who have an Individualized Education Program (IEP) on file at the time they are declared ineligible under the above standards, shall automatically be afforded a review of their case. The principal, director of athletics, and the student's guidance counselor and special education teacher shall conduct the review. This review committee shall have the right to waive the eligibility requirement if, in their judgment, the student has made every effort possible to meet the standard weekly check of grades.

College Eligibility

The NCAA establishes academic standards for high school students which will determine college athletic eligibility. The guidance counselor can provide current standards.

ATHLETIC DEPARTMENT POLICIES

Participation

A student-athlete may participate in only one sport per season; however, exceptions may be granted by the director of athletics. In these instances, the student athlete must make a written request to the Director of Athletics stipulating which sport is to be the primary sport and which will be secondary. The coaches for both sports must agree to the arrangement and be prepared to refer to the stipulation to resolve scheduling conflicts.

Dropping or Transferring Sports

Completing an entire sports season is highly desirable; however, on occasion, a student athlete may find it necessary to drop a sport. In this instance, the student athlete will:

1. Immediately meet with the head coach and assistants.
2. Report their decision/situation to the director of athletics.
3. Check in all equipment.

If a student-athlete wishes to change sports during the season, they must consult with both head coaches and the director of athletics. The receiving coach must be agreeable to the transfer.

Hazing

The athletic department will maintain a safe, positive environment for students and staff that is free from hazing. Hazing of any type is inconsistent with the educational goals of the district and is prohibited at all times.

Hazing is defined as any activity that recklessly or intentionally endangers the mental or physical health or safety of a student athlete for the purpose of initiation or membership on any athletic team. All hazing activities, whether by individuals or a group, shall be presumed to be a forced activity even if a student athlete participates willingly.

1. Any student-athlete who believes they have been subjected to hazing or has knowledge of hazing activities shall immediately report the incident to the director of athletics.
2. The director of athletics and principal (or designee) will investigate the alleged hazing.
3. The principal shall provide a written report to all parties involved and will take appropriate disciplinary action, as circumstances warrant, in accordance with the Code of Conduct.

Equipment and Uniforms

Student-athletes are responsible for school equipment and uniforms that are assigned to them and are expected to keep them clean and in good condition. Student-athletes will be financially responsible for the loss or damage of any equipment or uniforms. Uniforms are due back to the Athletic Department one week after the completion of the season.

Travel

All student-athletes must travel to and from 'away' athletic contests in transportation provided by the district unless the parent/guardian has made previous arrangements with the coach.

1. All student-athletes will remain with their team and under the supervision of the coach when attending all contests.
2. Student-athletes who miss the bus/van will not be allowed to participate in the contest unless there are extenuating circumstances.
3. All normal school bus rules will be followed and enforced.
4. Dress should be appropriate and in good taste.

College Recruitment Policy

An individual student who attempts to participate in multiple co-curricular activities may create a conflict of obligations or interests.

The athletic department recognizes that each student should have the opportunity for a broad range of experiences in the area of co-curricular activities. The athletic department will make every attempt to schedule events in a manner that minimizes conflicts; however, students-athletes also have a responsibility to do everything possible to avoid continuing conflicts.

Positive efforts might include being wary about joining too many activities where conflicts are unavoidable. It also means notifying the activity advisors and coaches involved immediately when conflicts arise.

When conflicts arise, the activity's advisors/coaches will work out a solution so the student-athlete does not feel caught in the middle. If a solution cannot be found, the principal or designee will discuss the situation with a parent/guardian and make a final decision based on the following:

1. The relative importance of each event to the student-athlete.
2. The importance of each event to the school.
3. The relative contribution the student-athlete can make.

Once a decision has been made and the student-athlete has committed to that decision, they will not be penalized in any way be either activity advisor/coach. If it becomes obvious that a student cannot fulfill the obligation of a school activity, they may be asked to withdraw from that activity.

Release from Class

It is the responsibility of all student-athletes to obtain school work for classes missed due to an athletic contest. Students must see their teachers the day before the missed class to obtain their work. All work is to be made up at the convenience of the teacher and within a reasonable timeline.

Vacation Policy

Vacations by athletic team members during a sports season are strongly discouraged. Parents/Guardians and student-athletes who wish to do so should reassess their commitment to the sport. In the event of an unavoidable absence due to a vacation, the student-athlete must:

1. Notify the head coach prior to the vacation.
2. Be accompanied by their parent/guardian while on vacation.
3. Attend practice one day for each practice or contest day missed prior to resuming competition (contest day will count as a practice day).
4. Be willing to assume the consequences related to their status on the team (as a starter, reserve status, etc.).

Squad Selection

In accordance with our philosophy of athletics and our desire to see as many student-athletes as possible participate in the athletic program, coaches are encouraged to keep as many athletes as they can without jeopardizing the integrity of their sport.

Time, space, facilities, equipment, personal preference and other factors will place limitations on the most effective team size for any particular sport. Selection is based on performance which includes:

1. Technique.
2. Tactics.
3. Conditioning.
4. Attitude.
5. Overall value of contribution to the team.

Varsity team selection is made utilizing the factors listed above. A student's grade level in school is the least influential factor for a player in team selection.

Team Reduction Policies

Choosing the members of a team is the sole responsibility of the coaches of that team. Prior to trying out, the coach will provide the following information to all candidates for the team:

1. Extent of try-out period.
2. Practice commitment if they make the team.
3. Game commitments.

When a team cut becomes necessary, the process will include three important elements. Each candidate shall have had the opportunity to:

1. Compete in a minimum of at least three practice sessions.
2. Perform in at least one intra-squad game.
3. Be personally informed of the cut by the coach, including the reason for the action.

Coaches will discuss alternative possibilities for participation in the sport or other areas in the Antietam activities program.

Injury Reporting

All injuries that occur during athletic practices, games, or team activities must be reported to both the Athletic Trainer and the coach as soon as possible, and no later than before the athlete's next practice or game. Injuries that occur outside of athletics should also be reported if they could affect the athlete's ability to participate safely.

The Athletic Trainer will evaluate and may treat some injuries at the school. More serious injuries (such as concussions, fractures, or injuries requiring supplemental medical care) must be evaluated by a physician or specialty healthcare professional. Before returning to practice or competition, the athlete must provide written medical clearance from the treating physician to the Athletic Trainer.

Depending on the injury, the athlete may also need to complete a return-to-play progression as directed by the treating healthcare provider and the Athletic Trainer.

The health and safety of our student-athletes is our top priority. Any participation restrictions or return-to-play decisions made by the Athletic Trainer or healthcare provider are final and must be followed. Athletes may not delay reporting an injury or participate before they are medically cleared. Failure to follow these requirements may result in additional disciplinary action.

Weight Room Regulations

1. All student-athletes who use the weight room must have a signed parental permission and release form on file in the athletic office.
2. Shirts are required at all times (tank tops are acceptable).
3. Athletic shoes are required. No sandals or open toed shoes are allowed.
4. No student-athlete is to be in the weight room alone.
5. Lifters must work with a spotter when bench pressing.
6. Replace all weights on racks immediately following use.
7. Warm-up with proper stretching exercises.
8. No chewing gum or eating candy/food while lifting.
9. No profanity.
10. No horseplay.
11. No abuse of equipment. Any equipment that is broken or damaged must be reported immediately.
12. No loitering. Students in the weight room must be there to train.
13. No street clothing - especially no jeans.
14. Repeat violations will result in loss of weight room privileges.

PARENT/COACH
COMMUNICATION PLAN

Communications that Parents/Guardians Should Expect from the Coach

1. Expectations the coach has for your student-athlete.
2. Locations and times of practices and contests.
3. Team requirements.
4. Team rules and discipline that may result in the denial of participation.

Communication the Coach Will Expect from Parents/Guardians

1. Notification of schedule conflicts. Communication to the coach regarding missed sporting events needs to be in advance. Often, we cannot make last minute changes to athletic game schedules/tournaments after payment/registration has been made. With limited funds and resources, we can't afford to spend unnecessarily.
2. Information which is imperative to a student athlete's safety.

Appropriate Topics to Discuss with Coaches

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

Issues Not Appropriate to Discuss with Coaches

1. Playing time.
2. Team strategy.
3. Other student-athletes.

Procedures to Meet with Coaches

1. Encourage your child to speak directly to the coach first. In many instances, issues can best be handled directly between the coach and the athlete.
2. Call to set up an appointment.
    a) If the coach is employed in our district, a message left at the school will be put in the coach's mailbox or communicated with the coach.
    b) If the coach does not work in our district, call the athletic office to leave a message. The coach will call you to make an appointment or to resolve the concern over the phone.
3. If meeting with the coach does not provide a satisfactory resolution to the issue, write an email to the director of athletics which details the problem or concern. The letter will help begin the inquiry process. The director of athletics will telephone the parent/guardian to clarify the issue over the phone or to set up an appointment. *Note:* Playing time or roster cuts will not be discussed.
4. Under no circumstances should parents/guardians confront a coach before, during or after contests. In addition, coaches are not to be confronted before, during, or after practices unless an appointment has been arranged. Meetings of this nature do not promote resolution.

ATHLETIC AWARDS POLICY

Varsity Letter Requirements

The varsity letter award shall be presented to a student athletes who complete all team obligations, receives the recommendation of the coach, and who satisfies the participation requirements listed below. The coach may recommend a waiver of these requirements under extenuating circumstances.

A student-athlete will receive a varsity letter if they participate in 50% of the regular season games or if, as a senior, has participated in a single sport in grades 9-12, regardless of play time.

1. Any student-athlete who is a starter or plays regularly and was thereafter injured may be awarded a letter if, in the coach's judgment, they would have met the lettering requirements.
2. Complete the season in good standing with the school and coach.
    a. A season is defined as that period of time from the first practice to the last game.

Awards - (Varsity, Championship, Other)

Varsity Awards

First Year: Chenille award letter

Second, Third and Fourth Years: Gold service insert.

All members of the varsity athletic squad who successfully complete an athletic season for a particular sport, but have not met the criteria for a varsity letter, will be awarded a junior varsity participation certificate.

Championship Awards

All active members of a varsity team that wins a county, district, or state championship are eligible to receive an award indicating their participation in that championship.

Middle School Awards

All members of the middle school athletic squad, who successfully complete an athletic season for a particular sport, will be awarded a middle school participation certificate.

A manager's award will parallel the regular awards system if they manage for the entire season.

DENIAL OF PARTICIPATION IN CO-CURRICULAR ATHLETICS AND APPEAL PROCESS

Suspension

General rules are developed that are consistent for all athletic teams. In addition to these general rules, each coach will develop additional rules for their particular team. Athletes will be given written notice of all general and specific rules by the coach or athletic director.

The coach is responsible for administering reasonable disciplinary action for violations of all specified rules including suspension from the activity for a temporary period or removal from the activity altogether.

1. Violations of general athletic rules may result in immediate suspension or removal from the team by the coach or Director of Athletics. In response to violations of general rules, the coach or Director of Athletics must follow the procedures outlined below.
2. Violations of the coach's specific rules may also result in suspension from the team. Before denying participation in the activity, the coach must follow the procedures outlined below.

Temporary Denial of Participation

When a coach wishes to temporarily deny participation of a student athlete, the student-athlete and parent/guardian must be informed verbally of the intended action. The coach must also notify the Director of Athletics and principal or designee.

The student-athlete may appeal the denial of participation within 72 hours of the action. Appeals are made in writing to the Athletic Appeals Committee consisting of, but not limited to, the principal or designee and the Director of Athletics.

Permanent Denial of Participation

If a student athlete is to be permanently denied participation in an activity, the coach shall notify the student-athlete and parent verbally as soon as possible. Written confirmation of this action will be sent using the official Antietam MSHS letterhead.

If the student-athlete or parent/guardian requests a hearing concerning the permanent participation denial, such request must be made in writing to the Director of Athletics and principal within 48 hours of the decision rendered by the coach. Otherwise, the decision by the coach will stand. The Director of athletics and principal or designee will conduct a hearing with the coach and the student-athlete and parent. If the student attends such a hearing, the steps outlined below shall be observed in conducting the appeal.

It will be the responsibility of the principal to uphold the denial, modify the denial, or reinstate the student-athlete to the activity.

1. The principal is responsible for evaluating the report and for rendering a final decision within 24 hours of receipt of the appeal.
2. The principal shall notify the student-athlete, parent/guardian, coach, director of athletics, and superintendent (in writing) of the final decision.
3. During the appeal process, the student-athlete is denied participation in the activity until the appeal process is completed.

Procedures for Conducting the Appeal Hearing

The principal shall serve as chairperson of the Athletic Appeals Committee which will consist of, but not be limited to, the assistant principal and the director of athletics.

1. Deliberation must be conducted within 24 hours after the appeal is received unless an extension in the time is granted by mutual agreement.
2. The coach who is denying participation will present the reasons for the denial.
3. The student-athlete and/or parent/guardian may then present evidence or reasons why the student-athlete should not be denied participation.
4. The student-athlete has the option to be represented at the appeal hearing; however, the hearing is not a legal process.
5. The Athletic Appeals Committee shall make its final decision within 24 hours of the hearing to uphold, modify, or repeal the denial of participation.
6. During the appeal process, the student-athlete shall not participate in the activity.
7. The decision of the Athletic Appeal Committee will be based upon generally-accepted parliamentary procedures with a majority vote of the members of the appeal board necessary to uphold disciplinary action.
8. The Athletic Appeals Committee is responsible for notifying the student athlete and coach in writing of its decision and the reasons for the decision.
9. The decision of the Athletic Appeals Committee can be appealed (in writing) directly to the superintendent.

TEN PRINCIPLES FOR PARENTS/GUARDIANS

1. Be positive with your child. Let them know they are accomplishing something by being part of the team. Do not put them down.
2. Do not offer excuses for them if they are not playing. There is usually a reason for it. Encourage them to work hard and do their best.
3. Do not put down the coaches, advisors, etc. Remember the coach represents the Boss, Authority, Parent, Teacher, Law, etc. If you are talking badly about your child's coach, how can you expect them to play for that coach? Encourage your child to be a 'doer' not a 'complainer.'
4. Encourage your child to be self-disciplined. Whether a starter or the last person to play, they must be disciplined especially pertaining to school, promptness, curfews, drinking, smoking, and friends. Athletics are demanding and coaches must concern themselves with a player's off-the-court activities in order to get the maximum physical and mental performance from their players.
5. Insist on good grades. Be aware of the number of hours your student-athlete is spending on homework. It is extremely important that your child is working in the classroom. Monitor their progress. Also monitor their use of the car, phone, internet, television, etc. as these activities cut into study time.
6. Avoid developing envy toward players because you do not like their parents/guardians, etc. Do not show any animosity or jealousy towards any of your child's teammates because they play more, score more or get a write-up in the newspaper. This type of envy rubs off on your child and it can devastate a team.
7. Remember that coaches work with the players nearly 12 months a year and they know what each athlete can and cannot do. As a fan, you are entitled to scream your head off, but do not become belligerent and arrogant toward players. Players, as well as coaches, are amateurs. If you need to talk to a coach about a concern, do it at an appropriate time (typically *not* after games or during practice).
8. Insist on your child's respect for themselves, the game, officials, and their school. Do not let them make fools out of their family, school, and team by some uncalled for gesture or incident whereby they will bring shame. Self-respect begins with self-control.
9. Sports are games - let the student-athletes play them.
10. Encourage your child to play for the love of the game - not a scholarship. This alleviates a lot of pressure on children. Scholarships are something that are in the hands of the college recruiters. Players become selfish; insist on unselfishness. Usually good things happen to the unselfish, hard-working athlete.

CODE OF RESPONSIBILITY
ATHLETIC CONDUCT AND SPORTSMANSHIP

The Athletic Program at Antietam Middle-Senior High School has been a source of pride and joy for the community and for the school district. We commend the efforts of those students who choose to participate in sports or cheer for the Antietam School District.

To protect the rights of everyone, we remind all students and parents to be respectful, treat others as you wish to be treated, and always remember that home or away, on or off school property; you represent your family and school. By following such a philosophy, it is ensured that we will serve as models of the Antietam family.

If you have any questions regarding these rules, please feel free to contact the director of athletics at the school. Problems should first be addressed with the coach as soon as they occur and then, if necessary, with the director of athletics.

Both a parent/guardian and the student athlete are asked to complete the form on the following page and return it to the head coach before participating in any sport activity.

The Antietam School District's athletic department, school administrators, or School Board of Directors reserve the right to make revisions to this handbook throughout the school year as deemed necessary.

Berks County Interscholastic Athletic Association
Spectator Rules and Guidelines

(Adopted: May 11, 2006)

The rules listed below are in effect at all athletic contests.

1. The Berks County Athletic League encourages spectators to cheer and support their respective teams in a positive manner. Spectators are asked to exhibit good sportsmanship at all times, and refrain from cheering negatively against the opponents.

2. Abusive language, negative gestures or taunting directed towards players, coaches, officials, cheerleaders or spectators is prohibited.

3. Spectators are to remain in their seats. No prolonged standing is allowed.

4. Anyone under the influence of alcohol or drugs will not be admitted.

5. Game management will enforce school dress code when deemed necessary.

6. Sirens, towels, signs, banners, props, whistles, portable stereos or noisemakers are not permitted at games.

7. During basketball games, spectators behind the baskets are not to wave or distract foul-shooters.

8. Throwing foreign objects of any kind is prohibited.

9. Only cheerleaders or persons authorized to promote school spirit are permitted on the sidelines or playing surface.

10. At the end of games, spectators are not allowed on the playing surface for safety reasons.

Violators of these rules may be escorted from the facility.

Antietam Middle-Senior High School

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Superintendent
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Christian Murray
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Code of Responsibility
Athletic Conduct and Sportsmanship

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If you have any questions regarding these rules, please feel free to contact the athletic director at the school. Problems should first be addressed with the coach as soon as they occur and then, if necessary, with the athletic director.

By signing this Code of Responsibility, the student athlete and parent/guardian acknowledge their awareness and acceptance of the Antietam Athletic Policies. Furthermore, parents agree to follow the BCIAA Spectator Rules and Guidelines (see Athletic Handbook, page 18) at all sporting events and practices. Failure to do so will result in immediate removal from the practice and/or event and further disciplinary action as warranted by the administration of Antietam MSHS.

This form will be retained in the athletic office. By signing below, the student-athlete and parent/guardian certify that they have read, understand, and agree to abide by the Antietam Middle-Senior High School Code of Responsibility, Athletic Policies, and expectations for conduct and sportsmanship. They acknowledge that participation in interscholastic athletics is a privilege, not a right, and that failure to comply with these policies may result in disciplinary action, including suspension or removal from athletic participation, as determined by school administration.

The student-athlete and parent/guardian further acknowledge that they have had the opportunity to ask questions regarding these policies and understand that it is their responsibility to remain informed of all athletic rules, procedures, and expectations outlined in the Antietam Athletic Handbook.

Student: _____ Date: _____

Guardian: _____ Date: _____