

SPRING GROVE AREA SCHOOL DISTRICT ATHLETICS DEPARTMENT

ROCKETS



STUDENT AND PARENT HANDBOOK

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ATHLETICS PROGRAM OVERVIEW

PHILOSOPHY

The athletic/extracurricular programs of Spring Grove Area School District are recognized as an integral part of the students’ total educational experience. Participation can help students build character, self-discipline, a competitive and cooperative spirit and good sportsmanship; attributes that are beneficial in all facets of life. Spring Grove’s goal is to develop highly competitive athletes, but not lose sight of educational values. The athletic programs are to occupy a position in the curriculum comparable to that of other subjects or activities and to aid in school morale.

OBJECTIVES

- The athletic/extracurricular programs of the Spring Grove Area School District have the following primary objectives:
- 1. To understand the rules essential to playing the game and being intelligent fans.
 - 2. To encourage students to maintain physical fitness throughout the year.
 - 3. To develop the desire to succeed and to excel.
 - 4. To build self-discipline, emotional maturity, and to form higher moral and ethical standards.
 - 5. To educate students about the qualities of effort, dedication, perseverance and humility.
 - 6. To educate students about working as part of a team and putting the success of the team above that of the individual.
 - 7. To promote and intensify the level of school spirit.
 - 8. To develop sportsmanship and a cooperative spirit.
 - 9. To provide a positive relationship between adults and students in an environment that is an extension of the classroom.

CORE FOCUS AREAS

Based on the above program objectives, the Athletic Department has established the following core focus areas which will guide its work throughout the 2026-2027 school year.

- 1. **Athletics Operations** – Ensuring that the day-to-day operations of the Athletics Department are completed in an efficient and effective manner.
- 2. **Athletics Communications** – Ensuring that quality communications exist between all of the stakeholders involved with the athletics program.
- 3. **Athletics Eligibility** – Ensuring that student-athletes have the resources to assist them in meeting their academic and attendance requirements.
- 4. **Athletics Performance and Results** – Access for our student-athletes to learn the sport-specific skills, overall athletic skills and physical capacity to excel in athletic competition—now and in the future.
- 5. **Inter-Sport Cooperation** – Ensuring that there is cooperation and support between the various sports teams that make up the overall athletics program.
- 6. **Participation/Positive Sports Experiences** – Ensuring that the Athletics Department maximizes the number of participants within the athletics program and provides a positive experience for those athletes that will help them to remain committed to the program now and in the future.
- 7. **Athletics Support/School Spirit** – Ensuring that the student-athletes are provided with support and encouragement from the student-body, faculty, alumni and community in order to build pride in the athletics program in which they participate.

MISSION STATEMENT

The mission of the Spring Grove Area School District is to challenge and motivate all students to attain their full potential.

ATHLETICS PROGRAM OVERVIEW

ATHLETIC ADMINISTRATION

The Varsity Head Coach is responsible for all students for all aspects of his or her sport’s program or activity. Included in this is the delegation of duties for all assistant and junior high coaches within his or her sport. The Athletic Director is responsible for all coaches of all sports. According to PIAA guidelines, the Principal has final authority over athletic matters.

COMPLIANCE

- Spring Grove Area School District complies with Title VI, Title IX, Section 504, ADA Title I, IDEA, and Public Law 90-202 which prohibits discrimination on the basis of sex, disability, race, color, religion, or national origin in its educational and vocational programs, activities, or employment.
- Spring Grove Area School District will take steps to assure that lack of English language skills will not be a barrier to admission and participation in our athletic programs.
- For more information please refer to School Board Policies 103 and 103.1.
- For information on your rights or grievance procedures please contact:
 - Steve Guadagnino, Title IX Compliance Officer
 - District Office: 1472 Roth Church Road, Suite 101, Spring Grove, PA 17362
 - Phone: 717-225-4731

SPRING GROVE ATHLETIC BOOSTER CLUB

All of our athletic teams within the Spring Grove Area School District are supported by our athletic booster club that provides financial and other support to our teams. It is important that all parents become involved in the activities of the booster club. The Spring Grove Area School District provides essential equipment and supplies for our athletics program; however, our booster club provides supplemental support. Some examples of this support are additional practice equipment and scholarships. In order for them to function, it is important that they have parents and others who are willing to lend their time and energy to make our athletics program better.

For more information about the booster club, please see the following contact information:

Booster Club Officers:

President - Amy Smith
Treasurer - Alice Healey
Secretary - Jessica Henning

Contact Information:
springgroveathleticboosters@gmail.com

ATHLETICS PROGRAM OVERVIEW

SUMMARY OF PROGRAMS

The Spring Grove Area School District provides twenty-seven (27) varsity interscholastic sports teams.

Team	Sports Season	PIAA Class	1 st Day of Practice
Football	Fall	AAAAA	August 10, 2026
Golf (Boys & Girls)	Fall	AAA	August 10, 2026
Cross Country (Boys & Girls)	Fall	AAA	August 17, 2026
Field Hockey	Fall	AA	August 17, 2026
Soccer (Boys & Girls)	Fall	AAAA	August 17, 2026
Tennis (Girls)	Fall	AAA	August 17, 2026
Volleyball (Girls)	Fall	AAAAA	August 17, 2026
Basketball (Boys & Girls)	Winter	6A & 5A	November 20, 2026
Bowling (Boys & Girls)	Winter	AAAA	November 20, 2026
Swimming (Boys & Girls)	Winter	AAA	November 20, 2026
Wrestling (Boys & Girls)	Winter	AAA	November 20, 2026
Baseball	Spring	AAAAA	March 2, 2027
Lacrosse (Boys & Girls)	Spring	AAA	March 8, 2027
Softball	Spring	AAAAA	March 8, 2027
Tennis (Boys)	Spring	AAA	March 8, 2027
Track & Field (Boys & Girls)	Spring	AAA	March 8, 2027
Volleyball (Boys)	Spring	AAA	March 8, 2027
Cheerleading	Fall & Winter	N/A	N/A

In addition to varsity athletics, junior varsity athletics are provided **when participation numbers allow**. The District also provides junior high athletics in: Boys/Girls Basketball, Cheerleading, Cross Country, Field Hockey, Football, Track & Field, Boys/Girls Soccer, Girls Volleyball and Boys/Girls Wrestling.

INTERSCHOLASTIC AFFILIATIONS

The Spring Grove Area School District participates in interscholastic competition in the South Central Athletic Conference (SCAC)

All Spring Grove Area School District athletic teams compete in District III (www.piaad3.org) of the Pennsylvania Interscholastic Athletic Association (PIAA). In addition to the District's rules, regulations and policies contained in this handbook, all sports teams must also abide by the rules, regulations and procedures of the PIAA. More information about the PIAA may be found at www.piaa.org. The district and state playoff systems are also governed by the PIAA.

ATHLETICS PROGRAM OVERVIEW

ATHLETIC DEPARTMENT DIRECTORY

The following contact information may be used to contact the Athletics Department:

• Athletic Director	Jeff Laux	(717) 225-4731 x 7500	Lauxj@sgasd.org
• Athletic Secretary	Monica Eckenrode	(717) 225-4731 x7500	Eckenrom@sgasd.org
• Athletic Trainer	Marina Rohrbaugh	(717) 225-4731 x7539	Rohrbaum@sgasd.org

ATHLETICS CALENDAR

The Athletics Department will continue to utilize **www.arbiterlive.com** as the primary source for its athletics calendars for the 2026-2027 school year.

Information will be updated on www.arbiterlive.com as soon as possible after a schedule change is made. Updates and changes will also be available on our Twitter Page @SGASD_Athletics.

PASSES/GATE REVENUE

Passes - the following persons will be admitted free of charge to athletic contests

1. Children younger than Kindergarten
2. Athletes, managers, cheerleaders, students, etc who are directly involved with that particular event.
Concession Stand workers scheduled for at least 50% of the event.
3. Visiting School faculty and administration with proper ID
4. Spring Grove personnel upon presentation of their ID badge

Regular Admission:

Varsity - Adult \$5 & Student \$2 All Rocket Passes - Adult \$50 & Student \$15

****Any night where a Varsity contest is taking place Varsity prices will be charged. (i.e. Varsity Wrestling competes after JH Wrestling)**

Varsity Football procedures for attendance can be found here:
<https://www.sgasd.org/departments/athletics/athletic-event-rules>

ATHLETICS PROGRAM OVERVIEW

STRENGTH TRAINING FACILITY

The Weight Room is a resource that is being used by a growing number of participants. The Athletic Department strongly encourages all participants to utilize this facility.

Coaches may also take their entire team, or a portion thereof, to the Weight Room for workouts during their practice sessions or voluntary workouts. No student may use the Weight Room without staff supervision.

The following rules are established for the Weight Room:

1. The Weight Room may only be used under the supervision of an approved coach or designated District employee.
2. No food is allowed in the Weight Room. Sports drinks and water are allowed.
3. Participants must return weight plates to the racks. Do not leave plates on bars.
4. Participants must clean up any areas that they use and wipe benches, Disinfectant wipes are provided.
5. Participants must use spotters for lifts that may place the participant at risk if he/she fails to complete the lift.
6. Participants may not participate in any activity that may jeopardize the well being of themselves or others.
7. Participants must wear proper attire when using the Weight Room. T-shirts, athletic shorts, and closed-toed sneakers are expected.
8. Parents that are present picking up their son/daughter should wait for their child/children to exit the school and should not be in the weight room area at any time. Parents are not permitted in the Weight Room.
9. Any person found to be in violation of the above rules will be asked to leave by the coach/employee on duty.
10. Failure to comply with rules may jeopardize that person’s ability to use the Weight Room in the future.
11. Any misconduct in the Weight Room should be reported to the coach on duty and/or the Athletic Director.

ACTIVITIES ON HOLIDAYS

Activities are permissible on holidays. If a student must miss an activity on a holiday due to family event or religious reason, the absence should be clearly communicated to the coach ahead of time. The Head Coach will always have the discretion on who is ready to play in contests.

ATHLETIC EQUIPMENT

Issuing Equipment

- All athletic equipment will be issued and collected by the Head Coach or the Head Coach’s designee of that sport. The Head Coach will keep an accurate inventory of all equipment.
- Students are responsible for all equipment that is provided to them by the District.
- Athletes will be billed for any equipment which they lose and/or any equipment which is damaged through misuse or negligence.
- Once an athlete has been issued a bill for equipment, the following actions will be taken until the bill is paid or the equipment returned:
 - The athlete will not receive any school-issued awards for participation in that sport.
 - The athlete may be excluded from participation in other interscholastic sports.
 - An athlete may not be permitted to walk at graduation.
 - At the end of the school year, the bill will be turned over to the District Business Office for inclusion in their bill collecting procedures.

ATHLETICS ELIGIBILITY REQUIREMENTS

PRE-SEASON REQUIREMENTS

The following requirements must be met by each student-athlete **PRIOR** to participating in each sports season.

- Attend Pre-Season Organizational Meeting** – Participants will be notified of the time and date for each meeting. At least one parent/guardian should attend the meeting with the participant. Participants that play multiple sports should attend the organizational meeting for each sports season. Coaches will meet with their team members and parents to discuss their individual programs and expectations for the upcoming season.
- Completion of Physical Examination** – According to PIAA regulations, a physical examination or recertification is required prior to the start of each athletic season using the PIAA required forms.
- Completion of Information Form in RankOne** – All pre-season forms listed in the RankOne system must be completed within the system. RankOne Information can be found here:
<https://www.sgasd.org/departments/athletics/physicals-information-and-forms>
- Completion of Athletic Department Parental Consent/Acknowledgement** – The Parental Consent and Acknowledgement Form contained on the last page of the athletic handbook must be signed and completed in RankOne
- Meet Age Requirements** – According to PIAA regulations, the maximum age of participation is 19, unless said age is attained on or after July 1st. In addition, a player cannot participate in more than four years of athletics at the high school level regardless of age.

ACADEMIC REQUIREMENTS

Eligibility Requirements

- Students must pass a minimum of 4 credits, with a minimum of 65% average or higher.
- Four (4) credits under PIAA policy is equivalent to 2 blocks of time at the High School. Courses not taken during core blocks may only equate to .5 credits or 1 credit for the semester.
 - College in the High School and AP courses, may meet on an altered schedule but are worth will count as one block of time.
 - Refer to course selection guide for credits of each course.
- Seniors who may not need to take a full schedule, must meet the specifications outlined in requirements 1 and 2 during their activity participation season.
- Home Schooled, Cyber Schooled, and any other students eligible to play sports for Spring Grove Area School District will be held to the same academic standards as traditional students. Accommodations are made by the Athletic Office to obtain the student’s grades from their academic institution or parent/guardian of the student.
 - Online education students must also meet the pacing requirements provided to them by their educational program. Grades provided by online education institutions may include a zero grade for assignments that are behind the program’s given pace.
 - Student may also be deemed ineligible if they are not meeting pacing requirements of their program.

Consequences

- Any student who is academically ineligible will be prohibited from playing or traveling with the team until the student has regained their eligibility.
- All students declared academically ineligible will remain ineligible for a period of one week beginning on the Sunday after notification and continuing until the following Saturday.
- During a student’s first period of ineligibility, the athlete **MAY**:
 - Practice
 - Sit with team at home games (dressed in street clothes)
- During a student’s second consecutive period of ineligibility, the athlete **MAY NOT** participate in games, practice or travel with the team.

ATHLETICS ELIGIBILITY REQUIREMENTS

ACADEMIC REQUIREMENTS (CONTINUED)

Weekly Procedure

1. The eligibility list will be compiled each week on the last school day of a given week. Students will be requested in the Athletic Office to meet with Athletic Director or designee about their ineligible status.

End of Grading Period/End of School Year Procedure

- The eligibility list for the end of the marking period will be compiled once all grades have been reported.
- Participants are declared ineligible for **FIFTEEN** (15) school days based on the 1st, 2nd or 3rd marking period starting the following day from when report cards are issued.
- Students who are deemed ineligible based on end of year grades will be ineligible for the first 15 school days the following year. Adjustments may be made if athletic events start before the academic year begins.
- Participants whose work does not meet the standards at the end of the school year (based on final averages) and attend summer school to correct deficiencies, shall be eligible for the beginning of the next school year.

ATTENDANCE REQUIREMENTS

The guidelines for attendance are the minimum requirements that all coaches and advisors are expected to follow. Coaches and advisors may add or clarify requirements as it relates to their particular sport or extracurricular activity.

A. Semester Requirements

1. Once a participant accumulates twenty (20) absences within one semester, the student will forfeit his or her privilege to participate in extracurricular activities until the student has been in attendance for 45 school days following the 20th absence per PIAA policy.
2. Absence from instruction due to out-of-school suspension will be considered an absence for PIAA attendance.

B. Daily Requirements

1. For a participant to be eligible to participate in extracurricular activities, practices, etc., he or she must be in attendance at school no later than 9:00 A.M. on the day of the activity and remain throughout the day unless excused by a physician's note.
2. For participants to be eligible for weekend/holiday activities, they must be in school no later than 9:00 A.M. on the preceding day.
3. Per Marking Period: With the accumulation of 3 full days of unexcused/unlawful absence a student will lose extracurricular privileges for two weeks. This includes participation in athletics, music, and other school events (i.e. Homecoming, MiniTHON, Prom, etc.) . If a student accumulates a 4th unexcused/unlawful absence the student will be ineligible for participation for the remainder of the season or marking period, whichever comes first. The building administration will have the final say in the removal of a student from participation in extracurricular activities.
4. Attendance Eligibility for sports will be pulled on a weekly basis in conjunction with grade eligibility.
5. Exceptions to this policy may be made through the Athletic/Principal Office in advance of the activity.

ATHLETICS RULES AND REGULATIONS

EFFECTS OF SCHOOL RELATED DISCIPLINE

1. District Detention - the student must stay after school from 2:10 pm to 3:00 pm on the specified day(s) unless special arrangements have been made with the administration. The student is allowed to participate after the detention.
2. In-School Suspension/Out-of School Suspension - for the time in which the student is assigned in-school or out-of-school suspension, a student is not eligible to participate in extracurricular activities.

DRUG/ALCOHOL OR TOBACCO INCIDENTS

Any drug, alcohol, or tobacco incident shall be immediately reported to the building principal or designee. The building principal or designee will follow SGASD policy and procedure for such instances.

SUBSTANCE ABUSE

Extracurricular activities at Spring Grove are a privilege and students must decide whether or not they wish to participate. If students choose to participate, they must commit to all aspects of being a healthy competitor. Use of, or possession of drugs, alcohol, or tobacco, including steroids, is prohibited. This rule means **no use or possession** of these substances the **entire high school and middle school career on school grounds or by evidence of public record**. **Violations are cumulative for a participant's career at Spring Grove Area School District.**

DRUG, ALCOHOL OR TOBACCO VIOLATIONS

1. TOBACCO (as defined in School Board Policy 222)

- a. First offense carries a thirty (30) calendar day activity suspension and SAP referral.
 - i. If not currently involved in an extra-curricular activity the effective date of the 30-calendar day suspension will be with the start of the next extracurricular activity in which the student participates.
 - ii. After a 10 day period, a student may return to practice if an agreement has been reached between student, parent, coach/advisor, and administration.
 - iii. The student may return to full participation after the next 10 days if the student has successfully adhered to the remediation plan focusing on the violation. Failure to adhere to plan will result in the full 30 day suspension.
- b. Second offense carries a ninety (90) calendar day activity suspension.
- c. Third offense carries a one (1) calendar year activity suspension.
- d. Any subsequent offense may lead to a permanent removal from extracurricular activities.
- e. Offenses include possession and/or consumption on school property or during a school sponsored event and/or being charged by law enforcement with a tobacco related offense.

2. DRUGS/ALCOHOL (as defined in School Board Policy 227)

- a. First offense carries a sixty (60) calendar day activity suspension and SAP referral with mandatory participation.
 - i. If not currently involved in an extra-curricular activity the effective date of the 60-calendar day suspension will be with the start of the next extracurricular activity in which the student participates.
 - ii. After a 15 day period, a student may return to practice if an agreement has been reached between student, parent, coach/advisor, and administration.
 - iii. The student may return to full participation after the next 15 days if the student has successfully adhered to the remediation plan focusing on the violation. Failure to adhere to plan will result in the full 60 day suspension.
- b. Second offense carries a one (1) calendar year activity suspension.
- c. Any subsequent offense may lead to a permanent removal from extracurricular activities.
- d. Offenses include consumption, possession, being under the influence on school property or during a school sponsored activity and/or being charged by law enforcement with a drug or alcohol related offense.

3. Any violation that occurs at the end of the school year that carries an activity suspension will continue with any open gyms or other activity in the summer months.

4. School Administration reserves the right to impose more severe disciplinary actions than indicated in the guidelines.
 - a. Any offense could result in permanent dismissal from the group or activity.

HAZING

- The purpose of this policy is to maintain a safe, positive environment for students and staff that is free from hazing.
- Hazing activities of any type are inconsistent with the educational goals of the district and are prohibited at all times.
- When a student believes that they have been subject to hazing, the student shall promptly report the incident, orally or in writing, to the head coach, activity sponsor, or trusted adult within the school system.
- The head coach or activity sponsor must report the incident both orally and in writing to the administration.
- Administration shall conduct a timely, impartial, thorough, and comprehensive investigation of the alleged hazing.
- The complainant and the accused shall be informed of the outcome of the investigation.
- If the investigation results in a substantiated finding of hazing, administration shall recommend appropriate disciplinary action, as circumstances warrant, in accordance with the Code of Student Conduct. Additionally, the student may be subject to disciplinary action by the coach or sponsor, up to and including removal from the activity.
- The district shall document the corrective action taken and, where not prohibited by law, inform the complainant.
- For complete information refer to School Board Policy 247.

COLLEGIATE PROSPECTS/HONEST GAME

Many of our participants dream of playing their respective sport at the next level. For some, that dream has been with them for many years while for others they may begin to look at the possibility of college athletics as their high school career progresses to their junior and senior years. Either way, the Athletic Department of the Spring Grove Area School District encourages our participants to strive for attaining the next level. However, it is important for all participants to realize that playing college athletics is a challenging venture that requires a lot of effort and dedication both on and off the field or court (even more so than high school athletics). In addition, each participant must understand that the National Collegiate Athletic Association (NCAA) requires prospective college student-athletes to achieve certain academic requirements prior to participation at the collegiate level. **It should be noted that some courses taken at Spring Grove Area may not be accepted by the NCAA for meeting guidelines.** Athletes wishing to compete at the next level should meet with the School Counselors to ensure that NCAA academic requirements are being met.

Spring Grove Area School District partners with Honest Game in an effort to assist students with navigating the NCAA eligibility. Information about Honest Game can be found on the Athletics’ website or by contacting the Athletic/Counseling office. Any student who wishes to play collegiate athletics and needs assistance with the process is encouraged to speak to his or her School Counselor, coach and/or the Athletic Director. Also, additional recruiting resources are located in the links section of the Spring Grove Athletics Website.

GENERAL GUIDELINES

PARTICIPATION POLICY

We will attempt to keep as many participants as possible. When numbers exceed safety standards, equipment needs or effective coaching, tryouts may be necessary. This will be done at the discretion of the head coach or advisor and with the approval of the Athletic Director. This policy is for varsity, junior varsity, middle school sports, and extracurricular activities.

INDIVIDUAL COACH’S RULES

Coaches may establish additional rules and or regulations for their respective sports. Penalties for violation of team rules will also be in writing and shall be administered by the coach.

TRAVEL EXPECTATIONS

For the total team experience, safety issues and liability, participants should travel to and from all athletic contests using the transportation provided by the District. Should an emergency arise where a student is unable to ride District provided transportation the following exceptions can be made:

1. A parent or legal guardian may sign their student out with the Head Coach of their respective program to take them home after a contest. Anyone other than a parent or legal guardian must receive prior administrative approval. This includes siblings, grandparents, etc.
2. Students may not drive themselves to or from any contest.

TRANSFERRING BETWEEN SPORTS

1. If a student quits or is cut from one sport, they may try out for another sport during that same sport season until the day of the first interscholastic contest. If any athlete is dismissed from a sport for disciplinary reasons, they may not participate in any other interscholastic sport during that sport season.
2. A transfer student who enters this District is eligible to try out for a team provided they meet the following requirements:
 - a. They are eligible per PIAA by-laws for transfer students.
 - b. They meet all other eligibility requirements provided by Spring Grove Area School District.
 - c. The numbers in a given sport are not already at maximum based on previous tryouts and cuts.

USE OF FACILITIES

No participant may use any of the athletics facilities without the consent and proper supervision of an approved employee of the District. Use of facilities without consent/proper supervision may result in disciplinary action. Participants are also discouraged from storing valuables, wallets, money, etc. in the locker room facilities. If they must store these items in a locker room facility they should purchase a lock and use the provided lockers to secure their items.

MAINTENANCE OF FACILITIES AND GROUNDS

1. Coaches, players, and managers are expected to help maintain their respective facilities and grounds and to prepare such areas for interscholastic contests when feasible.
2. Coaches, players, and managers should keep all locker rooms in a neat and orderly fashion. Trash, equipment, food, etc., will be properly disposed of all of the time. All showers will be turned off. Equipment will be taken care of and properly washed.

SCHEDULING OF EVENTS AND SCRIMMAGES

All interscholastic scrimmages and contests will be scheduled by the Athletic Department in conjunction with the Head Coach of that particular sport. The Athletic Director, in conjunction with the Maintenance Department, and Head Coach will make any decision to postpone based on inclement weather. If school is closed early due to inclement weather, all after school events may be cancelled.

LETTERING/AWARDS

- Spring Grove Area School District Athletic Department will distribute the following awards on a seasonal or yearly basis.
 - Varsity Letter (Seasonal)
 - Outstanding Male/Female Athlete (Yearly)
- Athletes will receive the following items for obtaining a Varsity Letter in the respective sports:
 - 1st - Certificate, letter, and pin
 - 2nd-4th - Certificate and pin
- Athletes earning a Varsity Letter will be recognized by the coach of their designated sport.
- The Athletic Office will be responsible for ordering the awards and distributing them, either via the Head Coach or directly to the athletes.
- Outstanding Male/Female Athlete Award
 - All Senior athletes are eligible for consideration for this award.
 - This award is eligible for co-winners.
 - Criteria used for consideration are:
 - Participation in Athletics
 - Coachable
 - Leadership
 - Proper training procedures
 - Team attitude
 - Overall talent
- In the event a player is removed/quits a team before the season's end, they will no longer be eligible for an award for that particular sport.
- A player injured in a regularly scheduled game and due to that injury is unable to participate is still eligible to receive an award upon recommendation by the coach.
- A Senior athlete who does not qualify for an award according to the criteria of a given sport, is eligible for an award upon recommendation by the coach.
- Any situation not covered above will be handled at the discretion of the respective Head Coach, Athletic Director, and/or Principal.
- No awards are given for Junior High Athletics by the Athletic Department.

INJURED PARTICIPANT PROCEDURES***INJURY PROCEDURES***

1. All injuries are to be reported to the Head Coach.
2. For **ALL** injuries the athletic trainer must be notified. This includes injuries during school sponsored activities and injuries sustained outside of school sponsored activities.
3. If you go to the doctor due to an injury, you must notify the coach and athletic trainer by phone or by personal contact within 24 hours of the visit to the doctor.
4. Any participant excused from practices or games by a medical doctor, needs to notify his/her coach and the athletic trainer.
5. After rehabilitation, the participant must present a written note indicating that the participant is allowed to return to practice or competition. This recertification should come from the same doctor that initiated the rehabilitation.
6. The participant should make themselves available for rehabilitation procedures as determined by the trainer.
7. No student should ever enter the training room for any reason without the direct supervision of a coach or trainer.

ATHLETIC INSURANCE

The Board of School Directors is providing accident insurance for Spring Grove Area Athletes.

Who is covered?

- All participants in Spring Grove Area sponsored athletic programs.

What does the plan cover?

Accidental injury while:

- Participating in scheduled games or practice sessions.
- Traveling under school supervision to and from scheduled games or practice sessions.

How does it work?

1. All accidents must be reported immediately to the coach who was supervising when the accident occurred. The athlete must then see the trainer for evaluation.
2. The trainer will then complete the school accident report.
3. In the event there is an accidental sports injury that requires a claim for the school's insurance, a claim form must be completed and submitted directly to the insurance company by the parent/guardian.
 - Contact the Athletic Department to receive the proper claim form.
 - The phone number for the District Office is (717) 225-4731 x7500
 - All communication after claim form is submitted is directly between insurance company and parent/guardian.
4. A covered accidental injury needs to be reported immediately.
5. The Company will pay the first one hundred dollars (\$100) of eligible expenses for a covered person's claim resulting from a covered accident without regard to other insurance.
6. Additional expenses will be paid only when they are in excess of amounts payable by any other Health Care Plan or if you have no other insurance coverage.

Please keep in mind that **NO** insurance company guarantees to pay the **ENTIRE** medical bill for all types of accidents and treatments. Please read the insurance policy carefully to determine what it will cover and to what extent. The school is **NOT** financially equipped to pay medical bills which the insurance company does not cover. Should an athlete be injured and the insurance company will not cover the entire bill, it is the responsibility of the parent/guardian, not the School, to handle the remainder of the bill.

Activity Risks - All extracurricular activities carry with them an inherent risk of harm which could be severe, permanent, and/or fatal.

PARENT/GUARDIAN CODE OF ETHICAL CONDUCT AND EXPECTATIONS

PURPOSE

The purpose of the Parent Code is to develop parental support and positive role models in all athletic activities. In the tradition of excellence, the purpose of all athletic activities at Spring Grove Area School District is to promote the physical, mental, moral, social, and emotional well being of each student. **Parents/guardians are an integral part of this process.**

EXPECTATIONS

- As a Spring Grove Area School District parent/guardian, I agree to:
1. Be a positive role model for my student, the school, and the community.
 2. Display a positive attitude and behavior.
 3. Show respect for all participants, officials/judges, and advisors/coaches.
 4. Assist in providing for student safety and welfare at all times.
 5. Encourage my student to attend school regularly and excel academically.
 6. Inform my student of the dangers of using and discourage the use of any illegal drugs, alcohol or tobacco.

PARENT/COACH RELATIONSHIP

Both parenting and coaching are difficult. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child.

COMMUNICATIONS FROM THE COACH

- You should expect the following communication from your child’s coach:
- Expectations the coach has for your child as well as all the players on the squad,
 - Location and times of all practices and contests,
 - Team requirements, i.e. fees, special equipment, off-season conditioning,
 - Discipline that results in the denial of your child’s participation.

COMMUNICATIONS FROM PARENTS

- Your child’s coach expects the following communication from you, the parent:
- Concerns expressed directly to the coach,
 - Notification of any schedule conflicts well in advance.

DISCUSSIONS WITH COACHES

As your children become involved in the programs at Spring Grove Area School District, 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
2. Ways to help your child improve
3. Concerns about your child’s behavior

It is difficult to accept your child’s not playing as much as you may hope. **Coaches are professionals.** They make judgments based on what they believe to be 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 those on the following page, must be left to the discretion of the coach.

PARENT/GUARDIAN CODE OF ETHICAL CONDUCT AND EXPECTATIONS

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES

1. Playing time

2. Team strategy

3. Play calling

4. Other participants

CONFERENCES WITH COACHES

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

1. Call to set up an appointment.

Contact information for your coach will be provided each season by the coach at the seasonal meeting.

2. If the coach cannot be reached, call the Athletic Director at (717) 225-4731 x7500.

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.

THE NEXT STEP

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

1. 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.

GRIEVANCE PROCEDURE

It is Spring Grove Area School District’s procedure that grievances **will not** be addressed during or immediately following any practice or activity. If a situation arises where a parent/guardian wishes to meet with a coach, or address a specific issue or complaint, the following steps will be followed:

1. Request a meeting at school with the coach.

2. If your concern is unresolved, request a meeting with the school administrator that is in charge of your specific concern.

3. If your concern is still unresolved, the appeals process outlined in the District Policy #906 will apply.

SANCTIONS

Parents/Guardians that fail to meet the guidelines established in the Parent/Guardian Code of Ethical Conduct and Expectations will be subject to the sanctions outlined in the Athletics Event Conduct section of this Handbook.

ATHLETIC EVENT CONDUCT

UNACCEPTABLE CONDUCT AT EVENTS

When participating in athletic events, student-athletes from both schools deserve a safe and non-threatening environment in which to play. Being a spectator at a sporting event is a privilege and not a right. Consequently, any spectator who threatens the safety of event participants, becomes disruptive to the event and/or refuses to abide by District policies, procedures, and/or rules shall be removed from the event.

In addition to immediate removal from an event, sanctions may be imposed for spectators, parents or guardians who:

- Physically or verbally confront any coach, game official, student-athlete, school administrator, event staff member, or other attendees of the event before, during, or following an athletic contest or school event.
- Fail to adhere to a directive given to the individual by any school administrator or event staff member before, during or following an athletic contest or school event.
- Perform any behavior that any reasonable person would deem as unsportsmanlike, disruptive, or threatening to contest participants, coaches, game officials, or school officials.
- Enter the bench area or playing area (court, field, etc.) without the permission of the coach or an administrator.
- Take any other action that results in the spectator’s removal from an event.

The sanctions specified will apply regardless of whether the incident occurs at a home or away sporting event and regardless of the location of the event (opposing school, playoff location, etc).

CONCLUSION

Since research indicates a student involved in extracurricular activities has a greater chance for success during adulthood, these programs have been established. Many of the character traits required to be a successful participant in Spring Grove Athletics are exactly those that will promote a successful life after high school. We hope the information provided within this handbook makes both your child’s and your experience with the Spring Grove Area School District Athletics Program less stressful and more enjoyable.

SPRING GROVE AREA SCHOOL DISTRICT

PARENTAL CONSENT

I grant my permission for my son/daughter to participate in optional offseason athletic conditioning programs intended to better prepare the student athlete for regular season participation. These optional activities may be held at places other than Spring Grove Area School District facilities and may require personal or school district provided transportation.

I understand the risk inherent in all sport related activities. This risk of injury may be severe, including fractures, brain injuries, paralysis, and even death. And that Spring Grove Area School District assumes no financial liability or responsibility for injuries sustained in or as a result of offseason training.

In the event that my son/daughter would be injured during an interscholastic contest or practice session sponsored by Spring Grove Area School District and would require emergency medical treatment (as judged by a licensed doctor) I, as the parent or legal guardian of the child, give my permission for the doctor to perform the necessary emergency medical treatment.

I hereby discharge Spring Grove Area School District, its athletic department, coaches, and instructors, of and from all liability, claims, suits, and rights of action for any injury sustained by my child while participating in these activities.

Student Name (Printed)

Student Signature

Date

Parent/Guardian Signature

Date

PARENT/GUARDIAN/STUDENT ACKNOWLEDGMENT

Information changes from year to year, so please take the time to read the Athletics and Extracurricular Handbook for 2026-2027. This form must be completed each school year and participants may not practice until this form is on file with the Athletic Office.

Acknowledgment of the above from a previous year will constitute knowledge of this information.

I have read all of the information in the 2026-2027 Athletics and Extracurricular Handbook and acknowledge its receipt.

Student Signature

Date

Parent/Guardian Signature

Date