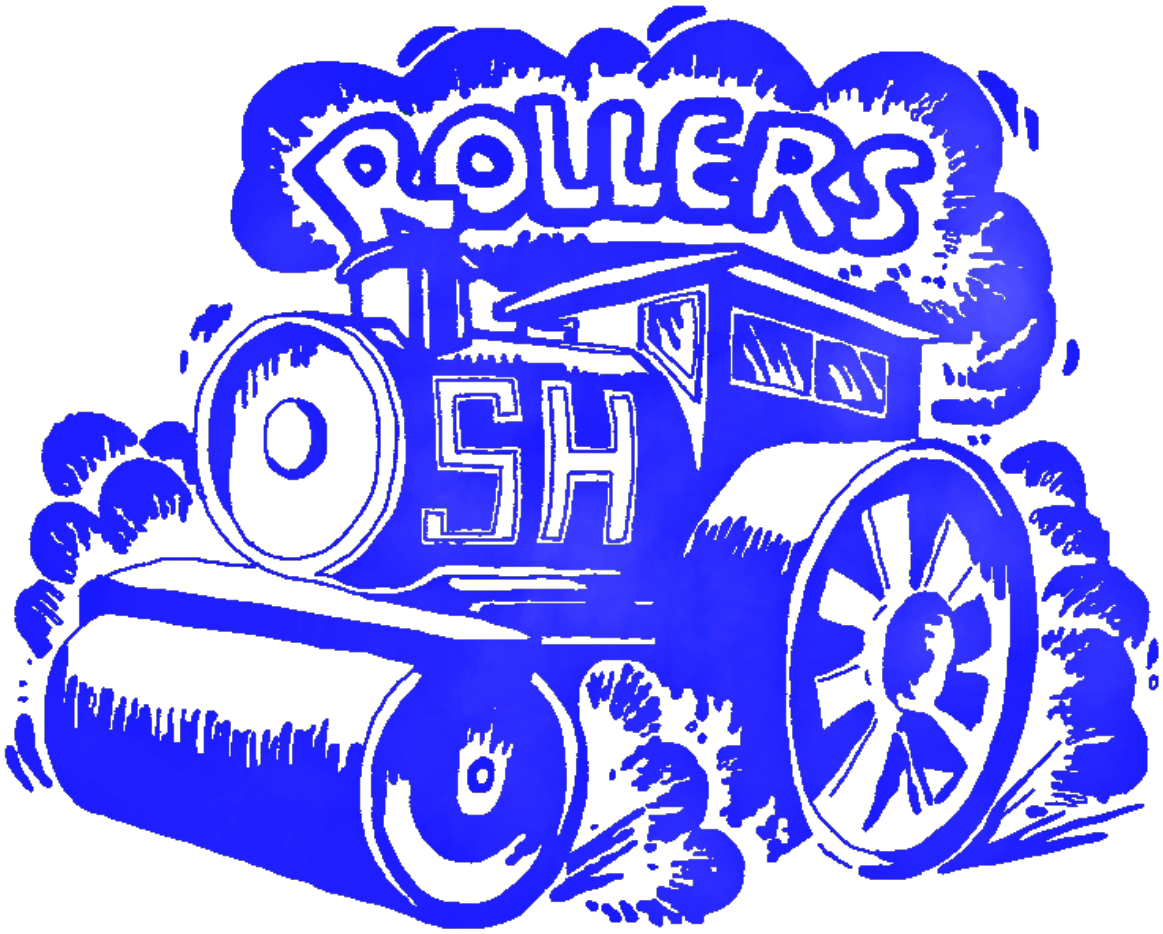


SHHS ATHLETIC ACTIVITIES

STUDENT ATHLETE
&
PARENT/GUARDIAN HANDBOOK

SHHS ATHLETIC ACTIVITIES
STUDENT ATHLETE & PARENT-GUARDIAN HANDBOOK
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Dear Students:

Welcome to **Steelton-Highspire Jr./Sr. High School Athletic Activities**—home of the **Rollers**! We are excited to have you as part of our athletic tradition. This handbook is designed to provide you and your families with important information about our programs and what it means to be a Steelton-Highspire student-athlete. Please take time to carefully read and understand the expectations and opportunities outlined within.

Athletics are one of the most exciting and rewarding parts of the school experience. As a Roller, you'll have the chance to challenge yourself, build lifelong friendships, and develop skills that go far beyond the playing field. When sports are approached with pride, sportsmanship, and a positive mindset, they become a powerful part of your education. We encourage you to compete with heart, support your teammates, and always give your best effort while representing your family, school, and community with class.

Communication is a key component of successful athletic programs. If you or your parents/guardians ever have questions or concerns regarding athletics at Steelton-Highspire Jr./Sr. High School, we encourage you to reach out to your advisor, coach, Athletic Director, or a school administrator. Addressing questions early helps ensure a positive and successful experience for everyone involved.

We wish you the very best in your extracurricular journey here at Steelton-Highspire Jr./Sr. High School. Work hard, play with pride, and celebrate being part of **Roller Nation**!
Go Rollers!

Sincerely,

Steven Shuleski
Jr. / Sr. High School Principal

Andrew Erby, Sr.
Director of Athletics

Steelton-Highspire Roller Athletic Contact List			
Sport	**Coach**	**Email**	**Phone**
AD/ Varsity Football	Andrew Erby	aerby@shsd.k12.pa.us	(717) 343-1692
Athletic Coordinator	Leane Thorn-Beckey	Leanetb91@gmail.com	(717) 623-4950
Athletic Trainer	Phillip Gerhart	PGerhart@shsd.k12.pa.us	(717) 951-2448
Jr. High Football	Darren Jones	docjdoc9@aol.com	(717) 903-8008
Girls Volleyball Varsity/JV/JH	Clarence Watson	cwatson@shsd.k12.pa.us	(717) 315-7537
Boys Varsity Basketball	Lloyd Hill	redflash79@icloud.com	(717) 571-6692
Boys Jr. High Basketball	Aaron Sye and Brandon Reed Porter	Aaronsye28@gmail.com / breed-porter@shsd.k12.pa.us	Aaron (717-612-2748 Brandon (717) 379-6572
Girls Varsity Basketball	Marc Jones	Mjeezy121@yahoo.com	(717) 224-1461
Girls Jr. High Basketball	Kristen Iberedem	KIberedem@shsd.k12.pa.us	(717) 704-3800
Baseball	Darren Jones	docjdoc9@aol.com	(717) 903-8008
Softball	Katie Bozart	KBozart@shsd.k12.pa.us	(717) 802-0978
Varsity Track	*OPEN CURRENTLY*	aerby@shsd.k12.pa.us	(717) 343-1692
Jr. High Track	*OPEN CURRENTLY*	aerby@shsd.k12.pa.us	(717) 343-1692
Cheerleading	Mandy Cleckner	Mcleckner-garrett@shsd.k12.pa.us	(717) 704-3800
Wrestling	Anthony Gish	agish@shsd.k12.pa.us	(717) 884-2859

INTRODUCTION

The interscholastic athletics program can be an important part of the student's educational program. It is an extension of the physical education program.

It is the goal of this program to provide students with the advantages and opportunities that are inherent in sports participation. The ultimate aim is to provide offerings in competitive sports for boys and girls in grades 7-12 against students of similar abilities from other schools. These opportunities will be available providing the prospective student/athlete is eager to play and able to play at a standard required for that team, works hard in practice, and is willing to follow school rules, regulations and scholastic standards.

Athletic participation is a <u>privilege</u>, not a right. Participants are expected to work hard to establish high standards of conduct, achievement, fitness, pride, loyalty, leadership, fellowship, and sportsmanship.

STEELTON-HIGHSPIRE HIGH SCHOOL ATHLETICS PHILOSOPHY

Interscholastic athletic programs in the Steelton-Highspire School District have a rich tradition of excellence and serve as a source of great pride to the community. Athletics are a complement to the educational program, and they are an integral part of school life. Responsibility for the direction of these programs rests with the Steelton-Highspire Board of School Directors, consistent with the guidelines and regulations of the PIAA and Mid-Penn Conference.

Through participation in athletics, both interscholastic and intramural, the student/athlete has an opportunity to develop values and attitudes that will be of benefit in later life. He/she will learn about physical fitness, self-discipline, pursuit of a goal, and respect for others. Student/athletes at Steelton-Highspire strive to succeed in competition and they learn how to accept the results of their best efforts. We hope that the student/athlete will enter his/her adult life with more confidence and a higher level of self-worth as a result of participation in athletics.

These benefits are available to students who are physically, mentally and emotionally able to participate at a required level, who maintain a good academic standing, who qualify under eligibility requirements and who are willing to make the necessary commitment to the program. As many students as possible and practical are given the opportunity to compete in the Steelton-Highspire athletics programs.

CORE VALUES

- We believe that no responsibility exceeds the mandate to properly educate each student/athlete.
- We regard athletics as integral to the mission and goals of the Steelton-Highspire School District.
- We believe each student/athlete should be respected as an individual and the personal welfare of each is our highest priority.
- We believe that our most important asset must always be our student/athletes.
- We view competition as a means to a healthy respect of self and others.
- We believe in and promote the traditional values of honesty, loyalty, commitment and hard work as the foundation for Steelton-Highspire athletic teams' excellent reputation and continuing success.
- We are committed to providing coaches who regard themselves first and foremost as teachers.
- We value health and safety as critical to a successful athletics program.

- We believe that a spirit of cooperation and support should exist among coaches, student/athletes, staff and parents.
- We recognize the Department of Athletics responsibility for community service.
- Our commitment is to develop student/athletes whose athletic, academic and interpersonal skills are on the highest level of maturity.

ATHLETIC PROGRAM GOALS

1. To foster academic and athletic achievement in student athletes by building self-discipline, positive work values and a commitment to personal excellence.

2. To develop in student/athletes the desire to continually improve diligently practicing their skills and consistently adhering to desirable work habits.

3. To accept and respect the coaches' authority and to accept that personal desires may need to be placed below the objectives for the team. Loyalty to the team and acceptance of the importance of placing the team above personal aspirations are essential.

4. To provide opportunities for student/athletes to learn to respect others by developing emotional control and a cooperative spirit.

5. To generate school spirit by displaying good citizenship and a positive attitude.

6. To develop positive feelings about athletic activity in student athletes.

7. To stress the importance of proper conditioning and how it relates to personal fitness and health habits.

8. To abide by the Athletic Code of Conduct and thus by an example of a positive role model for others.

CHARACTER COUNTS IN STEELTON-HIGHSPIRE ATHLETICS

Steelton-Highspire High School believes that character and civility do count and that they are important qualities; therefore, members of each athletic team should be positive representatives of the school and community in the following "Character Counts" pillars:
Caring, Citizenship, Trustworthiness, Fairness, Responsibility, and Respect

SPORTSMANSHIP STATEMENT

All spectators at our athletic events are reminded that they are guests at those contests and proper behavior is expected. Any spectator not abiding by the principles of good sportsmanship will be asked to leave the contest and may have the privilege of attending future contests revoked. Civility by all concerned promotes a positive atmosphere for athletic competition.

STUDENTS' RIGHTS

Each student/athlete participating in a Steelton-Highspire sports team has a right to participate in a program that is free of harassment in any form, including sexual harassment. Any concerns related to actions by coaches or others that are questionable in nature must be reported immediately to the attention of the Athletic Director and/or Principal.

PROCEDURE FOR PARTICIPATION IN ATHLETICS

All students are required to have a currently valid sports physical in order to participate in any
sport, band, or cheerleading program. It is recommended that physical exams be obtained during the
summer for fall sports and in the winter for spring sports to ensure that the physical is valid for the entire
season. Physical exams are good for 13 months, but we strongly advise athlete to schedule their physical
every 12 months to make sure they are in accordance with this rule and ready to play at the start of the

next season.

GENERAL PROCEDURES

School Equipment and Uniforms:

1. In most sports, practice and/or game equipment and uniforms will be issued to the student/athlete; he/she must use care so the equipment and other items are not lost, stolen, or returned in a condition other than that in which they were issued.

2. All equipment must be returned at the end of the season or upon leaving the team. **Students may not try out or participate in subsequent sport seasons until all uniforms and/or equipment is returned or until payment to replace missing uniforms, equipment, etc. has been made.** The cost of each item not returned will be based on the single unit replacement cost of that item.

3. **School owned equipment is to be worn only at scheduled practices or contests.** However, on game days, jerseys may be worn to school. Game shorts are not to be worn to school.

4. Athletes found wearing school-owned equipment in public, other than above, will be subject to disciplinary action.

5. All equipment and/or supplies will be issued by a coach.

6. Do not put cleated shoes on inside school buildings. Remove muddy and/or wet shoes before entering the school.

Locker Room:

1. Do not place valuables in your locker. Leave them at home or give them to your coach.

2. Keep your locker locked at all times except while actually at your locker – even while you are in the shower.

3. The school **will not** be responsible or liable for personal property.

4. Many athletes' careers have been shortened by an injury from "horseplay" in the locker room. All athletes must refrain from this type of behavior.

5. Locker rooms will be maintained daily by the student/athlete and coaches.

Gymnasium/Weight Room Procedures:

1. No one is permitted in the gymnasium or weight room unless it is during a designated practice period.

2. At no time is it permissible for individuals or groups to work out in the gymnasium or weight room without authorized supervision present.

3. At no time will individuals or groups be working out while other teams are having an official practice or contest.

4. Athletes practicing in the gymnasium for one sport must refrain from using equipment not specifically designated for their sport.

5. Unauthorized persons are not to be present in these designated areas.

MISCELLANEOUS ITEMS

1. **Travel to Away Contests:** All student athletes must travel with the team to away contests. They must also return from the contest with the team. Student/athletes may, however, return from a contest with a parent or guardian if the parent or guardian personally presents a note in advance requesting the same to the student/athlete's head coach. Travel excusals must only be requested for very important reasons. Only a parent/guardian may remove the student from team travel.

PARTICIPATION RULES

Changing Sports:

1. Prior to the opening of each season, athletes will be allowed to transfer from one sport to another if there is mutual agreement of the coaches involved.

2. An athlete who drops from one squad after eligibility lists have been sent to the PIAA will not be allowed to join another squad during that season.

3. Many students wish to participate in a school or outside athletic activity during a sports season. Although this is not prohibited, coaches do reserve the right to expect members of the team to be present at all practices and contests and to fully participate, and to refrain from participating on other athletic teams if they conflict with their commitment to the team. **Students may not participate on any outside team in the same sport during the season of that sport.**

ATHLETIC ATTENDANCE POLICY

In order to practice or compete in a contest, a student/athlete must know and abide by the following:

1. The Athletic Director will be responsible for the daily monitoring of student/athlete attendance.

2. He/she must be in his/her first class by 9:30 am. Any amount of time after 9:30 am, even one minute, will cause the student to be restricted from participating or competing on that day. Therefore, if a student/athlete is late to school but arrives before 9:30 am, he/she will be permitted to practice or compete.

3. If a student/athlete arrives at school after 9:30 am, he/she may see the principal and appeal the practice/competition restriction. The principal will judge the appeal and either permit the student/athlete to participate or deny the appeal. If the former is the case, the student/athlete will be given a pass by the principal. **In the absence of written approval from the principal for a valid reason, the student/athlete may not and must not practice or compete.**

4. If a student/athlete reports to school after 9:30am and reports to practice or a contest on that day without approval from the principal, then he/she will be subject to disciplinary action that may include suspension from practices and/or contests.

5. Unexcused single period absences during a given day may cause an athlete to be withheld from practice or contests.

6. The following are the penalties that will normally be provided for illegally attending a practice or a contest:

   Daily practice - *First Offense:* Skip one-half of the next game.
   Second Offense: Skip one full game.
   Third Offense: Released from the team.

   Game Contest – *First Offense:* Prohibited from dressing for the next contest.
   Second Offense: Prohibited from dressing for the next two contests.

7. Because our first concern is the health and welfare of each student/athlete, students reporting to school after 9:30 am with a doctor's note stating illness was the reason for the lateness must be cleared by the doctor who issued the note to participate in that day's game/practice.

8. Students leaving school early as a result of an illness are not eligible to play or practice that day/evening.

9. Students leaving school early for a regularly scheduled appointment are permitted to practice or play that day/evening.

10. Verified unforeseen emergencies must be approved by the principal.

CONFLICTS IN ACTIVITIES

Student/athletes may find themselves in a position of conflict involving another activity. When a conflict arises, the activity advisor/coach and the student/athlete should affect a workable solution. If a solution cannot be found, the Principal/Athletic Director will make the decision.

AWAY GAMES/LOCKER ROOM COVERAGE

Female chaperones/monitors will be provided for away contests for female sports teams that are coached by one male with no assistants. Also, locker room coverage will ordinarily be provided by a female attendant for female sports coached by a man. A similar chaperone/monitor arrangement will be enacted for a female coach for a male sport.

PROCEDURES FOR TREATING INJURED ATHLETES

1. All injuries sustained while participating must be reported immediately to a member of the student-athletes team's coaching staff or the athletic trainer.

2. Athletes should not try to treat their injuries without consulting their coach or trainer.

3. When playing at away sites, medical treatment will be administered by the home team athletic trainers or the team coach.

4. Coaches will exercise responsibility involving all incidents concerning their athletes In the event a student must be transported for emergency treatment, a family member or assistant coach will ordinarily accompany the injured athlete.

5. If an injury requires a physician's attention, the injured student/athlete must present written authorization from a physician before he/she may return to practices or games. That authorization

must be given to the school nurse, the athletic trainer or the coach.

6. **Athletic trainers at the high school have the authority to restrict a student/athlete's participation.** Decisions are based on what is considered best for the student/athlete's present and future health.

7. If a student athlete has a documented medical condition, regular medical clearances from a physician will be required for the student to participate in athletics or cheerleading. The district reserves the right to request an updated medical clearance at any time.

ELIGIBILITY

ATTENTION ATHLETES…you are NOT ELIGIBLE:

1. If you are not taking at least four (4) credits of work or the equivalent.

2. If you have not passed at least four (4) credits or the equivalent at the end of the last regular marking period, with the exception of fall eligibility.

3. If you have reached the age of 19 before July 1 preceding a school year.

4. If you have changed schools without a change or legal residence.

5. If you have played the same sport for more than four seasons in grade 9, 10, 11, and 12.

6. If you play/practice with an outside team in the same sport while a member of the school team after the first scheduled game in any season. The exception to the rule shall be:

    a. Participation in parent-child tournaments and caddy tournaments. Exceptions may be made to the regulation.

7. If you play under an assumed name on an outside team.

8. If you receive personal economic gain for participation in any sport.

Consult your Principal or Athletic Director for any inquiries regarding athletic eligibility.

RULES OF ELIGIBILITY

Credits earned during the summer by any regularly approved Board of School Directors procedure will be accepted for the purpose of determining the eligibility of pupils desiring to participate in the athletic program of the school for the fall season. Students must be passing four total credits from the previous school year to be eligible at the start of the fall season and four credits at the end of a marking period to be eligible to participate at the start of a new marking period. Students who do not meet that standard must sit out the first 15 school days of the new marking period before regaining eligibility. In-season eligibility will be taken on a weekly basis every Friday. Students must be passing four credits and may not have more than two grades below a 65% or they will be ineligible. Any student who receives a 70% in any subject will receive a warning and must attend mandatory study hall where they will receive support from a teacher from that subject area.

THE PRIVILEGE OF ATHLETIC PARTICIPATION

It is essential that students and parents realize that participation in the Steelton-Highspire Athletics program is a privilege and not a right enjoyed by all students.

The privilege is extended to those students willing to comply with reasonable rules and conditions. Behavioral expectations are high and willingness to live up to them is part of being a member of a team. In many cases, the expectations for athletes will be greater than for students not involved in athletics. For this reason, each athletic team member may be required to sign a statement of personal commitment indicating that the athlete and his/her parents recognize and understand this responsibility, and that they are willing to adhere to the basic concepts of good citizenship, proper training regulations and the positive example with which every athlete should be identified.

If a student feels that participation on an athletic team is too demanding, that he/she will be unable to say "no" when pressured by others to break training rules, that his/her individual rights are too important to conform to team rules, then he/she should elect not to become a candidate for that team.

STATEMENT ON HAZING

Hazing in any form will not be tolerated in the athletics programs of the Steelton-Highspire School District.

Hazing is any activity that humiliates, degrades, abuses or endangers a person's physical or emotional health for the purpose of initiation or membership in or affiliation with any organization, regardless of the person's willingness to participate. A student

aware of any form of hazing directed at himself/herself or another student must report it to an administrator, teacher or coach.

STUDENT/ATHLETE CODE OF CONDUCT
RESPONSIBILITIES OF THE ATHLETE

Listed below are the behaviors that could result in suspension or dismissal from the team by the coach, Athletic Director, or the principal. Student/athletes are reminded that proper behavioral expectations do not end when practices or competitions conclude or when a student/athlete is off school property. Because a situation is not specifically listed below does not mean it will not receive appropriate disciplinary action (for example, see consequences for substance abuse/use). Athletics related discipline may be rendered for school rules violations in addition to disciplinary measures imposed by school administrators. Students may not appear at practices or competitions (home and away) during the time they are suspended from athletics.

1. Poor school citizenship

2. Cutting classes or school or team practices/contests

3. Being a negative influence on teams or team morale or effort. This includes insubordination to an
   Athlete's coach or others

4. Not making a sincere academic effort or not complying with eligibility requirements

5. Stealing of any kind, including athletic clothing, either ours or opponents

6. Vandalism or property destruction

7. Displays of poor sportsmanship, e.g. fighting, taunting, harassment, or unsportsmanlike conducted toward opponents, opposing fans, officials, or others.

8. Any behavior which casts an adverse reflection on our athletic program and/or school or is in violation of school rules or the laws of the Local, State, or Federal Governments. The student/athlete may be suspended while awaiting adjudication upon determination of the Board Athletic Committee.

BASIC RULE: Never do anything that will bring embarrassment or an unfavorable view to your teammates, coaches, family, school or community.

EJECTION RULE: A student/athlete ejected from a contest will be ineligible to participate in any

contest until he/she is withheld from a minimum of one (1) contest at that level of play.

ATHLETICS DISCIPLINARY POLICY

The respective coach of an athlete is responsible for the administration of each team's training regulations. All student/athletes have a right to due process. Coaches must provide student/athletes with an opportunity to be heard before deciding on an appropriate action. Penalties for violation of team/school training rules may vary from a warning to dismissal from a team. All student/athletes may appeal a coach's disciplinary action to the Athletic Director and/or Principal. Parents are advised to encourage their student/athlete to work out his/her problem with their coach. There are times when the Athletic Director/Principal may adjudicate the case.

During a disciplinary hearing with the Athletic Director and/or Principal the student/athlete and his/her parent/guardian may provide information salient to the case. The determination made in the case shall be final.

CONFLICT RESOLUTION

1. The student/athlete should present the conflict/issue to the coach as soon as possible to attempt to resolve the situation. Depending on the situation, an athlete may ask his/her team captain to approach the coach.

2. If the conflict cannot be resolved between the athlete and the coach, the athlete should make an appointment to see the Athletic Director.

3. If the problem is still unresolved, then the athletes' parent should contact the coach.

4. Only when the problem cannot be resolved with the coach should the parent contact the Athletic Director.

5. These are the recommended steps to be followed for the resolution of a conflict/issue:
   a. Athlete – Captain
   b. Athlete – Coach
   c. Athlete – Athletic Director
   d. Parent – Coach
   e. Parent – Athletic Director
   f. Parent – Principal

The correct procedure to contact a coach is to leave a message in the Athletic Director's office for the coach. Please do not contact the coach at home or after a practice, except in the case of an emergency.

NOTE: It is inappropriate to discuss concerns immediately before or after an athletics contest.

SCHOOL SUSPENSIONS

Students may not participate in any game, contest, practice or school activity while under suspension, nor may a student appear on school grounds or at a school activity while suspended from school. This provision includes travel and sitting with the team contests at away sites. The suspension is in effect until the student is readmitted to classes.

GENERAL REQUIREMENTS FOR AWARDS AND TEAM RELATED BENEFITS

Steelton-Highspire High school will award each athlete participate in the Interscholastic Athletic Program a letter or certificate according to the following standards:

1. A player must complete the season; the coach with approval from the Athletic Director and the Principal may make exceptions in unusual cases.

2. An athlete must be a good representative of the school and must display the qualities of a good sportsman.

3. Awards will only be presented to those student/athletes who have returned all equipment, supplies, uniforms, etc. that were issued to them. All items must be returned in the condition in which they were issued; normal wear is taken into consideration for uniforms. Reimbursement will need to be made for missing items before awards are presented.

COMMON BELIEFS ABOUT SUBSTANCE ABUSE AND SPORTS

Success in sports requires physical, intellectual and emotional preparation. An athlete must be able to learn the skills and strategies of a sport, train his/her body to perform specific functions, and become emotionally ready to compete in specific events. There is a price to be paid for excellence in sports. The price includes time, arduous practice, concerted effort and a willingness to abstain from activities that are counterproductive to that end.

Some athletes believe chemical, or substance use will aid their training programs or given them a competitive edge during a contest. Other athletes believe that using certain chemicals or substances will medicate their injuries and get them into action faster than waiting out the natural healing process. Still others believe that substance use after competition will help them relax and recover to prepare for coming events, and that it won't affect their future performance. Most of the time the athletes described above make serious errors in judgment. Only medicines prescribed by a physician should be taken by student/athletes.

Anabolic steroids have become increasingly popular among some athletes. These athletes believe that steroids will make them bigger, stronger, and more aggressive. Although definitive research is not complete relative to steroid use, it is established that the use of these drugs can cause personality changes, baldness, shrunken testicles and enlarge prostate glands in males, and breast shrinkage, excess facial hair, and menstrual problems in women. Stunted growth, severe acne, psychological problems, liver and kidney damage and heart and blood vessel damage may also result from steroid use.

Marijuana reduces the efficiency of the lungs and increases the risk of bronchitis and other pulmonary disorders. Its use often leads to a decrease in motivation. Marijuana use can lead to severe psychological changes.

Alcohol depresses the central nervous system and can result in poor judgment and altered coordination. Its use can affect performance. It is a leading contributor to automobile accidents.

Tobacco products are especially dangerous to student/athletes because of the addictive qualities contained in tobacco. Additionally, long term use has been associated with a list of disorders, including heart disease and various forms of cancer. All forms of tobacco are to be avoided.

Although there are many other harmful substances available to today's athletes, the preceding ones have been the most used. Student/athletes must keep in mind that there are serious risks involved in both the possession and use of these items. If an athlete wants to develop his/her ability to the fullest, the most effective way to do that is through diligent practice and hard work, and the avoidance of products that will negatively affect him/her.

CREATINE: The long-term effects of creatine and other similar aids have not been established. There are concerns within the scientific community that the use of these products could have long team negative consequences. No coach or any person associated with the Steelton-Highspire High School athletics programs should be advocating the use of creatine or similar products.

A well-balanced diet and hard work are the time-tested ingredients for success.

STUDENT LEADERS/CAPTAINS

Participation in athletics at Steelton-Highspire High School is a privilege and demands certain commitments and responsibilities. Students will take pride in themselves and in their school and community. They are expected to take an active role in establishing high standards and conduct for others to follow.

The Steelton-Highspire High School Athletic Program provides young people with a special experience, one that parallels the classroom. Part of this experience includes the responsibility to self, organization and community that is commensurate with a leadership role. Student leaders in activities are clearly representative of Steelton-Highspire High School as well as their organizations. With the privilege of leadership comes the obligation to serve as a positive example and role model for fellow students.

All student leaders are expected to display exemplary behavior. They will demonstrate to their peer's character traits that are admirable and behaviors that are in every way just and considerate of others.

STEELTON-HIGHSPIRE HIGH SCHOOL
ATHLETIC PARTICIPATION AGREEMENT

**Student Athlete and Parent/Guardian must sign and date this form and return to their sports Head Coach before first day of sports season for their respective sport.*

I have read and agree to the Steelton-Highspire High School Athletic Participation guidelines as outlined in the handbook.

_____	_____
Student/Athlete Name and Date	**Parent/Guardian Name and Date**
	Andrew Erby Sr
_____	_____
Head Coach Name and Date	**Athletic Director Name**