

AVON GROVE HIGH SCHOOL

ATHLETIC HANDBOOK

2009-2010

**FOR
STUDENT ATHLETES
AND
PARENTS/GUARDIANS**

**AVON GROVE HIGH SCHOOL
257 STATE ROAD
WEST GROVE, PA 19390
(610) 869-2446**

NON-DISCRIMINATION POLICY

The **AVON GROVE SCHOOL DISTRICT** is an equal opportunity education institution and will not discriminate in its educational programs, activities, or employment practices on the basis of race, color, creed, national origin, sex, age, religion, ancestry, sexual orientation, handicap/disability, union membership, or other legally protected classifications. Announcement of this policy is in accordance with state and federal laws, including Title VI, Title IX and Section 504. All inquiries should be made to Dr. Wendi Lee Foltz, Director of Personnel, Avon Grove School District, 375 South Jennersville Road, West Grove, PA 19390, (610) 869-2441.

This handbook is also available online at
www.avongrove.org/aghs/athletics.html

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AVON GROVE SCHOOL DISTRICT INTERSCHOLASTIC ATHLETICS MISSION STATEMENT

The interscholastic athletic program of the Avon Grove School District is committed to the pursuit of excellence. The program is designed to:

- Promote the intellectual, physical, social, and emotional development of the individual student
- Maintain the tradition of togetherness and utility among our student athletes
- Foster parental and community support

We believe our success stems from the cooperation of all members of the athletic community.

GOALS:

The Avon Grove School District interscholastic athletic program includes coordinated programs at the middle school and high school levels. These programs provide students with the opportunities to:

- Experience a feeling of self-worth and to develop self-confidence through individual and team achievements
- Develop leadership, self-discipline, self-motivation, and sense of commitment
- Experience working as a member of a team
- Engage in competitive activities
- Demonstrate good sportsmanship
- Hone problem solving and decision-making strategies
- Understand and practice the principles of sound health, safety, and physical fitness
- Engage in organized activities that generate unity among students, faculty, and community, and which provide a positive rallying point for school spirit
- Practice and compete using facilities that promote a safe, competitive program, and that generate school and community pride
- Receive coaching in the rules and skills of interscholastic sports from knowledgeable individuals who exemplify high standards of professionalism, and who support the District's educational mission

AVON GROVE HIGH SCHOOL ATHLETIC PROGRAM

Nickname: Red Devils
Colors: Maroon and Gold
Conference: Chester-Montgomery County League
PIAA District #1 AAA, AAAA classifications

Sports Offered:

FALL-

Tryouts begin
Monday, August 17, 2009

Boy's Cross Country
Girls' Cross Country
Field Hockey
Golf
Boys' Soccer
Girls' Soccer
Girls' Tennis
Girls' Volleyball
Football
Cheerleading

WINTER-

Tryouts begin
Friday, November 20, 2009

Boys' Basketball
Girls' Basketball
Boys' Swimming & Diving
Girls' Swimming & Diving
Wrestling
Cheerleading
Winter Track
Ice Hockey Club
(runs October thru mid-
February)

SPRING-

Tryouts begin
Monday, March 8, 2010

Baseball
Softball
Girls' Lacrosse
Boys' Lacrosse
Boys' Tennis
Girls' Track & Field
Boys' Track & Field
Boys' Volleyball

Web-sites: <http://www.avongrove.org/aghs/athletics.html>
<http://www.district-one.net/>
<http://www.piaa.org>

STUDENT ATHLETE RECORDS

Fall Sport _____

Coach _____

Coach's Telephone _____

Position(s) _____

Awards Earned _____

Important Statistics _____

Winter Sport _____

Coach _____

Coach's Telephone _____

Position(s) _____

Awards Earned _____

Important Statistics _____

Spring Sport _____

Coach _____

Coach's Telephone _____

Position(s) _____

Awards Earned _____

Important Statistics _____

Participation in the Avon Grove High School athletic program is a privilege accorded to students who meet all eligibility requirements, are selected after a fair try-out period, and who represent their school responsibly. Playing time is not guaranteed and will be determined at the discretion of the coach. In this handbook, student athletes and their parents will find information related to the Avon Grove High School athletic Program. Please read it carefully.

Eligibility Requirements

Avon Grove High School, is a member of the Pennsylvania Interscholastic Athletic Association (PIAA), which has established certain eligibility requirements. Any student who participates in interscholastic athletics at a PIAA member school must adhere to all PIAA rules. Failure to comply with PIAA rules will result in loss of eligibility to represent Avon Grove High School in interscholastic athletics. Cheerleading is a varsity sport at Avon Grove High School, but is not recognized as an interscholastic sport in the PIAA. Ice Hockey is a club sport. At Avon Grove High School members of the Cheerleading squads and Ice Hockey Club are subject to the same rules and regulations as all other student athletes.

Additional eligibility requirements are set by the Chester-Montgomery County League (Ches-Mont) and Avon Grove High School. These requirements must also be met by all Avon Grove High School student athletes.

These requirements are summarized in this Handbook for student athletes and their parents. Additional requirements are noted in PIAA and Ches-Mont publications. Questions regarding PIAA, Ches-Mont, or Avon Grove High School regulations should be referred to the athletic director.

Pre-Participation Requirements

Each student athlete must turn the following into the Athletic Office before participation in any practice or games for any interscholastic sport:

Turn these in every school year-

- 1) Avon Grove School District Athlete Personal Information
- 2) Section 1-PIAA Emergency Information including medical insurance information.
- 3) Section 2– PIAA Certification of Parent/Guardian.
- 4) Section 3– PIAA Health History
- 5) Section 4—PIAA Comprehensive Initial Pre-Participation Physical Evaluation (CIPPE). The CIPPE may not be performed earlier than June 1st and shall be effective, regardless of when performed during a school year, until the next May 31st.

Following completion of a CIPPE, the same student seeking to participate in Practices, Inter-School Practices, Scrimmages, and/or Contests in subsequent sport(s) in the same school year, must complete the following:

- 1) Section 5-PIAA Parent Re-Certification form-required before every subsequent season. Signed no earlier than six weeks prior to start of season.
- 2) Section 6-PIAA Physician Re-Certification form-Athletic Trainer will determine if this form is necessary based Section 5 information.

Age Requirements

High school age students, are eligible to participate in interscholastic sports. If a student turns nineteen (19) on or after July 1, the student shall be eligible, age wise, to compete through the following school year.

Academic Requirements

A student athlete must meet the following academic requirements:

- A student athlete must pursue a curriculum defined and approved by the principal as a full-time curriculum.
- Every student athlete is required to do satisfactory school work.
- The following regulations govern academic eligibility:
 - Grades are reported to the athletic director by the teachers weekly during the season.
 - Grade averages are based on the student's cumulative average to date during the marking period.
 - Coaches are notified weekly about ineligible students and students who are averaging a "D" or "F" in any course.
 - Failing grades in two (2) or more subjects will eliminate a student athlete from participation in practice or games for the following week (Sunday through Saturday). The purpose of the weekly ineligible period is to give students time to improve their grades. A student remains ineligible for the entire week.
 - Students who are ineligible meet with the athletic director on Monday to discuss their academic status.
 - Students in academic difficulty are encouraged to seek help by contacting their teachers and guidance counselors.
 - Students are allowed **ONE** chance during the season to improve their grades. **A second weekly ineligible infraction will result in the student being removed from the team for the remainder of the season.**
- **Any student athlete failing two (2) or more subjects for a marking period is ineligible for twenty (20) school days starting the day report cards are distributed.** The same rule applies for students failing two (2) or more subjects at the end of a school year. In that case, the ineligibility starts the first day of school. Students passing summer school courses may become eligible at the start of the new year.

Attendance Requirements

- A student athlete must be regularly enrolled at Avon Grove High School and attending full time. If a student athlete is absent from school for a total of twenty (20) or more days during a semester, a student athlete will lose eligibility until he/she has been in attendance for a total of forty-five (45) school days following the student athlete's twentieth day of absence.
- Students must be in attendance for at least 1/2 the school day to practice or compete on that day. Exceptions must be approved in writing by the athletic director.
- This attendance requirement is in effect for all regular school days, including the days when final examinations are scheduled.

Transfer Student Requirements

A student athlete is treated as having transferred whenever a student athlete changes schools, even if a student athlete is out of school for a period of time before entering the new school.

If a student athlete transfers from one school district to another, a student is eligible immediately at the new school:

When a student athlete lives with a student athlete's natural or adoptive parents in the new school district. When a student athlete lives with a court-appointed legal guardian in the new school district, upon approval by the PIAA District Committee.

Other situations are possible and are listed in their entirety at www.piaa.org.

If a student athlete transfers from one school to another for athletic purposes, or if a student athlete was recruited, a student athlete will lose athletic eligibility for a period not to exceed one year. This requirement applies even if a student athlete would otherwise be eligible at the school to which a student athlete transferred.

Amateur Status

To be eligible to participate in a sport, a student athlete must be an amateur in that sport. A student athlete will lose amateur status in a sport for at least a year if:

- A student athlete, school, or an organization which a student athlete represents, receives money or property for or related to student athlete's athletic ability, performance, participation, or services.
- A student athlete accepts compensation for teaching, training, or coaching in a sport. A student athlete must receive normal and customary compensation for acting as an instructor in or officiating recreational activities, or for serving as a lifeguard at swimming areas.

- A student athlete may receive awards only from a student athlete's school, a sponsor of an athletic event, the news media, or a non-profit service organization approved by the school principal. Permissible awards are a sweater, jacket, blazer, blanket, shirt, jersey, watch, ring, scroll, photograph, metal plaque, or similar trophy, which must bear appropriate organizational insignia or comparable identification.

All-Star Contests

A student athlete will lose student athlete eligibility in a sport for one year if a student athlete participates in an all-star contest in that sport.

Non--A.G.H.S. Sports Participation

A student athlete will lose eligibility in a sport for the remainder of the season, if, while a member of a student athlete high school team, the student athlete participates in an athletic contest as an individual or a member of another team during the season. The school principal may waive this rule by sending the appropriate letter to the PIAA Executive Director. Students must inform their coaches and must commit to the Avon Grove High School team as the primary team. Students should exercise caution about overextending themselves to avoid injury.

Communication

The coaches and administration of Avon Grove High School welcome communication with student athletes and their parents/guardians regarding athletic issues. All coaches, the athletic director, and the Sports Boosters Organization can be reached by leaving a message with the athletic secretary in the main office. Coaches may also inform student athletes of other work or home telephone numbers or e-mail addresses where they can be reached. Refer to the written team rules given out at the beginning of each season for this information.

Contact Coaches to discuss...

any issue regarding an individual student athlete, including skills development and performance, team policies and regulations, and excuses for missed practices or contests.

Contact the athletic director to discuss...

any health or safety concerns, the overall athletic program, transportation and attendance exemptions, academic or eligibility matters, or any concern that is not resolved through a parent-coach conference.

Contact Sports Boosters...

to volunteer as a team parent, participate in fundraising events, Homecoming activities, and basketball and wrestling tournaments. The Boosters usually meet the first Wednesday of each month at 7:00 pm in the cafeteria.

Transportation

Riding together as a team to and from an athletic contest is part of the athletic experience. The following regulations govern athletic transportation:

- All members of an athletic squad must ride to and from scrimmages and contests on school-provided transportation.
- Exceptions to the above policy, which will make it possible for a student athlete to compete and still meet other school or family commitments, may be granted at the discretion of the Athletic Director. School or family commitments are the only grounds for exception.
- To be granted exception, the student athlete must present a written request from a parent or guardian setting forth the reason (s) for the exception. The request must include the method of transportation to be used, a statement of the responsibility for the student athlete's safety, the date (s), and the event (s) for which the exception is requested. Forms for this purpose are available in the main office, or a note from the parent with the necessary information is acceptable. Written requests for exemption from student athletic transportation must be signed by a parent/guardian and turned in to the athletic secretary in the main office. Students are responsible for picking up the approved form from the main office before the end of the day and turning it in to the coach.
- Shoes with cleats must be removed before entering the school, gym, locker rooms, and sport buses.

Two (2) alternate methods of transportation are acceptable to the school.

- Transportation provided by the parent or guardian.
- Licensed student athletes driving their own cars. No one is permitted to ride with the student athlete except a member of the student's immediate family.

Injuries

Every effort is made to insure that injuries do not occur. Students are required to follow their coaches' procedures for conditioning, warm-up, stretching, and cool-downs, and to exercise caution when using athletic equipment.

- Students must report all injuries to the coach immediately so that proper treatment may be given. Do not leave a practice or contest without notifying the coach.
- There is an athletic trainer on duty after school and at home athletic contests. Athletes are encouraged to see the athletic trainer for proper care of all injuries.
- Any student that sees a physician for any injury must turn in a clearance note to the athletic trainer from the treating physician.

Uniforms and Equipment

Student athletes are responsible for equipment and/or uniforms issued to them. They will be required to pay for any equipment and uniforms **not returned**. Students are to return equipment and/or uniforms to their coach. No equipment/uniforms can be accepted by the main office personnel.

Bills will be issued for any unreturned items, and student athletes may not: Bills will be issued for any unreturned items, and student athletes may not: **participate in the next sports season**, receive parking permit, yearbook, graduation tickets/graduation ceremonies or athletic awards, purchase prom tickets, go on senior and school sponsor trips, or attend school dances until bills are paid or items returned.

The Student Athlete Code of Conduct

The following regulations are necessary for the operation of any good sports program. Other rules and regulations are described in the ***Avon Grove High School Student/Parent Handbook***.

All athletes are encouraged to be enthusiastic about the game and to exhibit the highest standards of sportsmanship.

Use of Illegal Substance, Alcohol, and Tobacco Products

- Students who violate the Avon Grove High School Controlled Substance Policy 227 will be removed from the team for the remainder of the season on the first offense.
- Student athletes who violate school regulations regarding drugs and alcohol and possession are subject to the same penalties outlined in the Avon Grove High School Student/Parent Handbook.
- The use of performance-enhancing substances/anabolic steroids is prohibited. Violators may incur suspension from the team for all or part of the season.
- A student athlete may not smoke or use tobacco products while an active member of the team. Violators may incur loss of playing time or other athletic privileges, or suspension from the team for the remainder of the season. Student athletes who violate school regulations regarding tobacco use and possession are subject to the same penalties outlined in the **Avon Grove High School Student/Parent Handbook**.

Fighting

Fighting will not be tolerated. Violations will be dealt with by the administration and may incur suspension from school. Any student suspended from school for fighting will also be removed from the team they are playing on at the time of the suspension for the remainder of the season.

Profanity

Profanity and gestures on the part of the student athlete will not be tolerated at any time. Violations may be dealt with by the coach or by the administration, depending upon the severity of the offense. Student athletes are expected to treat officials, visiting teams, and spectators with courtesy and fairness at all times.

Athlete Attendance at Practices and Athletic Contests

A student athlete is expected to be committed to the team. Practices and attendance at athletic contests are an essential part of that commitment.

- A student athlete is required to attend all practices unless excused by the coach.
- Each coach has specific practice times. Student athletes should check with their coaches about practice times, and should listen to announcements for schedule changes.
- If an emergency arises making it necessary for a student to leave school and the coach is not available, word may be left with the athletic director or the athletic secretary.
- If for any reason the student is to be excused from any particular practice, a written request from the parent is to be presented to the coach.
- It is the policy of Avon Grove High School that a student will be excused from practice, or may be excused for lateness to practice, to obtain assistance with school work or to make up quizzes, tests, and labs.
- Any lateness to practice or missed practice as the result of a discipline infraction, including the serving of a detention, will be dealt with according to each coach's stated policy.
- A student must attend and participate in seven (7) practice sessions before participating in interscholastic competition.
- A student athlete is required to attend all games unless excused by the coach.
- Any student athlete who has left a team (other than for medical reasons or first time academic ineligibility) shall not be permitted to return.
- Shoes with cleats must be removed before entering the school, gym, locker rooms, and sport buses.

Violations of the Discipline Code

Violations of the Discipline Code as stated in the AGHS Student Handbook may cause a student athlete to lose playing time or other athletic privileges, or be suspended from the team for the remainder of the season.

Suspension from school

Any student athlete who is placed on suspension may also be disciplined by the coach and may return to the team when the suspension has been served. A second suspension for any reason will not be accepted and the student will be removed from the team for the remainder of the season.

Student Spectator Code of Conduct

Sportsmanship is a key component of the athletic program. Student athletes are frequently spectators at athletic events, and are expected to follow the same spectator code of conduct that governs all Avon Grove students and fans. Such rules apply to all athletic events regardless of venue.

- No smoking on school property.
- Students should make arrangements to be picked up promptly from athletic events.
- Students must be in attendance at school during the day of an athletic contest.
- Any student leaving before the completion of the athletic contest may not re-enter and must leave school property promptly.
- You are encouraged to cheer under the direction of the Avon Grove High School cheerleaders at the proper time.
- Do not distract any player while in the act of shooting a foul, taking penalty shots, etc. This is considered un-sportsmanlike conduct.
- No artificial noisemakers of any kind are permitted at games (bells, horns, whistles, clappers, etc.). Signs and posters other than the approved championship and League banners are not permitted inside the gym. Cheerleaders and members of the Spirit Club may place spirit posters in the lobby and the gym hallway with the permission of the administration.
- Keep in mind that the visiting team, coaches, and fans are guests of Avon Grove High School. This also applies to the officials. Treat them with the same courtesy and respect with which you would want to be treated.
- Do not boo a referee's decision or an opposing player. Booing is the lowest form of discourtesy.
- Any disruption of the contests will be dealt with by the management. Violators will be removed from the gym and/or school property. If a student is removed from an athletic event, the student will not be allowed admittance for the remainder of the sports season or longer.
- Act 7 of 1990 defines assault on a sports official as a misdemeanor of the first degree. Violators will be prosecuted by the local authorities.

Admission Fees

Admission fees will be charged for most evening and weekend athletic contests. Fees are set by the Ches-Mont League. Adults \$5, Students \$3, Senior Citizens Free. Admission fees are \$5 each for Tournaments, Ches-Mont League Playoffs and PIAA District Playoffs.

Main Gymnasium Sporting Event Rules

- Students should remain in the gym during all live action at the game. No one should loiter in the lobby.
- After the game begins, spectators may not enter the gymnasium except during a stoppage of action.
- Students and other spectators must purchase tickets before entering the gymnasium. Students leaving the building may not re-enter and must leave the premises.
- No food or beverages of any kind in the gym.
- No artificial noisemakers of any kind are permitted at indoor games. (Bells, horns, whistles, clappers, etc.) Signs and posters other than the approved championship and league banners are not permitted inside the gym. Cheerleaders may place spirit posters in the lobby and gym hallway with the permission of the administration.

Stadium Sporting Event Rules

- Students should remain within the boundaries of the stadium. No one will be permitted to loiter in the parking lot.
- Students and other spectators must purchase tickets before entering the stadium. Students leaving the stadium may not re-enter and must leave the premises.
- Students will not be permitted to bring outside food or beverages into the stadium.

Athletic Awards

Athletic awards signify accomplishment and commitment at the highest levels. Before any award is received, a student must meet requirements in scholarship, sportsmanship, athletic eligibility, and participation. Requirements for earning awards are established by the head coach of each sport. The following awards are given by the coaches: Varsity letters and pins, Junior Varsity Certificates, Freshman Certificates, Certificates of Participation, All-League certificates and any championship trophies.

End of Year Athletic Awards

At the End of Year Awards night, the following awards are presented: Spirit Award, Outstanding Male and Female Athlete Awards, All Weeks Award for Most Dedicated Female Athlete, Tom Newill Award for Most Dedicated Male Athlete, and the Coach of the Year Award. These awards are determined by a vote of all the coaches. The Outstanding Senior Awards and the Coaches' Awards for each sport are presented by the coaches.

An athlete who fails to complete the full season including playoffs, district competition, etc., will not receive a varsity letter, or any other award or form of recognition.

- **Collegiate Athletics**

All students interested in playing intercollegiate sports at a Division I or II College must register with NCAA Clearinghouse during their senior year in high school. Forms and instructions may be obtained in the guidance office or contact the athletic director. Information on athletic scholarships is periodically given to students, and is also available in the guidance office.