

**Avon Grove School District**

**2018-2019**

**Secondary Student/Parent Athletic Handbook**



**For Student-Athletes and Parent/Guardians**

## AVON GROVE HIGH SCHOOL ATHLETIC PROGRAM

**Nickname:** Red Devils

**Colors:** Maroon and Gold

**Conference:** Chester-Montgomery County League

**PIAA District:** District One

**Classification:** Largest classifications in each sport

**Sports Offered:**

Fall	Winter	Spring
Tryouts begin: Monday, August 13, 2018	Tryouts begin: Friday, November 16, 2018	Tryouts begin: Monday, March 5, 2019
Cheerleading (Sideline) Cross Country (B & G) <b>Football*</b> <b>Football-Freshman Team*</b> Field Hockey Golf (B & G) Soccer (B & G) Tennis (G) Volleyball (G)	Basketball (B & G) Basketball- Freshman Team (G) Cheerleading (Comp. & Sideline) Indoor Track & Field (B & G) Swimming & Diving (B & G) Wrestling	Baseball Lacrosse (B & G) Track & Field (B & G) Softball Tennis (B) Volleyball (B)
Club Ice Hockey (B & G) Oct thru Feb	Club Ice Hockey (B & G) Oct thru Feb	

**\*Begins on Mon., Aug. 6, 2018**

**Intramural Offered:** Weightlifting

## FRED S. ENGLE MIDDLE SCHOOL ATHLETIC PROGRAM

**Nickname:** Red Devils

**Colors:** Maroon and Gold

**Affiliation:** Middle School Ches-Mont

**Sports Offered:**

Fall	Winter	Spring
Cheerleading (Sideline) Cross Country (B & G) Football Field Hockey Soccer (B & G) Volleyball (G)	Basketball (B & G) Cheerleading (Comp. & Sideline) Wrestling	Baseball Lacrosse (G) Track & Field (B & G) Softball

**Websites:**

<https://www.avongrove.org/athletics/ahs-athletics>, <http://www.piaad1.org/>, <https://www.piaa.org/>  
<https://www.avongrove.org/athletics/fsems-athletics>

## Table of Contents

<b>ACKNOWLEDGEMENT OF RECEIPT - Electronic Version of 2018-19 Athletic Handbook</b>	5
<b>AGSD NON-DISCRIMINATION POLICY</b>	6
<b>AGSD ATHLETIC PARTICIPATION</b>	6
<b>AGSD EXTRACURRICULAR PROGRAM</b>	6
Philosophy	6
Mission Statement	6
Vision Statement	6
Core Values	6
<b>AGSD STUDENT ACTIVITY/STUDENT ATHLETIC FEE</b>	7
Avon Grove High School	7
Fred S. Engle Middle School	7
<b>AGE REQUIREMENTS</b>	7
<b>ALL-STAR CONTESTS</b>	7
<b>AMATEUR STATUS AND AWARDS</b>	8
<b>ATHLETIC ACADEMIC REQUIREMENTS</b>	8
<b>ATHLETIC AWARDS</b>	9
End of Year Athletic Awards	9
<b>ATTENDANCE REQUIREMENTS</b>	9
<b>BULLYING, HARASSMENT &amp; HAZING (See Board Policies 248, 252 &amp; 252.1)</b>	9
<b>COLLEGE SIGNINGS</b>	10
<b>COLLEGIATE ATHLETICS</b>	10
<b>COMMUNICATION</b>	10
Communication Protocol	10
<b>CONCUSSION IN SPORTS (From PIAA CIPPE) See also, Board Policy 123.1.</b>	10
What is a concussion?	10
What are the symptoms of a concussion?	11
What should students do if they believe that they or someone else may have a concussion?	11
How can students prevent a concussion?	11
If a student believes they may have a concussion	12
When can an athlete return to play following a concussion?	12
<b>ELIGIBILITY REQUIREMENTS</b>	12
<b>INJURIES</b>	12
<b>OUTSIDE PARTICIPATION</b>	12
<b>PERIOD OF TIME AFTER EIGHTH GRADE, PARTICIPATION, AND GRADE REPETITION</b>	13

<b>PIAA RULES</b>	13
<b>PRE-PARTICIPATION REQUIREMENTS</b>	13
Turn these in every school year:	13
Subsequent Sport(s) in the Same School Year:	13
Wrestlers Only:	14
<b>STUDENT-ATHLETE CODE OF CONDUCT</b>	14
Use of Illegal Substance, Alcohol, and Tobacco Products (See also Board Policies 222 and 227)	14
Fighting	14
Profanity	14
Athlete Attendance at Practices and Athletic Contests	14
<b>STUDENT &amp; SPECTATOR CODE OF CONDUCT</b>	15
Indoor Sporting Event Rules:	15
Outdoor Sporting Event Rules:	16
Admission Fees	16
High School Ches-Mont Ticket Prices	16
High School Playoff Ticket Prices	16
Middle School Ticket Prices	16
<b>SUDDEN CARDIAC ARREST SYMPTOMS AND WARNING SIGNS INFORMATION (From PIAA CIPPE)</b>	
<b>See also, Board Policy 123.2.</b>	16
What is sudden cardiac arrest?	16
How common is sudden cardiac arrest in the United States?	16
Are there warning signs?	16
What are the risks of practicing or playing after experiencing these symptoms?	17
Information about SCA symptoms and warning signs	17
Removal from play/return to play	17
<b>SUSPENSION FROM SCHOOL</b>	17
<b>TRANSFER STUDENTS</b>	17
<b>TRANSPORTATION</b>	18
<b>UNIFORMS AND EQUIPMENT</b>	18
<b>VIOLATIONS OF THE DISCIPLINE CODE</b>	19

# ACKNOWLEDGEMENT OF RECEIPT - Electronic Version of 2018-19 Athletic Handbook

I anticipate participating in the following sports during the 2018-19 school year:

FALL	WINTER	SPRING

I hereby acknowledge that I have received an electronic copy of the Avon Grove High School Athletic Handbook.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Student Name (Print Name)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Name (Print Name)

\_\_\_\_\_  
Date

**Please return this completed form with your  
PIAA physical packet and/or Athletic Participation Fee**

## **AGSD 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, marital status, handicap/disability, union membership, or other legally protected classification. 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 M. Christopher Marchese, Ed.D, Superintendent, Avon Grove School District, 375 South Jennersville Road, West Grove, PA 19390, (610) 869-2441.

## **AGSD ATHLETIC PARTICIPATION**

Participation in the Avon Grove High School and Fred S. Engle Middle School athletic programs is a privilege afforded to students who meet all eligibility requirements, are selected after a try-out period, and who represent their school responsibly. Playing time is not guaranteed and will be determined at the discretion of each coach. In this handbook, student athletes and their parents will find information related to the Avon Grove School District Athletic Program that supplements existing Board Policies and the Avon Grove School District Secondary Student/Parent Handbook. Please read it carefully, as all student-athletes, including district students, charter school students, cyber charter school students and home school students, are responsible for complying with its terms.

## **AGSD EXTRACURRICULAR PROGRAM**

### **Philosophy**

We envision a unified, positive environment, where all stakeholders work together to provide extracurricular programs that are inclusive and will instill a sense of pride in the community. We envision a supportive culture where students are encouraged to take risks and lessons are learned through success and failure. Ultimately, Avon Grove School District will offer a wide variety of extracurricular opportunities which foster spirited and purposeful participation, promote leadership and mutual respect, produce high level results and empower students to be in the forefront academically, athletically and creatively.

### **Mission Statement**

The mission of the Avon Grove School District Extracurricular Program is to challenge, inspire and enhance the student experience by providing opportunities for every student to grow and reach their full potential.

### **Vision Statement**

We envision a unified, positive environment, where all stakeholders work together to provide extracurricular programs that are inclusive and will instill a sense of pride in the community. We envision a supportive culture where students are encouraged to take risks and lessons are learned through success and failure. Ultimately, Avon Grove School District will offer a wide variety of extracurricular opportunities which foster spirited and purposeful participation, promote leadership and mutual respect, produce high level results and empower students to be in the forefront academically, athletically and creatively.

### **Core Values**

**Community-** Mutual support through connections within the school and the community at large

**Character-**Experiences that promote positive citizenship, respect, integrity and responsibility

**Passion-** Sincere commitment to school pride

**Leadership-**Empowering others to build the next generation of leaders

**Wellness-** Help students discover their interests and promote social, emotional and physical health

**Quality-**Variety of programs that provide positive experiences for all and opportunities for success

**Goals-**District, school, program and individual efforts that promote growth through hard work and focus

## **AGSD STUDENT ACTIVITY/STUDENT ATHLETIC FEE**

Each Avon Grove student participating in one or more interscholastic athletic program, one or more non-academic competition activity, and/or club/activity with a District paid advisor, as described below, shall annually pay a one-time, non-refundable fee for the 2018-19 school year.

The fee must be paid by each participant prior to the earlier of the first regular practice, event or club/activity meeting. For activities or athletic teams that have tryouts to determine team or activity members, the fee must be paid after the tryouts are completed and within one week of the date the team or group was selected.

The fee schedule is as follows:

### **Avon Grove High School**

\$150 for competition teams (including, but not limited to, interscholastic athletic programs, sideline cheerleading, color guard and indoor percussion)

\$25 for clubs, activities and intramurals with a District paid advisor

### **Fred S. Engle Middle School**

\$125 for competition teams (including but not limited to, sideline cheerleading)

\$25 for clubs, activities and intramurals with a District paid advisor

Waiver of the fee, based on proven financial hardship, may be considered by the Principal and the Director of Athletics & Student Activities on a case-by-case basis and granted at their sole discretion.

## **AGE REQUIREMENTS**

To be eligible to participate in grades 10 through 12, you must not have reached your 19th birthday by June 30 immediately preceding the school year. Where you will participate only in grades 7 and 8, you may not have reached your 15th birthday by June 30 immediately preceding the school year. Where you will participate only in grades 7 through 9, you may not have reached your 16th birthday by June 30 immediately preceding the school year.

## **ALL-STAR CONTESTS**

You will lose your eligibility in a sport for one year if you participate in an all-star contest in that sport. Your eligibility will not be affected if you participate in an event that (1) is not advertised or promoted as an all-star contest; (2) is open to all participants on the basis of a tryout or a uniform standard of qualification; and (3) you do not represent your school and do not wear any school-affiliated uniform or apparel in the event. If uncertain about participation, please contact the Director of Athletics and Student Activities.

## **AMATEUR STATUS AND AWARDS**

To be eligible to participate in a sport, you must be an amateur in that sport. Amateur status, and eligibility, is lost if you, or your parent(s) or guardian(s), receive money or property for or related to your athletic ability, participation, performance, services, or training in a sport.

You may be recognized and receive awards for your participation only from your school or school-affiliated booster club, the sponsor of an athletic event, a non-profit service organization approved by your school Principal, or the news media. Permissible awards include items of apparel, a blanket, watch, ring, scroll, carry-on or warm-up bag, photograph, medal, plaque, or similar award, which must bear appropriate institutional insignia or comparable identification. The fair market value of all of the items provided to you may not exceed \$500. If they do, you must return the items in excess of \$500. If uncertain about amateur status and awards, please contact the Director of Athletics and Student Activities.

## **ATHLETIC 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:

- Grade averages are based on the student's cumulative average to date during the marking period.
- Students experiencing academic difficulty are encouraged to seek help by contacting their teachers and guidance counselors.
- During the season, coaches are notified on a weekly basis by the Director of Athletics and Student Activities about the academic status of their student-athletes.
- The first week a student-athlete is failing a course(s) during the athletic season, he/she will meet with the coach or Athletic Director/Activities Director to discuss his/her academic situation, but may continue to practice and play that week. If the student is failing two or more courses then the student will be immediately ineligible in games and practices for the following week (Sunday through Saturday).
- If a student athlete is failing a course(s) for a second week during this/her respective season, they will be suspended from games for the following week (Sunday through Saturday). The student athlete may continue to practice that week. The purpose of the weekly ineligible probationary period is to give students time to improve their grades. A student remains on Ineligible probation for the entire week.
- If a student athlete is failing a course(s) for a third week during his/her respective season, he/she will be eliminated from participation in practice and games/performances for the following week (Sunday through Saturday). The purpose of the weekly Ineligible probationary period is to give students an opportunity to improve their grades. A student remains on ineligible probation for the entire week.
- Students are allowed three chances during the season to improve their grades. A fourth weekly ineligible infraction, where a student-athlete is failing a course(s), will result in the student-athlete being removed from the team for the remainder of the season.
- Any student-athlete failing a course(s) for a marking period is ineligible for fifteen (15) school days starting the first official PIAA date of the next sport season. Eligibility for the first grading period is based on your final grades for the preceding school year. If you fail to meet this requirement, you will lose your eligibility for at least fifteen (15) school days of the next grading



period, beginning on the first day that report cards are issued. Students passing summer school courses may become eligible at the start of the new school year.

## **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. The following awards are given by the coaches: Varsity Letters and Pins, Outstanding Senior and Coaches Awards, Junior Varsity Certificates and Certificates of Participation. All-League Certificates are voted on at the Ches-Mont League post-season meetings by the Ches-Mont coaches.

Guidelines to earn a Varsity Letter: a student-athlete must dress for 75% of the varsity contests and make an appearance in a least 50% of the contests and average 25% of total minutes/played during these contests. Specialty cases can be considered by the head coach depending on the sport and position of the student-athlete.

### **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, Al 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 at individual sports banquets.

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. This excludes cases of injury.

## **ATTENDANCE REQUIREMENTS**

- A student-athlete must be regularly enrolled as a full-time student at Avon Grove High School or Fred S. Engle Middle School or attend a charter or cyber charter school which does not offer the same activity or be homeschooled and reside in the Avon Grove School District.
- 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 (20) day of absence.
- Students must be in attendance for at least 1/2 the school day (by/until 11:00 AM) to practice or compete on that day. Exceptions must be pre-approved in writing by the Director of Athletics and Student Activities at AGHS or the Athletic Director at FSEMS.
- This attendance requirement is in effect for all regular school days, including the days when quarterly exams are scheduled.
- Students who are excused from PE class or choose not to participate in PE class on a given day are ineligible for athletic participation (competition or practice) for that day. If a special scenario should arise, a modification may be made at the discretion of the PE teacher.

## **BULLYING, HARASSMENT & HAZING (See Board Policies 248, 252 & 252.1)**

Bullying, harassment and/or hazing will not be tolerated. No student, coach, sponsor, volunteer or district employee shall plan, direct, encourage, assist, permit or engage in any bullying, harassment and/or hazing. Students, parents and coaches are responsible for complying with Board Policy 248, Unlawful Harassment, Board Policy 252, Bullying, and Board Policy 252.1, Hazing.

## **COLLEGE SIGNINGS**

Avon Grove high school will host 3 signing ceremonies annually. Dates for the signings will be in the National Letter of Intent (NLI) signing window or as close as possible. In order to participate in an Avon Grove High School signing ceremony, the student-athlete must compete in a sport for Avon Grove High School and will have either verbally committed or will be signing an NLI.

## **COLLEGIATE ATHLETICS**

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

To register and complete appropriate paperwork for the NCAA Eligibility Center, you must register online at [https://web3.ncaa.org/ECWR2/NCAA\\_EMS/NCAA.jsp](https://web3.ncaa.org/ECWR2/NCAA_EMS/NCAA.jsp).

## **COMMUNICATION**

The coaches and administration of Avon Grove High School and Fred S. Engle Middle School welcome communication with student-athletes and their parents/guardians regarding athletic issues. Coaches and the Director of Athletics and Student Activities can be reached by leaving a message with the athletic secretary in the main office. Refer to the written team rules given out at the beginning of each season for this information.

If the student-athlete is experiencing an athletic issue, discussion with the coach is encouraged following the protocol listed:

### **Communication Protocol**

- |              |  |
|--------------|--|
| First Step:  | Athlete speaks directly to the coach.                                |
| Second Step: | Parent speaks with the coach, with student-athlete present.          |
| Third Step:  | Parent speaks with the coach, student-athlete and Athletic Director. |
| Fourth Step: | Parent speaks with school principal.                                 |
| Fifth Step:  | Parent contacts the Superintendent's office.                         |

Please do not attempt to meet with a coach immediately before or after a contest or practice. AGSD asks all involved to be reasonable and patient in waiting for a response before moving to the next level of communication. We ask that you allow a 48-hour window to receive a response.

## **CONCUSSION IN SPORTS (From PIAA CIPPE) See also, Board Policy 123.1.**

### **What is a concussion?**

A concussion is a brain injury that:

- Is caused by a bump, blow, or jolt to the head or body.
- Can change the way a student's brain normally works.
- Can occur during practices and/or contests in any sport.
- Can happen even if a student has not lost consciousness.
- Can be serious even if a student has just been "dinged" or "had their bell rung."

All concussions are serious. A concussion can affect a student's ability to do schoolwork and other activities (such as playing video games, working on a computer, studying, driving, or exercising). Most students with a concussion get better, but it is important to give the concussed student's brain time to heal.

### **What are the symptoms of a concussion?**

Concussions cannot be seen; however, in a potentially concussed student, one or more of the symptoms listed below may become apparent and/or that the student “doesn’t feel right” soon after, a few days after, or even weeks after the injury.

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion

### **What should students do if they believe that they or someone else may have a concussion?**

- Students feeling any of the symptoms set forth above should immediately tell their Coach and their parents. Also, if they notice any teammate evidencing such symptoms, they should immediately tell their Coach.
- A student who, as determined by a game official, Coach, certified athletic trainer, licensed physician, licensed physical therapist or other official designated by the District, exhibits signs or symptom of a concussion or a traumatic brain injury while participating in an athletic activity shall be removed by the Coach from participation at that time.
- The student should be evaluated. An appropriate medical professional, sufficiently familiar with current concussion management, should examine the student, determine whether the student has a concussion, and determine when the student is cleared to return to participate in interscholastic athletics.
- Concussed students should give themselves time to get better. If a student has sustained a concussion, the student’s brain needs time to heal. While a concussed student’s brain is still healing, that student is much more likely to have another concussion. Repeat concussions can increase the time it takes for an already concussed student to recover and may cause more damage to that student’s brain. Such damage can have long term consequences. It is important that a concussed student rest and not return to play until the student receives permission from an appropriate medical professional, sufficiently familiar with current concussion management, that the student is symptom-free.

### **How can students prevent a concussion?**

Every sport is different, but there are steps students can take to protect themselves.

- Use the proper sports equipment, including personal protective equipment. For equipment to properly protect a student, it must be:
  - The right equipment for the sport, position, or activity;
  - Worn correctly and the correct size and fit; and
  - Used every time the student Practices and/or competes.
- Follow the Coach’s rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.

## **If a student believes they may have a concussion**

Don't hide it. Report it. Take time to recover.

## **When can an athlete return to play following a concussion?**

After suffering a concussion, no athlete shall return to play or practice on that same day. The Coach shall not return a student to participation until the student is evaluated and cleared for return to participation in writing by an appropriate medical professional and has completed the District's 5 step return to play protocol to the satisfaction of the District.

## **ELIGIBILITY REQUIREMENTS**

Avon Grove High School and Fred S. Engle Middle School, are members 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 or Fred S. Engle Middle School in interscholastic athletics. Sideline cheerleading is a varsity sport at Avon Grove High School, but is not recognized as an interscholastic sport in the PIAA. At Avon Grove High School and Fred S. Engle Middle School members of the Cheerleading squads are subject to the same rules and regulations as all other student-athletes. Ice hockey is a high school recognized club sport. Ice hockey clubs 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 School District. These requirements must also be met by all Avon Grove High School and Fred S. Engle Middle School student-athletes.

Student-athletes and their parents/guardians are responsible for complying with this Handbook, Board Policy, and other requirements as noted in PIAA and Ches-Mont publications. Questions regarding PIAA, Ches-Mont, Avon Grove High School regulations or Fred S. Engle Middle School should be referred to the Director of Athletics and Student Activities or MS Athletic Director.

## **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, 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. The athletic training room is for injuries only and isn't meant to be a place to hang out or dress for games.
- Any student that sees a physician for any injury must turn in a clearance note to the athletic trainer from the treating physician.

## **OUTSIDE PARTICIPATION**

If you participate in a non-school athletic program during the PIAA season for that sport, while enrolled at a school which has a team in that sport, you will not be eligible for district and inter-district championship contests in that sport unless you are in uniform and available to participate as a member of your school team for at least 75% of its regular season contests. Students should exercise caution about overextending themselves to avoid injury.

## **PERIOD OF TIME AFTER EIGHTH GRADE, PARTICIPATION, AND GRADE REPETITION**

Your athletic eligibility extends only until you have reached the end of your fourth consecutive year (8th consecutive semester or the equivalent) beyond the eighth grade. Therefore, if you repeat a grade after eighth, you will be ineligible as a senior.

Additionally, you may participate in (1) a maximum of six seasons in each sport during grades seven through twelve, (2) a maximum of four seasons in each sport during grades nine through twelve, and (3) a maximum of three seasons in each sport during grades seven through nine.

You may participate in only one season in each sport during each school year.

## **PIAA RULES**

Athletes who violate PIAA rules are subject to discipline following PIAA guidelines. The AGHS administration will enforce the discipline for any violations of these rules and determine if additional discipline is necessary. The coach, with administration, will determine if or when an athlete may return to play following this discipline.

## **PRE-PARTICIPATION REQUIREMENTS**

**PIAA Comprehensive Initial Pre-Participation Physical Evaluation (CIPPE) packets are now required to be turned in as a completed hard copy packet.** Once the PIAA CIPPE is completed, it should be turned into the corresponding school's main office.

Prior to any student participating in practices, inter-school practices, scrimmages, and/or contests, at any PIAA member school in any school year, the student is required to (1) complete a CIPPE; and (2) have the appropriate person(s) complete the first six sections of the CIPPE form. Upon completion of Sections 1 and 2 by the parent/guardian; Sections 3, 4, and 5 by the student and parent/guardian; and Section 6 by an Authorized Medical Examiner, those sections must be turned in to the main office of the appropriate school for retention by the school. The CIPPE may not be authorized earlier than June 1<sup>st</sup> and shall be effective, regardless of when performed during a school year, until the next May 31<sup>st</sup>.

### **Turn these in every school year:**

- Section 1: Personal and Emergency Information
- Section 2: Certification of Parent/Guardian
- Section 3: Understanding of Risk of Concussion and Traumatic Brain Injury
- Section 4: Understanding of Sudden Cardiac Arrest Symptoms and Warning Signs
- Section 5: Health History
- Section 6: PIAA Comprehensive Initial Pre-Participation Physical Evaluation and Certification of Authorized Medical Examiner
- AGSD ImPact Testing Informational Permission Letter

### **Subsequent Sport(s) in the Same School Year:**

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 Section 7 of this form and must turn in that section to the main office of his or her school. The principal, or the principal's designee, will then determine whether Section 8 needs to be completed. Section 9 is for wrestlers only and is completed at the school.

- Section 7: Re-Certification by Parent/Guardian
- Section 8: Re-Certification by Licensed Physician of Medicine or Osteopathic Medicine

## **Wrestlers Only:**

- Section 9: CIPPE Minimum Wrestling Weight- Will be completed at school.

The 2018-19 School Year PIAA CIPPE Packets are available on our school website on the athletic page for printing. Hard Copies are also available for pick up in the main office of both FSEMS and AGHS.

## **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 School District Secondary Student/Parent Handbook* and Board Policies.

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 (See also Board Policies 222 and 227)**

- Students who violate Board Policy 227, Controlled Substances, shall be removed from the team for the remainder of the season on the first offense.
- Student-athletes who violate school regulations regarding controlled substances are subject to the same penalties outlined in the Avon Grove High School Student/Parent Handbook and Board Policy 227.
- The use of performance-enhancing substances/anabolic steroids is prohibited and the student shall be removed from the team consistent with Board Policy 227.
- A student-athlete may not use tobacco, which includes possessing and/or using tobacco in any form, while a 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 School District Secondary Student/Parent Handbook* and Board Policy 222.

## **Fighting**

Fighting will not be tolerated. Violations will be dealt with by the administration in accordance with the Avon Grove School District Secondary Student/Parent Handbook and Board Policies and may result in suspension or expulsion 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 inappropriate 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.

- When trying out for a team and after being selected to be a member of a team, Avon Grove School District athletes are expected to attend all practices and games of that team. In-season practices will occur daily and weekend practices are to be expected.
- Every member is expected to be present for all team practices and games. Because of scheduling parameters, many teams will practice and/or play during school vacations. This includes Winter and Spring breaks.
- Athletes who plan to be absent for an extended period of time, due to vacation or a planned extended absence, should discuss this situation with their coach prior to trying out for the team. Each team will establish written guidelines that will address attendance at practices and games.
- It is the policy of Avon Grove Schools that a student will be excused from practice or will be excused for lateness to practice to obtain assistance with school work or to make up quizzes, tests, and labs.
- A student must attend and participate in five (5) practice sessions before participating in interscholastic competition.
- Any student-athlete who has left a team (other than for medical reasons or academic ineligibility) shall not be permitted to return.

## **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.

- Be a good sport by cheering along with the Avon Grove Cheerleaders at the proper time.
- 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 single out individual players on the home or opposing team, officials, coaches or other spectators with any negatively spirited comments.
- Any disruption of the contests will be dealt with by the game management and/or administration. Violators will be removed from the gym, outside facilities and/or school property. If you are removed from an athletic event, you will not be allowed admittance for the remainder of the sports season or longer.
- Students must be in attendance at school during the day of an athletic contest.
- For home athletic events, please make arrangements to be picked up promptly. Consider calling your rides with at least 20 minutes remaining in the contest.

### **Indoor 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.
- The presence and/or the use of balloons, banners, laser pointers, noisemakers, pom-poms (by spectators), shakers, signs, sirens, strips of material, towels, whistles, and/or portable listening devices (without earphones) are prohibited. Cheerleaders may place spirit posters in the lobby and gym hallway with the permission of the administration.
- Spectators are prohibited from removing their shirt and/or using body paint while in attendance.

### **Outdoor 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.
- Backpacks/book bags are not permitted at night contests.
- The presence and/or the use of balloons, whistles, and/or portable listening devices (without earphones) are prohibited.
- Spectators are prohibited from removing their shirts and/or using body paint while in attendance.

### **Admission Fees**

Admission fees will be charged for most evening and weekend athletic contests. Fees are set by the Ches-Mont League.

### **High School Ches-Mont Ticket Prices**

Varsity Football Only—Adults \$5, Students \$5, Seniors Citizens Free

All other contests—Adults \$5, Students \$3, Senior Citizens Free

### **High School Playoff Ticket Prices**

Play-off ticket prices are set by the PIAA. No passes (including for AGSD staff) can be used for District 1, postseason contests, or PIAA state playoff games.

### **Middle School Ticket Prices**

Games are free to attend

## **SUDDEN CARDIAC ARREST SYMPTOMS AND WARNING SIGNS INFORMATION (From PIAA CIPPE) See also, Board Policy 123.2.**

### **What is sudden cardiac arrest?**

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens blood stops flowing to the brain and other vital organs. SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating.

### **How common is sudden cardiac arrest in the United States?**

There are about 300,000 cardiac arrests outside hospitals each year. About 2,000 patients under 25 die of SCA each year.

### **Are there warning signs?**

Although SCA happens unexpectedly, some people may have signs or symptoms, such as:

dizziness

lightheadedness

shortness of breath

difficulty breathing

racing or fluttering heartbeat (palpitations)

syncope (fainting)

fatigue (extreme tiredness)

weakness

nausea

vomiting

chest pains



These symptoms can be unclear and confusing in athletes. Often, people confuse these warning signs with physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated.

### **What are the risks of practicing or playing after experiencing these symptoms?**

There are risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just a few minutes. Most people who have SCA die from it.

### **Information about SCA symptoms and warning signs**

Every student-athlete and their parent or guardian must read and sign the Section 4: Understanding of Sudden Cardiac Arrest Symptoms and Warning Signs in the PIAA CIPPE. It must be returned to the school before participation in any athletic activity. A new form must be signed and returned each school year.

### **Removal from play/return to play**

- Any student-athlete, who, as determined by a game official, Coach, certified athletic trainer, licensed physician or other official designated by the District, exhibits signs or symptom of SCA while participating in an athletic activity shall be removed by the Coach from participation at that time.
- Any student-athlete known to have exhibited signs or symptoms of SCA prior to or following athletic activity shall be prevented from participating in any athletic activity until s/he is evaluated and cleared to return to play in writing by a licensed physician, certified register nurse practitioner or cardiologist.
- The Coach shall not return a student to participation until the student is evaluated and cleared to return to participation in writing by a licensed physician, certified registered nurse practitioner or cardiologist.

## **SUSPENSION FROM SCHOOL**

Any student-athlete who is suspended from school (internal or external) may also receive additional consequences from the coach and the student's status on the team will be based on their team rules. A second suspension for any reason will not be accepted and the student shall be removed from the team for the remainder of the season. Notwithstanding the foregoing, district policies, including but not limited to, Policy 227, may mandate removal from the team upon the first offense. District policies and disciplinary consequences imposed by the administration, where more stringent, supersede this provision.

## **TRANSFER STUDENTS**

You are treated as having transferred whenever you seek eligibility to participate in interscholastic athletics at a school other than the one at which you were previously either enrolled or otherwise eligible. You are considered to have transferred even if you are promoted to a higher level school or are out-of-school for a period of time before entering the new school. If your transfer from one school to another is materially motivated in some way by an athletic purpose, you will lose your athletic eligibility in each sport in which you participate within a period of one year immediately following the date on which you transferred. This requirement applies even if you would be otherwise eligible at the school to which you transferred. If your school eliminates a sport for budgetary reasons, you may be permitted to transfer to another school to participate in that sport. You must enroll and attend the other school. If you desire to participate in any other sports at that school, your PIAA District Committee will assess whether the transfer was materially motivated in some way by an athletic purpose relating to those sports.

Effective April 1st, 2018 ARTICLE VI, TRANSFERS, RESIDENCE and RECRUITING of the PIAA By-Laws has been updated to provide for a 21-day (calendar days) sit-out following an in-season transfer and to include a new provision barring a student transferring after a season has begun from further participation during that season if that student was eligible and available to participate in 50% of the number of the PIAA maximum number of competitions allowed per sport. There is a hardship waiver provision for district committees to consider for the 50% rule.

Student-athletes who transfer after the start of a season and participated in a PIAA sponsored contest at a previous school will not be eligible to participate in that sport without obtaining a participation waiver from the PIAA. Students should contact the Director of Athletics and Student Activities to assist in the process of applying for a waiver. This process includes the school principal sending the waiver and the appropriate letter to the PIAA Executive Director. The decision will be rendered by the PIAA.

For more specific information on transfer students, visit [www.piaa.org](http://www.piaa.org), and review Article VI Transfers, Residence, and Recruiting in the PIAA Constitution and By-Laws handbook.

## **TRANSPORTATION**

Students must travel to and from away contests/activities, in district provided transportation. Riding together as a team to and from an athletic contest is part of the athletic experience. The only exceptions to this policy follow:

- Injury to participant which would require alternate transportation.
- Prior arrangement made in writing between the participant's parent/guardian and the Coach/Advisor/Athletic Director for the student to ride with the parent/guardian due to school or family commitments. The written request from a parent/guardian needs to set forth the reason(s) for the exception, 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.
- If transportation is not provided by the school district.

Students must be picked up from practices or games within twenty (20) minutes after arrival in the locker room. Failure to do so may result in disciplinary action.

## **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 at the conclusion of the season.

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

The athletic departments at Avon Grove High School and Fred S. Engle Middle School are not responsible for lost or stolen items. Students should lock any valuables in a locker room or their school issued hallway locker to minimize the chance of theft.

Only the student-athlete issued a school uniform is permitted to wear the uniform.

## **VIOLATIONS OF THE DISCIPLINE CODE**

Violations of the Discipline Code as stated in the Avon Grove School District Secondary Student/Parent Handbook and/or Board Policies 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. Other rules and regulations as contained herein 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. Students are responsible for reviewing and complying with the Avon Grove School District Secondary Student/Parent Handbook, this Handbook and Board Policies.

## **AVON GROVE HIGH SCHOOL CONTACTS**

Avon Grove HS Address: 257 State Rd, West Grove, PA 19390

HS Principal: Mr. Scott DeShong	<a href="mailto:sdeshong@avongrove.org">sdeshong@avongrove.org</a>
Director of Athletics & Student Activities: Ms. Vanessa Robtison	<a href="mailto:vrobtison@avongrove.org">vrobtison@avongrove.org</a>
HS Athletic Aide: Ms. Diane Hunter	<a href="mailto:dhunter@avongrove.org">dhunter@avongrove.org</a>
HS Athletic Trainer: Ms. Rebecca Abkowitz	<a href="mailto:rebecca.abkowitz@atipt.com">rebecca.abkowitz@atipt.com</a>
HS Athletic Trainer: Mr. Christian Loedel	<a href="mailto:christian.loedel@atipt.com">christian.loedel@atipt.com</a>
HS Athletic Office Phone:	(610) 869-2446
HS Athletic Office Fax:	(610) 869-4511

## **FRED S. ENGLE MIDDLE SCHOOL CONTACTS**

Fred S. Engle MS Address: 107 Schoolhouse Rd, West Grove, PA 19390

FSEMS Principal: Mr. Michael Berardi	<a href="mailto:mberardi@avongrove.org">mberardi@avongrove.org</a>
FSEMS Assistant Principal: Mrs. Christie Snead	<a href="mailto:csnead@avongrove.org">csnead@avongrove.org</a>
FSEMS Athletic Director: Mr. Michael Brooks	<a href="mailto:mbrooks@avongrove.org">mbrooks@avongrove.org</a>
FSEMS Athletic Aide: Ms. Elaine Greer	<a href="mailto:sgreer@avongrove.org">sgreer@avongrove.org</a>
FSEMS Athletic Aide: Ms. Monica Barlow	<a href="mailto:mbarlow@avongrove.org">mbarlow@avongrove.org</a>
FSEMS Athletic Trainer: Mr. Daniel Cascarella	<a href="mailto:daniel.cascarella@atipt.com">daniel.cascarella@atipt.com</a>
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