

Avon Grove School District
2023-2024
Secondary Student/Parent
Co-Curricular/Extracurricular Handbook



For Student-Participants and Parent/Guardians

DEFINITIONS OF CO-CURRICULAR & EXTRACURRICULAR

Co-Curricular:

Co-curricular refers to activities and programs that complement student learning in school, typically take place during the normal school day, and provide experiences that are connected to the academic curriculum. An example of this is our Avon Grove High School String Orchestra. Students who are enrolled in the academic course String Orchestra and play the violin, viola, cello and/or double bass comprise the String Orchestra Ensemble. These students also showcase their learned skills through concerts in both the winter and spring.

Extracurricular:

Extracurricular refers to activities and programs that students participate in outside of the normal school day. These activities do not have a direct connection to school curriculum and require a commitment of additional time from students before or after school or on the weekend. Examples of extracurricular groups here at Avon Grove are our athletic programs and school clubs such as: Golf, Swimming & Diving, Track & Field, E-Sports, LEO Club, FBLA, etc.

AVON GROVE HIGH SCHOOL ACTIVITIES PROGRAM

Activities/Clubs With A Fee	Activities/Clubs Without A Fee	Competition Groups
Academic Competition ACTO AGYEA (AG Youth Education Assn) Chamber Ensemble E-Sports FBLA (Future Business Leaders) Freshman Class Hack Club Intramural Weightlifting Junior Class Leo Club Men's Choir Model UN Musical Musical, Stage Crew NHS (National Honor Soc) Newspaper Play Play, Stage Crew Robotics SADD Senior Class Sewing Club Sophomore Class Student Council Tech Crew Weightlifting Club Women's Choir Yearbook	AMC Math Club Animal Aid Art Society AG Pride Leadership Academy Best Buddies Black Student Union Cancer Society Chess Club Computer Science Honor Society ENACT (Environmental Action) FCA (Fellowship of Christian Athletes) FFA French Club German Club Humanitarian Club Italian Club Medicine Club PAC (Performing Arts Club) PEACE Rainbow Club Ski Club Tri-M TV Studio UNICEF	Indoor Color Guard Indoor Percussion Ensemble Marching Band

AVON GROVE MIDDLE SCHOOL ACTIVITIES PROGRAM

Activities/Clubs With A Fee	Activities/Clubs Without A Fee
Band Choir/Singers Crossing Boundaries Envirothon Math Counts Orchestra Robotics Spring Play Student Council Talent Show TV Studio Yearbook	Color Guard Science Fair

Websites: Clubs are added or removed based on interest. Please check respective school webpages and click on **Activities and Clubs** for updates. <https://www.avongrove.org/schools/high-school/hs-activities-clubs>
<https://www.avongrove.org/schools/middle-school/activities-clubs>

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 14, 2023	Tryouts begin: Friday, November 17, 2023	Tryouts begin: Monday, March 4, 2024
Cheerleading (Sideline) Cross Country (B & G) Football* Football-Freshman* Field Hockey Golf (B & G)* Soccer (B & G) Tennis (G) Volleyball (G) Volleyball (G)-Freshman	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	

***Tryouts begins on Mon., Aug. 7, 2023**

AVON GROVE 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 (B & G) Track & Field (B & G) Softball

Websites:

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

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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 Mr. Kyle Christy, Director of Athletics and Activities, Avon Grove School District, 375 South Jennersville Road, West Grove, PA 19390, (610) 869-2441.

AGSD CO-CURRICULAR/EXTRACURRICULAR PARTICIPATION

Participation in the Avon Grove High School and Avon Grove Middle School co-curricular and extracurricular 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/participation is not guaranteed and will be determined at the discretion of each advisor, coach, or director. In this handbook, student participants and their parents will find information related to the Avon Grove School District co-curricular and extracurricular program that supplements existing Board Policies and the Avon Grove School District Secondary Student/Parent Handbook. Please read it carefully, as all student participants, including district students, charter school students, cyber charter school students and home school students, are responsible for complying with its terms.

AGSD CO-CURRICULAR/EXTRACURRICULAR PROGRAMS

Philosophy

The co-curricular and extracurricular programs of the Avon Grove School District are guided by its mission, vision, and core values. All stakeholders – coaches, advisors, sponsors, directors, students, administrators, parents, and community members – share responsibility for ensuring that these values are reflected in all aspects of the program. These programs provide students with the opportunity to develop self-confidence and self-esteem through individual and team achievements, hone problem-solving and decision-making skills, and receive coaching and support from knowledgeable individuals who model integrity, exemplify high standards of professionalism and support the District's mission.

Mission Statement

The mission of the Avon Grove School District Co-Curricular and Extracurricular Programs 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 co-curricular and 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 co-curricular and 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 programs, one or more non-academic competition activities, and/or club/activity with a District paid advisor, as described below, shall annually pay a one-time, non-refundable fee for the 2023-2024 school year.

The fee must be paid by each participant prior to the earliest 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

Avon Grove Middle School

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

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

Students approved for free or reduced priced meals may request fee adjustments. Waiver of the fee, based on proven financial hardship, may be considered by the Principal, Assistant Principal, or Director of Athletics and Student Activities on a case-by-case basis and granted at their sole discretion.

Additional costs may be associated with each activity, club or sport. Please speak to advisors, coaches or directors if you have any questions regarding their fees for the associated group.

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.

Additionally, for activity programs, middle school students are eligible to participate at the middle school and high school students are eligible to participate at the high school. The exception is for the high school fall play, high school musical, high school marching band, and high school indoor percussion. These four offerings may solicit participation from the other school buildings based on the advisor's goals for the groups. In these instances the opportunities for middle school, intermediate school, and elementary school students will be advertised within those buildings. For this age group there will still be tryouts and selections for participation when applicable.

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 you are uncertain about participation, please contact the Director of Athletics and Student Activities. For both activity and/or athletic all-star opportunities, the family of the individual is financially responsible.

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 you are uncertain about amateur status and awards, please contact the Director of Athletics and Student Activities.

CO-CURRICULAR/EXTRACURRICULAR ACADEMIC REQUIREMENTS

A student activity participant and/or 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 activity participant and/or 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, advisors, coaches, and directors are notified on a weekly basis by the Director of Athletics and Student Activities about the academic status of their students.
- The first week a student activity participant and/or athlete is failing a course(s) during the defined season, they will meet with the advisor, coach, director or Athletic Director/Activities Director to discuss their academic situation, but may continue to participate, practice and play in contests that week. If the student is failing two or more courses then the student will be immediately ineligible to participate in any capacity for the following week (Sunday through Saturday).
- If a student activity participant and/or athlete is failing a course(s) for a second week during their respective season, they will be suspended from competitions, contests and games for the following week (Sunday through Saturday). The student participant 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 activity participant and/or athlete is failing a course(s) for a third week during their respective season, they will be eliminated from participation in all capacities 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 defined season to improve their grades. A fourth weekly ineligible infraction, where a student participant or student-athlete is failing a course(s), will result in the student participant/athlete being removed from the team for the remainder of the season.
- Any student participant or student-athlete failing a course(s) for a marking period is ineligible for fifteen (15) school days starting the first official Activity/PIAA date of the next activity/sport season. If a student is in-season and fails a course during a marking period, the fifteen (15) school day ineligibility will begin on the day after report cards are issued. Eligibility for the first grading period is based on your final grades for the preceding school year. 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.

To earn a Varsity Letter a student-athlete must dress for 75% of the varsity contests and make an appearance in at 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. Exceptions may include playing on a team for four years and never lettering, a letterman who is injured and is unable to complete the season, or a specialist of some type. NOTE: Any student who has qualified for a letter but has been dismissed from the team for disciplinary reasons will not receive an award.

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, Red Devil Courage Award, Bob Henry Award, 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 but will also be recognized.

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.

Activity awards for all activities are individually recognized at the end of the year at the Academic & Activities Awards program.

ATTENDANCE REQUIREMENTS

- A student participant and/or student-athlete must be regularly enrolled as a full-time student at Avon Grove High School or Avon Grove 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 participant and/or student-athlete is absent from school for a total of twenty (20) or more days during a semester, that student-athlete will lose eligibility until they have 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 3.5 hours of the school day or (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 AGMS.
- In order to participate in a Saturday or Sunday event, the student must be in school for at least half the school day on the corresponding Friday. Exceptions must be pre-approved in writing by the Director of Athletics and Student Activities at AGHS or the Athletic Director at AGMS.
- This attendance requirement is in effect for all regular school days, including the days when exams are scheduled.
- Student-athletes who are excused from PE class due to injury 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 and/or the Director of Athletics and Student Activities.
- Please note, leaving school early to take a nap in order to participate in a competition, event, game, meeting or practice, etc. is prohibited. This is not an acceptable reason to leave school.

BULLYING, HARASSMENT & HAZING (See Board Policies [247](#) & [249](#))

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 247, Hazing, and Board Policy 249, Bullying.

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 the NCAA Eligibility Center during their senior year in high school. Forms and instructions may be obtained in the guidance office or via contact with 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/ecwr3/>.

COMMUNICATION

The activity advisors, coaches, directors and administration of Avon Grove High School and Avon Grove Middle School welcome communication with student-participants and their parents/guardians regarding co-curricular and extracurricular issues. Activity advisors, directors, coaches and the Director of Athletics and Student Activities can be reached by leaving a message with the activity/athletic secretary in the main office. Refer to the written group/team rules given out at the beginning of each season for this information.

If the student-participant is experiencing an issue, discussion with the activity advisor(s), coach, or director is encouraged following the protocol listed:

Communication Protocol

- | | |
|--------------|--|
| First Step: | Student-participant speaks directly to the advisor, coach, or director. |
| Second Step: | Parent/caregiver and student-participant speak with the advisor, coach or director. |
| Third Step: | Parent/caregiver and student-participant speak with the advisor, coach or director and Director of Athletics and Student Activities. |
| Fourth Step: | Parent/caregiver speaks with the school principal. |
| Fifth Step: | Parent/caregiver contacts the Superintendent's office. |

Please do not attempt to meet with an advisor, coach or director immediately before or after a competition, contest, performance 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 ATHLETICS/ACTIVITIES

If a student believes they may have a concussion

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

If the student is suspected to have sustained a concussion during school hours, the student should report the concussion to the school nurse. If the student is suspected to have sustained the concussion after school hours, the student should report the concussion to their advisor or director.

When can a student return to the activity/club following a concussion?

After suffering a concussion, no student shall return to the activity/club on that same day. The advisor or director 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. The school nurse will provide the final clearance for participation by communicating with the advisor or director. The nurse will make the final determination whether or not the student may participate.

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

Purpose:

- Concussions and other brain injuries can be serious and potentially life-threatening injuries in sports.
- Research indicates that these injuries can also have serious consequences later in life if not managed properly.
- To prevent short-term and long-term complications of this injury the following concussion management protocol will be used for student-athletes suspected of sustaining a concussion.
- Identifying an athlete with a concussion can be difficult, therefore, all suspected head injuries should be taken seriously.
 - Coaches and teammates can be helpful in identifying those who may potentially have a concussion, in those athletes who may be unaware of their condition or may be trying to hide their injury.

Definition:

Concussion:

- A brain injury, defined as a complex physiological process affecting the brain (change in brain function) induced by biomechanical forces (direct or indirect forces to the head).
- Often referred to as a mild traumatic brain injury (MTBI).
- May be accompanied by loss of consciousness (less than 5% of sport related concussions).
- Identified in conscious individuals with measures of neurological and cognitive function (ex. memory, vision, balance).

Concussion Assessment Tools:

- Measures used to conduct baseline assessment and for evaluation of a student-athlete for signs and symptoms of concussion and/or MTBI including but not limited to:
 - Clinical evaluation by member of the athletic medicine team
 - Concussion Symptoms Checklist
 - Cranial Nerve Evaluation
 - Glasgow Coma Scale
 - Immediate Post-Concussion Assessment and Cognitive Test (ImPACT) – ImPACT Applications, Inc.

Concussion Education:

A concussion is a brain injury that may be caused by a blow to the head or body transmitting force to the head from contact with another player, surface, or equipment. A concussion does not require a loss of consciousness and can cause a wide variety of physical, cognitive, and emotional symptoms. Although many of the signs and symptoms are apparent at the time of the injury, other symptoms may not appear until hours or days later. You may experience one or more of the following signs and/or symptoms:

- Amnesia
- Confusion
- Headache/Pressure in Head
- Loss of consciousness
- Balance problems or dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Nausea/Vomiting
- Feeling sluggish, foggy, or groggy
- Feeling unusually irritable
- Concentration or memory problems
- Slowed reaction time

After sustaining a concussion, physical and cognitive rest is needed. It is recommended that you:

- Avoid drinking alcoholic beverages.
- Avoid taking Aspirin, Ibuprofen/Advil, Excedrin, or other anti-inflammatory medications (NSAID's).
- Avoid any physical exercise.
- Avoid cognitive activities that worsen symptoms (to, texting, video games, reading).

*****If symptoms become worse, contact 911 or visit your local hospital/ER immediately, and notify your athletic trainer after being seen by the hospital.***

Pre-Participation Assessment

- Each AGHS contact sport athlete will have a cognitive assessment through baseline ImPACT testing done once they enter AGHS and again in 11th grade. If a student-athlete has a concussion throughout the year, they will have a new baseline at the beginning of the new academic year.
- The AGHS team physician will always make the final decision on pre-participation clearance
 - The AGHS athletic trainers will be responsible for ensuring that all members have been baseline tested, prior to the first contest.

Recognition And Diagnosis Of Concussions

- Medical personnel with training in the diagnosis, treatment and initial management of acute concussion should be “present” at all varsity competitions in the following contact/collision sport: Football
- Medical personnel with training in the diagnosis, treatment and initial management of acute concussion should be “Available” at all varsity competition in contact sports.
 - Please note that to be available means that at minimum medical personnel can be contacted at any time during the practice via telephone, email or other immediate

communication means. Further, the case can be discussed through such communication and immediate arrangement can be made for the athlete to be evaluated.

- The team's athletic trainer using the SCAT 3, HIIT or a post-concussion ImPACT or BESS test will evaluate a student-athlete suspected of sustaining a concussion. **All student-athletes who are suspected of having a concussion will be withheld from class that same day.**
 - If an athlete is suspected of having a concussion and there is no ATC present at the time of injury the athlete is to be held from practice or competition until evaluated by an ATC.
- **Any student-athlete diagnosed with a concussion shall not return to activity for the remainder of that day and shall remain out of activity until cleared by a physician MD or DO only(per PIAA rules).** The treating physician in combination with the athletic trainers will determine medical clearance.
- Ideally, an assessment of symptoms will be performed at the time of the injury and then serially thereafter (i.e. 2-3 hours post-injury, 24 hours, 48 hours, etc.) using the Concussion Symptom Checklist (Appendix B).
- In the rare event that a student-athlete does not have baseline scores, age-matched normative percentile scores will be used for comparison to post-injury scores.

Concussion Assessment - Post-Concussion Management

NO STUDENT-ATHLETE SUSPECTED OF HAVING A CONCUSSION IS PERMITTED TO RETURN TO PLAY THE SAME DAY. THE TREATING PHYSICIAN OR THEIR DESIGNEE PRIOR TO RETURN TO PLAY MUST CLEAR ALL ATHLETES.

1. At time of injury: clinical evaluation including symptom assessment, physical and neurological exam, and balance evaluation.
 - a. The athletic trainer and/or team physician will also evaluate for possible cervical spine, intracranial head, and skull fracture injuries that the injured student-athlete may have sustained.
 - b. The emergency action plan will be enacted and student-athlete will be transported for further medical care if any of the following exist:
 - i) A Glasgow coma scale <13
 - ii) Prolonged loss of consciousness
 - iii) Focal neurological deficit
 - iv) Repetitive emesis
 - v) Persistently diminished/worsening of mental status or other neurological signs/symptoms
 - vi) Spine injury
2. 1-3 hours post-injury: repeat evaluation; referral to team physician or Family MD
3. When available, ImPACT testing will be performed within 48 hours of concussion, preferably prior to being seen by a physician MD or DO.
4. All student-athletes with concussion are to be seen by a physician as soon as possible.
5. Once an athlete becomes *asymptomatic*: Determine athlete's status relative to baseline on the following measures.
 - a. Symptom Assessment (Concussion Symptom Checklist)
 - b. ImPACT post injury score
 - c. BESS post injury score

Evaluation by Physician in Student-Athlete with Prolonged Recovery

The student-athlete suffering from a prolonged recovery shall be evaluated by the physician in order to consider additional diagnosis and determine post-concussion management options that may benefit the student-athlete.

- Additional diagnosis that should be considered may include:
 - Post-concussion syndrome
 - Sleep dysfunction
 - Migraine or other headache disorders
 - Mood disorders such as anxiety or depression
 - Ocular or vestibular dysfunction
- Referral of the student-athlete to specialty physicians (ie. neurologists, etc.) should be considered.

Return-To-Play

1. The treating physician will take into consideration the student-athlete's symptoms, the clinical exam, and performance on all testing to determine when the athletic trainer may be instructed to begin advancing the athlete through the 5-step graduated return to play (RTP) protocol (Appendix D).
2. **All athletes must complete the RTP protocol under the guidance of their respective athletic trainer prior to returning to practices/games.**

Return-To-Learn

- If a student athlete is not attending classes per the team doctor's diagnosis, that student athlete is unable to watch practices or attend team meetings. **No academics= No athletic activity.**
- There is to be no classroom activity on the day of the concussion.
- ATC will contact the school nurses to notify them that the student athlete has sustained a concussion and will be held out of classes until further evaluation by physician.
- The School Nurse is the point person for all individuals dealing with the case of a student-athlete who has a concussion.
- AG will provide a point person within the school to assist with navigating return to learn with the student-athlete.
- The multidisciplinary team may include but not limited to:
 - Athletic Trainer
 - Physician
 - Psychologist/counselor
 - Academic counselor
 - Coaches
 - Course instructor
 - School Nurse
 - Athletic Director
- The School Nurse will notify the student athlete's class instructors.
- Every student-athlete's plan of care will be individually based on their concussion. The team physician may choose to have the student athlete remain at home if there is an issue with the student-athlete tolerating light cognitive activity.

- The physician will determine when a student athlete may return to classes and or studying. The physician may choose to have the athlete gradually return to full academic load as tolerated with modifications.
- If the concussion symptoms persist and the team physician recommends additional care. The student athlete will seek additional medical guidance.
- If additional services or modification in the classroom are needed they will be arranged through academic services.

PIAA ELIGIBILITY REQUIREMENTS

Avon Grove High School and Avon Grove 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 Avon Grove 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 Avon Grove 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 Avon Grove 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 Avon Grove Middle School should be referred to the Director of Athletics and Student Activities or MS Athletic Director.

INJURIES

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

- Students must report all injuries to the advisor, coach or director immediately so that proper treatment may be given. Do not leave a practice or contest without notifying the advisor, coach or director.
- There is a school nurse on duty during the school day and an athletic trainer on duty after school and at home athletic contests. Students in activities and clubs are encouraged to see the school nurse for proper care of all injuries. 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 school nurse and/or athletic trainer from the treating physician immediately following their appointment.

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) paperwork is required to be turned in via FormReLeaf (<https://www.formreleaf.com/>) provided by Avon Grove School District. Avon Grove School District will no longer accept hard copy packets. All paperwork must be submitted via FormReLeaf.

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 into FormReLeaf for retention by the school. The CIPPE may not be authorized earlier than June 1st and shall be effective, regardless of when performed during a school year, until the next May 31st.

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 their 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 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 AGMS and AGHS.

STUDENT-PARTICIPANT CODE OF CONDUCT

The following regulations are necessary for the operation of any co-curricular or extracurricular program. Other rules and regulations are described in the ***Avon Grove School District Secondary Student/Parent Handbook*** and Board Policies.

All students are encouraged to be enthusiastic about their competition, contest, game, or performance and to exhibit the highest standards of sportsmanship.

Use of Illegal Substance, Alcohol, and Tobacco Products (See also Board Policies [222](#) & [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.
- Students 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 activity, club or team consistent with Board Policy 227.
- A student may not use tobacco, which includes possessing and/or using tobacco in any form, while a member of the activity, club or team. Violators may incur loss of participation, playing time, other privileges, or suspension from the activity, club or team for the remainder of the year. Students 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 activity, club, or team they are participating on at the time of the suspension for the remainder of the year.

Profanity

Profanity and inappropriate gestures on the part of the student participant will not be tolerated at any time. Violations may be dealt with by the advisor, coach, director or by the administration, depending upon the severity of the offense. Students are expected to treat audiences, judges, other competitors, officials, visiting teams, and spectators with courtesy and fairness at all times.

Student Attendance at Contests, Events, Meetings and Practices

A student participant is expected to be committed to the activity, club or team. Meetings, events, practices and attendance at co-curricular and extracurricular contests, events, meetings and practices are an essential part of that commitment.

- When trying out for an activity or team and after being selected to be a member of an activity, club or team, Avon Grove School District students are expected to attend all contests, events, meetings, and practices of that activity, club or team. For all co-curricular and extracurricular activities, contests, meetings, events, and practices may occur daily and weekend contests, meetings, events, and practices are to be expected.
- Every member is expected to be present for all group/team contests, events, meetings, and practices. Because of scheduling parameters, many groups/teams will compete, hold events, hold practices, and meet during school vacations. This includes Winter and Spring breaks.
- Student participants 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 advisor, coach or director prior to participating in the activity/club or trying out for the team. Each activity, club, and team will establish written guidelines that will address attendance at contests, events, meetings and practices.
- It is the policy of Avon Grove Schools that a student will be excused from a contest, event, meeting, or practice or will be excused for lateness to the contest, event, meeting, or practice to obtain assistance with school work or to make up quizzes, tests, and labs.
- For athletics, a student must attend and participate in five (5) practice sessions before participating in interscholastic competition.
- Any student who has left an activity, club or 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. 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 School District. 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 to participate in the contest.
- For home athletic events, students should make arrangements to be picked up promptly. Rides should be contacted when there is approximately 20 minutes remaining in the contest.

Indoor Event Rules:

- Students should remain in the gym during all live action at the event. No one should loiter in the lobby.
- After the event 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.
- Teams can be penalized for spectator behavior during contests and are responsible for their fans.

Outdoor 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 events.
- 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.
- Teams can be penalized for spectator behavior during contests and are responsible for their fans.

Admission Fees

Admission fees for activity and club events will be set by the specific activity or club. Admission fees for athletics will be charged for most evening and weekend contests. Fees are set by the Ches-Mont League.

High School Ches-Mont Ticket Prices

All contests—Adults \$5, Students \$5, 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	fatigue (extreme tiredness)
lightheadedness	weakness
shortness of breath	nausea
difficulty breathing	vomiting
racing or fluttering heartbeat (palpitations)	chest pains
syncope (fainting)	

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 symptoms 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 they are evaluated and cleared to return to play in writing by a licensed physician, certified registered 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 who is suspended from school (internal or external) may also receive additional consequences from the advisor, coach or director and the student's status in the co-curricular or extracurricular activity will be based on the activity, club or team rules. A second suspension for any reason will not be accepted and the student shall be removed from the activity, club or team for the remainder of the season. Notwithstanding the foregoing, district policies, may mandate removal from the activity, club or team upon the first offense. District policies and disciplinary consequences imposed by the administration, where more stringent, supersede this provision.

All students are subject to the following procedures related to in school or out of school suspensions. The determination of the total number of days is cumulative during a period or season of participation based on activity/club or sport. Any behavior infraction that is determined to be a **level four** violation based on the student code of conduct will result in an immediate removal from the activity, club, team or group.

<u>Days of Suspension</u>	<u>Outcome</u>
1 - 4	Student and advisor/coach/director meet to determine length of removal from practice, competition, performance and/or overall participation.
5 - 10	Student is removed from activity, club, team or group.

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.

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. This 21-day sit out is not waivable.

Student-athletes who transfer after the start of a season and who 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, and review Article VI Transfers, Residence, and Recruiting in the PIAA Constitution and By-Laws handbook.

TRANSPORTATION

Students must travel to and from contests/activities, in-district provided transportation. Riding together as an activity, club or team to and from an event is part of the team experience. The only exceptions to this policy follow:

- Injury to participants which would require alternate transportation.
- Prior arrangement made in writing between the participant's parent/guardian and the Advisor/Coach/Director/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, including 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.
- Transportation is not provided by the district for extracurricular activities and must be funded through each activity or club's student account.

Students who have a meeting, event, practice or contest set to begin more than an hour after the end of the school day (2:30 pm) are required to leave school and come back for the meeting, event, practice or contest. Students are only permitted to stay after school for a specific meeting, event, practice or contest where they will be directly monitored by an advisor, coach or director.

Students must be picked up from meetings, events, practices or contests within twenty (20) minutes after the conclusion of the meeting, event, practice, or contest. Advisors, coaches and directors will have a designated meeting point for each activity/club/team. Failure to do so may result in disciplinary action.

****Per PA Department of Transportation regulations, large items that cannot be secured on a student's lap are prohibited from being transported on the bus. This includes: large musical instruments, large athletic bags and equipment, oversized projects, or any other item deemed to be a safety hazard.**

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 each season.

Team uniforms may only be worn by the athlete to whom it was issued. Uniforms should be washed and cleaned at the time of return at the conclusion of the season. Students who return unwashed

uniforms will receive a dry cleaning bill. Any athlete who returns a uniform in a condition in which it isn't acceptable to be reissued to another student will be charged a uniform replacement bill.

Bills will also 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 activity/athletic bills are paid or items are returned.

The activity/athletic departments at Avon Grove High School and Avon Grove 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.

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: 10 Waltman Way, West Grove, PA 19390

HS Principal: Dr. Christie Snead	csnead@avongrove.org
Director of Athletics & Student Activities: Mr. Kyle Christy	kchristy@avongrove.org
HS Athletic Aide: Ms. Diane Hunter	dhunter@avongrove.org
HS Athletic Office Phone:	(610) 869-2446
HS Athletic Office Fax:	(610) 869-4511

AVON GROVE HIGH SCHOOL Parent Organizations Websites

Avon Grove Music Boosters Association (AGIMBA)- <http://www.agimba.org/>
Parent Action Committee (PAC)- <https://www.avongrove.org/parents/parent-action-committee-pac>
Sports Boosters- <https://www.avongrove.org/athletics/sports-boosters>

AVON GROVE MIDDLE SCHOOL CONTACTS

AGMS Address: 257 State Road, West Grove, PA 19390

AGMS Principal: Ms. Janice Lear	jlear@avongrove.org
AGMS Assistant Principal: Dr. Suzanne Magee	smagee@avongrove.org
AGMS Assistant Principal: Mr. Mark DeEmilio	mdeemilio@avongrove.org
AGMS Athletic Director: Mr. Michael Brooks	mbrooks@avongrove.org
AGMS Athletic Aide: Ms. Elaine Greer	sgreer@avongrove.org
AGMS Athletic Aide: Ms. Crystal Hocking	chocking@avongrove.org
AGMS Office Phone:	(610) 869-3022
AGMS Athletic Office Fax:	(610) 869-0827

AVON GROVE MIDDLE SCHOOL Parent Organization Website

Parent Teacher Organization (PTO)- <http://www.fsemspto.org/>