



FOX CHAPEL AREA SCHOOL DISTRICT



STUDENT HANDBOOK

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Dear Parents and Student Athletes:

Welcome to the Fox Chapel Area School District's athletic program. We are pleased you have made the decision to play for the Foxes, and hope you have an enjoyable experience this season.

Being part of a team has many benefits and rewards. Student athletes learn the importance of integrity, respect, discipline, and hard work, plus how to deal with success and overcome adversity. Not only do these teachings build good character and confidence, they are the most significant results of participating in high school sports. What's more, values developed on the field, court, or in the gymnasium are lifelong lessons easily applied in the classroom, workplace, and in becoming a positive influence in the community.

Participating in Pennsylvania's interscholastic athletics program requires certain mandatory procedures and rules as set forth by the PIAA and the Fox Chapel Area School District. This handbook contains important information regarding eligibility, physical examinations, privacy, attendance, hazing, and college recruiting. You are required to review this handbook and become familiar with these policies.

There are important forms available on the athletic department website, fcasdathletics.org, that must be completed through our partner company FamilyID, a secure registration platform that provides an easy, user-friendly way to register for our athletic programs. For fall sports, online registration will be available beginning in May through August; online registration for winter sports will be available from mid September through October; and spring online sports registration will be available from mid January through February.

To register, you must complete the following sections online:

- | | |
|---|---|
| 1. Athletic Handbook acknowledgement form | 6. Permission to administer emergency medical care |
| 2. HIPAA release form | 7. Permission to use name, likeness, and athletic information |
| 3. Use of social networking sites | 8. Understanding of PIAA eligibility rules |
| 4. Understanding of risk of concussion and traumatic brain injury | 9. Disclosure of records needed to determine eligibility |
| 5. Understanding of sudden cardiac arrest symptoms | |

Please remember that you will STILL be required to complete Sections 5 and 6 of the PIAA CIPEE form (this is the actual physical exam performed by the doctor; the form is available at the athletic office or on the athletic website fcasdathletics.org) that will need to be signed and returned to the athletic office.

If you have any questions or concerns regarding the athletic program, please do not hesitate to call me at (412) 967-2421, or e-mail me at michael_obrien@fcasd.edu.

Thank you for your support of the Fox Chapel Area athletic program. Have a great season and good luck! GO FOXES!

Sincerely,

Michael L. O'Brien
Athletic Director



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FOX CHAPEL AREA SCHOOL DISTRICT ATHLETIC MISSION STATEMENT

The Fox Chapel Area School District strives to provide an interscholastic athletic program that will allow students the opportunity to derive all benefits that participation in competitive sports confers. The administration, staff, and community are committed to building a solid athletic program and to maintaining a high level of integrity throughout its athletic program.

It is the mission of the Fox Chapel Area High School Department of Athletics to challenge all student

athletes to achieve success and a sense of self-esteem through participation in competitive athletics. Students are encouraged to build responsibility and respect for themselves, their teammates, and opponents, and display attributes of integrity. They are expected to show commitment and develop an understanding of the importance of teamwork. Participation in competitive athletics will help student athletes develop the necessary skills to become productive members of a globally competitive workforce.



ATHLETICS

FOX CHAPEL AREA SCHOOL DISTRICT ATHLETIC OVERVIEW

The interscholastic sports program consists of 26 varsity teams, 16 junior varsity teams and two junior high programs. All of these groups compete in the Pennsylvania Interscholastic Athletic Association (District 7), commonly known as the Western Pennsylvania Interscholastic Athletic League (WPIAL).

SPORT	SEASON			LEVEL			GENDER			NOTES
	FALL	WINTER	SPRING	MS	FR	JV	VAR	BOYS	GIRLS	
Baseball			X	X	X	X	X	X		
Basketball		X		X		X	X	X	X	
Cheerleading	X	X		X		X	X		X	Cheerleading is a two-season sport in the fall and the winter. There is only one try-out in May for both seasons; there is no midseason try-out.
Cross Country	X			X			X	X	X	
Field Hockey	X			X		X	X		X	
Football	X			X	X	X	X	X		
Golf	X					X	X	X	X	
Gymnastics		X					X		X	
Indoor Track		X					X	X	X	
Lacrosse			X			X	X	X	X	
Softball			X	X		X	X		X	
Soccer	X			X		X	X	X	X	
Swimming/Diving		X					X	X	X	
Tennis	X		X			X	X	X	X	Girls = fall offering Boys = spring offering
Track			X	X			X	X	X	
Volleyball	X		X	X		X	X	X	X	Girls' Volleyball is a fall sport; Boys' is a spring sport.
Wrestling		X		X			X	X		

X indicates program offering



PHYSICAL INFORMATION

The Fox Chapel Area Athletic Training Department, in conjunction with Dr. Matt Schaffer, Renaissance Family Practice UPMC, will provide preparticipation physical exams at no cost for high school and middle school athletes participating during the FALL, WINTER, and SPRING sports seasons. **Please see the Fox Chapel Area website for the dates/times of physicals for each season.**

- Physicals will last approximately 45 minutes.
- Athletes should wear shorts and T-shirts the day of the exam. Any questions, **please call John Panos, assistant athletic director/athletic trainer, at (412) 967-4407.**
- Under PIAA By-Laws, all athletes must have a physical examination by a licensed physician before beginning practice. **Physicals must be acquired no more than six (6) weeks prior to the first practice** of each season except for the fall sports season when physicals can be done on or after June 1.
- Student athletes must acquire **ONE** physical per year in order to be eligible for interscholastic sports competition. However, if a student is injured, he/she will be required to obtain a follow-up physical prior to the next sport's season in which he/she will participate.

No athlete will be permitted to participate in interscholastic athletics for the Fox Chapel Area School District until the following requirements have been satisfied:

Athletes must register online at the athletic department website, fcasdathletics.org, through our partner company, FamilyID and complete the required CIPPE documents. Sections 5 and 6 of the PIAA Comprehensive Initial Preparticipation Physical Evaluation (CIPEE) health history and physical form available at the athletic department or can be printed from the athletic department's website fcasdathletics.org —Must be completed and turned into the **HEAD COACH OR ATHLETIC OFFICE NO LATER THAN the specified date denoted on the FCASD website.** This includes the

PIAA physical form and a complete medical history. The physical booklet **MUST** be signed by a physician and parent where appropriate. Furthermore, all information **MUST** be completed in its entirety.

No student will be permitted to participate in a sport without a completed physical that falls within the desired guidelines.

**PLEASE NOTE THERE WILL BE
NO MAKE UP PHYSICALS
PROVIDED BY THE DISTRICT.**

The ImPACT test will be administered in grades 7, 9, and 11. All tests will be supervised by a certified athletic trainer, and are provided by the school district at no cost. ImPACT is the most widely used neurocognitive computerized concussion evaluation system for athletes worldwide, and is considered the “cornerstone” of proper concussion management. It is an important tool to help evaluate each athlete's baseline and post-injury condition; provides an individualized approach to help manage, assess, and track recovery for safe return to play; and can help prevent the cumulative effects of concussion.

Please be aware that this test is mandatory for all athletes who wish to participate in “collision/contact” sports. No student athlete will be permitted to participate or play with a team until ImPACT has been administered. ImPACT testing dates and times will be posted on the athletic website and also communicated through the coaching staff to student athletes.



FOX CHAPEL AREA SCHOOL DISTRICT CODE OF ETHICS PERTAINING TO HIGH SCHOOL ATHLETICS

This code of ethics pertaining to high school athletics is to be regarded not only as a recommendation, but also as rules governing the conduct of schools, student athletes, coaches, contest officials, athletic directors, principals, and the public.

Section 1. Schools Should:

- Conduct themselves in a sportsmanlike manner.
- Not cancel, schedule or reschedule a contest to gain a competitive advantage.
- Not recruit students for an athletic purpose.
- Establish and enforce a code of conduct for student athletes.
- Cooperate with the PIAA to ensure the enforcement of the PIAA Constitution, By-Laws, Policies and Procedures, and/or Rules and Regulations.
- Ensure that necessary and appropriate security is provided for spectators and visiting teams at contests hosted by the school.

Section 2. Student Athletes Should:

- Conduct themselves in a sportsmanlike manner.
- Not use profanity, obscene gestures, and/or obscene language.
- Not seek to provoke opponents, contest officials, or spectators to engage in improper conduct.
- Not seek to injure opponents.

Section 3. Coaches Should:

- Have a fair, unprejudiced relationship to student athletes.
- Teach student athletes to win through legitimate means only. Striving to win at any cost is distinctly unethical.
- Give opponents full credit when they win.
- Control one's temper at all times.
- Not use, and discourage the use of, profanity, obscene gestures, and/or obscene language.
- Recommend the use of competent contest officials and support their decisions. The coach should direct concerns and/or criticisms of contest officials through the appropriate review process and not criticize the actions or decisions of contest officials through the media or to student athletes and/or spectators.
- Counteract unfounded rumors of questionable practices by opponents. To establish the truth or falsity of these rumors the coach should refer them directly to the authorities of the school concerned.
- Not recruit students for an athletic purpose.
- Maintain control of the team for which the coach is responsible.

Section 4. Contest Officials Should:

- Have thorough preparation in the current rules and approved officiating techniques of the sport.
- Be physically fit and mentally alert.
- Have a neat, distinctive, and approved uniform.
- Report for duty at least 30 minutes before the scheduled start of a contest.
- Honor all agreements to officiate contests.
- Control one's temper in all relations with students, coaches, member schools, and spectators.
- Call them as one sees them.
- Make clear any interpretations and announcements.
- Following a contest officiated, not discuss plays or student athletes of a team in that contest with any of their future opponents.

Section 5. Athletic Directors Should:

- Arrange only schedules which are educationally and physically sound for the school's student athletes.
- Not schedule or reschedule a contest or a scrimmage for the purpose of circumventing the application, enforcement, and/or intent of any provision of the PIAA Constitution, By-Laws, Policies and Procedures, and/or Rules and Regulations.
- Have a definite and mutual understanding with other athletic directors regarding contest officials.
- Treat visiting teams and contest officials as guests.
- Cooperate with the school community in developing a wholesome athletic program.

Section 6. Principals Should:

- Be honest in certifying to the eligibility of student athletes and refuse to certify any student athlete when there is a question as to the student athlete's ineligibility.
- Endeavor to foresee possible misunderstandings with other schools and, as far as possible, settle them before they materialize.
- Pass on to another school's athletic administration any seemingly reliable information which calls into question the eligibility of any of the other school's student athletes.
- Encourage the school's support of its teams, but never at the expense of friendly relations.

Section 7. Public Should:

- Realize that gambling on contests, the consumption of alcoholic beverages, and/or the use of illegal drugs, anabolic steroids, and/or other performance enhancing drugs in connection with contests are all detrimental to the best interests of athletics and the standards which PIAA is endeavoring to foster.
- Not use profanity, obscene gestures, and/or obscene language while attending contests.
- Not attempt to provoke, intimidate, and/or berate coaches, contest officials, student athletes, and/or other spectators.
- Not interfere with any contests.

Any spectator who evidences poor sportsmanship and/or behavior inconsistent with the PIAA Code of Ethics may be removed from a contest venue and may be prohibited from attending future contests.



SPORTSMANSHIP EXPECTATIONS

Expectations

The Fox Chapel Area School District considers sportsmanship a top priority. As such, the Board of Directors, administration, staff, and students are committed to the SPORTSMANSHIP goals of the PIAA. Participants, cheerleaders, officials, and spectators are reminded that the purpose of a sporting event is to provide student athletes an opportunity for a high level of fair, clean, and wholesome competition. All sporting events are to be a positive learning experience for all involved, so please let the players play, the coaches coach, and the officials officiate. Remember, in SPORTSMANSHIP the only missing piece is you!

It is expected that all coaches, players, officials, and spectators respect the integrity and judgment of everyone involved in all contests, including opponents and game officials.

Players are expected to conduct themselves in a manner which shall bring credit to themselves, their school, communities, coaches, and families. They shall refrain from any conduct which degrades, baits, intimidates, or otherwise discredits their opponents or officials.

As representatives of the Fox Chapel Area School District, all players are expected to adhere not only to the sportsmanship guidelines set forth by the PIAA but to all student conduct guidelines included in the Fox Chapel Athletics Student Handbook, high school and middle school student handbooks, and all of the policies and procedures approved by the Fox Chapel Area School Board of Directors.

Coaches are expected to maintain decorum consistent with the educational values of interscholastic athletics by showing restraint and composure and to insist that their players conduct themselves in a sportsmanlike manner.

Spectators are expected to show restraint and composure under all circumstances by respecting the rules of the game, refraining from disrespectful behavior, and acknowledging that everyone involved in the contest is doing the best job possible.

Responsibilities

Everyone associated with an athletic event – coaches, athletes, officials, cheerleaders, parents, spectators, and school administrators – plays an important role in seeing that standards of sportsmanship are upheld before, during, and after a contest is played.

Each person in attendance should strive to meet the ideals of sportsmanship:

- Show respect for the opponent at all times. The opponent should be treated as a guest, greeted cordially, and treated respectfully at all times.
- Show respect for the official. The officials should be recognized as impartial arbitrators who are trained to do their job and who can be expected to do it to the best of their ability. Sportsmanship implies the willingness to accept and abide by the decisions of the officials.
- Know, understand, and appreciate the rules of the contest. A familiarity with the current rules of the game and recognition of their necessity for a fair contest is essential. Good sportsmanship suggests the importance of conforming to the spirit as well as to the letter of the rules.
- Maintain self-control at all times. Sportsmanship requires one to understand his/her own bias or prejudice and the ability to prevent the desire to win from overcoming rational behavior.

Acceptable Behavior

- Applauding during the introduction of players, coaches, and officials, and at the conclusion of the contest, win or lose.
- Graciously accepting all decisions of the officials and coaches.
- Showing respect for injured players, regardless of team.
- Encouraging surrounding people to display a positive attitude.

Unacceptable Behavior

- “Coaching” from the stands or sidelines by spectators, fans, or parents.
- Confronting a coach, player, or official after the athletic contest.
- Criticizing officials in any way.
- Cheering to antagonize opponents.
- Directing negative comments at opponents to distract and upset them.
- Using profanity or racial comments.
- Displaying anger that draws attention away from the game.
- Entering the floor or playing field at any time.
- Refusing to comply with the directives of any school official.
- Making openly critical comments toward officials, coaches, or athletes following a win or loss.



ADMINISTRATIVE ORGANIZATION

Chain of Command

- A. Board of School Directors:** The Board of School Directors is responsible to the residents of the district and is the ruling agency for the Fox Chapel Area School District. The School Board is responsible for interpreting the needs of the community and requirements to the professional organization. Additional responsibilities include:
1. Developing policies in accordance with state statutes and mandates in accordance with the educational needs and wishes of the people.
 2. Approving means by which professional staff may make these policies effective.
 3. Evaluating the interscholastic athletic program in terms of its value to the community.
- B. Superintendent of Schools:** The superintendent is responsible to administrate the schools according to adopted policies of the Board of School Directors, the rules and regulations of the State Department of Education, and in accordance with the Pennsylvania Public School Code of 1949. It is his/her duty to establish a definite school athletic policy and to have an understanding of that policy. The superintendent shall represent the school district as its chief executive officer and its foremost professional educator in its dealings with other school systems, social institutions, and businesses.
- C. Principal:** The principal is the official representative of the school and is directly responsible for the general attitude of the student body and the conduct of the athletic affairs by the athletic director and the coach. By delegation and by established precedent, the school principal is the official school representative in matters dealing with Fox Chapel Area High School athletics and conference affiliations. The principal is solely responsible for any official action taken by his/her school.
- D. Athletic Director:** The athletic director reports directly to the superintendent. The primary responsibility of the athletic director is the administration and supervision of the interscholastic athletic program in the Fox Chapel Area Schools. The athletic director's duties will be those described in his/her job description and any others as designated. He/she will provide the leadership necessary for the day-to-day operations of the athletic department.
- E. Head Coaches:** All head coaches shall be responsible to the athletic director for the total operation of their respective sports programs. Head coaches will be responsible for the normal duties required of interscholastic competition, those duties described in the coach's job description, and/or any duties delegated by the athletic director.

STATEMENT OF PHILOSOPHY

- A. The Fox Chapel Area School District believes that a dynamic program of student athletics is vital to the educational development of the student.
- B. The Fox Chapel Area Athletic Program should provide a variety of experiences to aid the development of favorable habits and attitudes in students that will prepare them for adult life in a democratic society.
- C. Athletics plays an important part in the life of the Fox Chapel Area High School and Dorseyville Middle School students. Young people learn a great deal from their participation in interscholastic athletics. Lessons in sportsmanship, teamwork, competition, and how to win and lose gracefully are an integral part of each team in our athletic program. Athletics also plays an important part in helping the individual student develop a healthy self-concept as well as a healthy body. Athletic competition adds to our school spirit and helps all students, spectators, and participants develop pride in their school.
- D. We believe that the opportunity for participation in a wide variety of student-selected activities is a vital part of the student's educational experiences. Such participation is a privilege that carries with it responsibilities to the school, activity, student body, community, and students themselves. These experiences contribute to the development of learning skills and emotional patterns that enable the student to make maximum use of his or her education.
- E. The interscholastic athletic program shall be conducted in accordance with existing Board of School Directors policies. While the Board of School Directors takes great pride in winning, it does not condone "winning at any cost" and discourages any and all pressures which might tend to neglect good sportsmanship and good mental health. At all times, the athletic program must be conducted in such a way so as to justify it as an educational experience.

Before any program of direction can operate effectively, a philosophy should be set down to provide a preview of the ultimate ends to be achieved and the guidelines within which accomplishment is to progress.

The major objective of the athletic program is to provide wholesome opportunities for students to develop positive habits and attitudes of social and group living.

Leadership should be of the highest quality so as to exemplify to the participants the desired type of behavior to be developed from the athletic program. Measurement of leadership success should not be in terms of the victory and defeat record, but rather in the personality development factors that are an outgrowth of the major objectives of the athletic program.

The athletic program will conform to the policies of the school district. At no time should the program place the total educational curriculum secondary in emphasis; the program should constantly strive for the development of well-rounded individuals, capable of taking their place in modern society.

- F. A comprehensive and balanced athletic program is an essential complement to the basic program of instruction. The athletic program should provide opportunities for students to further develop interests and talents in sports. Participation in athletics should provide many students with a lifetime basis for personal values for work and leisure activities.

Every effort should be made to support the activities program with the best facilities, equipment, and with the most qualified staff available. Coaches, directors, and sponsors should teach the specific skills necessary for improvement in athletics and provide guidance in the development of self-realization, good sportsmanship, cooperation, leadership, ethical behavior, and an appreciation for the importance of practice.

The ultimate goals of the athletic program should be: (1) to realize the value of participation without overemphasizing the importance of winning, and (2) to develop and improve positive citizenship traits among the program's participants.

PIAA CONSTITUTION AND GUIDELINES ATHLETIC COURTESY

Section 1. Athletics should foster clean sports. It is the privilege and duty of every person connected with athletics to exemplify these principles in that person's own actions and earnestly advocate them before others.

- A. Contest rules are to be regarded as mutual agreements, the spirit or letter of which no honorable person would break. The stealing of advantage in sport is theft.
- B. No advantages are to be sought over others except those in which the contest is understood to show superiority.
- C. Unsportsmanlike or unfair means are not to be used, even when opponents use them.
- D. Visiting teams are to be honored guests of the home team, and should be treated as such.
- E. No action is to be taken nor course of conduct pursued which would seem unsportsmanlike or dishonorable if known to one's opponent or the public.
- F. Remember that student spectators represent their school the same as student athletes.
- G. Any spectator who continually evidences poor sportsmanship should be requested not to attend future contests.
- H. Decisions of contest officials are to be abided by, even when they seem unfair.
- I. Contest officials and opponents are to be regarded and treated as honest in intention. In contests when opponents conduct themselves in an unbecoming manner, and when contest officials are manifestly dishonest or incompetent, future relationship with them should be avoided.
- J. Good points in others should be appreciated and suitable recognition given.
- K. The practice of "booing" is regarded as discourteous and unsportsmanlike.



PIAA ELIGIBILITY

A. Age

Maximum Age Rule: A student shall be ineligible for interscholastic athletic competition upon attaining the age of 19 years, with the following exception:

If the age of 19 is attained on or after July 1, the student shall be eligible, age-wise, to come through that school year.

B. Attendance

In order to be eligible to participate in any interscholastic athletic contest, a student must have been regularly enrolled in a secondary school and in full time attendance thereafter. A student is eligible only at the school at which he/she is enrolled.

Students will be ineligible to participate in any activity or sport if he/she has missed more than **20 school days during a semester**, unless the absence is verified by a doctor's written excuse.

Students must attend **at least two (2) full periods on the day of the event or practice in order to participate in that sport or activity**. If an event is scheduled on a Saturday, the student must be in school on Friday, and attend at least two full periods to be eligible to play or participate.

Students enrolled in grades 7, 8, or 9 within the same school district may be combined to form one or more teams within the school district. This is commonly known as a junior high team.

How Absence Affects Eligibility: A student who has been absent from school during a semester for a total of 20 or more days shall not be eligible to participate in any athletic contest until he has been in attendance for a total of 45 school days following his/her 20th day of absence, except where there is a consecutive absence of five or more school days due to confining injury, death in the immediate family (as defined in Section 1154 of the Public School Code of 1949, as amended), court subpoena, or quarantine, or an absence of five (5) or more school

days due to the same confining illness, such absence may be waived from the application of this rule by the PIAA District Committee. **Attendance at summer school does not count toward the required 45 days.** Absence from school for an entire semester, or for several semesters will disqualify a student for the same period as stated in this section. Fifteen days or more of enrollment in a semester in any secondary school will count as one semester of membership. Attendance at summer school does not count as a semester or part of a semester.

C. Parental Consent

A student will be eligible for practice or participation in each sport only when there is on file with the athletic director a certificate of consent, which is signed by the student's parent or guardian. The only valid certificate of consent is the PIAA Parent's Certificate available on the athletic website, fcasdathletics.org.

NO ATHLETE WILL BE PERMITTED TO PLAY UNLESS THIS CERTIFICATE IS COMPLETED ONLINE THROUGH FAMILY.ID.

D. Completion of Sports Physicals Requirement:

The Fox Chapel Area School District follows the guidelines of the PIAA in requiring that all athletes participating in interscholastic competition have a preparticipation physical examination.

This exam must occur no earlier than June 1st for all sports.

E. Recertification

Any student who (1) previously participated in PIAA interscholastic athletic competition pursuant to a CIPPE; and (2) is seeking to participate in practices, interschool practices, scrimmages, and/or contests in subsequent sport(s) in the same school year, must, no earlier than six weeks prior to the first practice day of the next sports season, complete online at fcasdathletics.org, through FamilyID, the CIPPE recertification by parent/guardian.

The principal, or principal's designee, of that student's school must review the Supplemental Health History of that student and if any Supplemental Health History questions are either checked yes or circled, shall require that student to submit a completed Section 8 Recertification by Licensed Physician of Medicine or Osteopathic Medicine. Forms are to be submitted to the principal or principal's designee of that student's school prior to that student's additional participation in interscholastic athletics.

Participation in athletics is a privilege. A student athlete must determine the importance of this privilege by following through with the required responsibilities of receiving a physical in the specified time restraints, meeting the established **QPA of 2.0**, and **meeting all attendance requirements**.

Physicals for Participation in Athletics:

The health and well being of every student is our top priority. It is also important that our students learn responsibility and the ability to set priorities. The following procedures will help ensure that the school district is in compliance with PIAA regulations requiring that all athletes participating in interscholastic competition have a preparticipation physical examination:

1. The date and place of preparticipation physicals will be announced daily, in the school, starting four (4) weeks prior to physicals being administered. Furthermore, physical information can be found on FCTV, PowerSchool, and on the FCASD Athletic website. Physicals will be announced in early April/May for fall sports, October for winter sports, and February for spring sports.
2. Students must be registered through FamilyID (www.family.id.com) and physical forms available from the athletic office must be completed.
3. Only **ONE** physical will be needed to participate in interscholastic sports during an academic year. However, students who are injured during a particular season will be required to be **re-examined or certified** that the student's condition is satisfactory before he/she may begin to practice in the next sports season or continue in the current season.

NOTE: Injured student athletes will only be permitted to return to play once a medical clearance is provided to the trainer by the treating physician.

4. Online registration and completed physical forms must be submitted no later than two (2) weeks prior to the first practice date, as established for their sport by the PIAA and Fox Chapel Area School District. These dates will be posted on the district's website. ***If online registration and completed physical forms are not received within the time frame stated above (no later than two [2] weeks prior to the first practice date), the student may not be allowed to participate in that season's sporting activities.***
5. The trainer must approve all completed physical forms. The trainer will forward the names of all approved athletes to the athletic director.
6. Coaches of each sport will hold a preseason meeting with their team prior to the first practice.
7. Any athlete without the proper physical documentation will not be permitted to participate in try-outs, practices, or games. The above information will be communicated to coaches, students, and parents. The ultimate responsibility for obtaining a physical exam and becoming eligible to participate in a sport will be up to the student. Physical forms are available at the high school athletic office or online at www.fcasd.athletics.org and click on Section 5 Health History and Section 6 Physical Form.
8. ImPACT testing is required for all "collision" sports.

F. Transfers

All transfer students and questions of residence will be thoroughly checked to ensure they are in compliance with all PIAA rules before the students can be declared eligible to compete on an interscholastic sports team. PIAA rules regarding transfers include:

- 1.) A student athlete who begins practice or plays with another school's team and then transfers to a new school shall be ineligible to participate in that sport in contests for a period of 21 calendar days following enrollment at the new school. The student's eligibility shall thereafter be determined by all PIAA rules before

he/she can be declared eligible to participate in that sport. Further, if a student athlete transfers after 50 percent of the PIAA maximum number of regular season contests, he/she will be deemed to have participated in an entire season and is ineligible for further participation in that sport.

- 2.) Any student athlete who transfers for his/her 10th, 11th, and 12th grade years will not be permitted to participate in the postseason during the year of the transfer unless he/she is granted a hardship waiver. The few exceptions that could grant a hardship waiver include: a change of residence necessitated by a change in employment, court-ordered transfer, change of schools caused by military reassignment of a parent/guardian, school-initiated administrative transfer within a district, change of schools caused by release from a juvenile facility, radical change in income or other financial resources that compels withdrawal from a private school. Each transfer is handled on a case-by-case basis, first by the WPIAL Board of Directors. Their decision can be appealed at the state level.

G. Period of Participation

The period of participation is limited to students who have not:

- 1.) Been in attendance more than eight (8) semesters beyond the 8th grade; except in cases of long, confining illness or injury which necessitates repeating a grade. The PIAA District Committee may request the Board of Control, in which such authority rests, to waive the 8-semester limitation providing all other eligibility requirements are met.
- 2.) Played four seasons beyond the 8th grade in any one form of interscholastic athletics.
- 3.) Completed the work of grades 9, 10, 11, and 12, inclusive. The satisfactory completion of three Carnegie units about the 8th grade or the completion of junior high school course, shall classify a student as being beyond the 9th grade. A student is considered as representing his/her school during a particular season or sport only if he/she has participated in a game or interscholastic scrimmage or any part of a game or interscholastic scrimmage. A student who enters school in the second semester and plays two partial

seasons in the same sport in separate school years will be considered as playing the equivalent of one season.

The first half of the total number of school days in a school term will constitute the first semester. The second half will constitute the second semester. Athletically, the first semester will continue until the second semester actually begins. A student who has used all remaining eligibility may retain eligibility for any portion of that athletic schedule not completed by the end of the semester in which he/she was eligible, provided he/she is eligible in all other aspects.

1. The PIAA Board of Control, following a written request of the District Committee, may waive the eight (8)-semester limit in cases of long-confining illness or injury, which necessitates repeating a grade.
2. A principal of a PIAA member school may, by written petition to the District Committee, request that additional semesters be granted to a student who is repeating a grade or semester, except where such repetition is in whole or in part for academic reasons.

NOTE: So that the District Committee and Board of Control may make a more professional judgment, it is requested that the athletic director, whenever possible, notify the District Committee whenever a situation dictates a possible request for additional eligibility. A student may participate in only one (1) season in each sport during each school year.

H. Representation

Any member of a high school team who participates in an athletic contest as an individual or as a member of a team in the same sport during the same season, will be ineligible to compete in that sport for the remainder of that sport's season. The season will begin with the first legal practice date for that sport, will include vacations, holidays, and periods of suspension, and will end with the last legal playing date for the regular season in that sport unless the team is entered into the PIAA playoffs or PIAA tournament, in which event the season will end with the last contest in which that team participates in such playoffs or tournaments. Article VIII, Section 1(A), may be waived for all sports providing that such waiver is first approved, in writing, by the principal of the school concerned and is placed in the school's permanent file in the PIAA Office.

Seventh and eighth grade students are not eligible, except as follows:

1. On teams of a regularly organized junior high school, or a combination of junior high schools within the same school district.
2. Where a school district does not have a junior high school recognized as such by the Pennsylvania Department of Education, the principal of the high school may, by obtaining a special dispensation from the Board of Control, organize special representative teams consisting of players from the 7th, 8th, and 9th grades of his/her school district. The eligibility of members of such special representative teams will be determined in accordance with the provisions of the junior high school eligibility rules, and the high school principal will be responsible for the eligibility of all players of such teams. In no case, however, shall competition on such special representative teams by 7th and 8th grade students be considered as constituting a part of the student's eligibility period of competition when they later enroll in grades above the 8th. It is further provided that the coach of such a special representative team shall meet the requirements of the PIAA Coaches' Rule.

No person who has been enrolled as a part-time or full-time student in an institution of college standing and who has participated in an intercollegiate athletic contest will be eligible for interscholastic athletics.

I. Curriculum

To be eligible for interscholastic athletic competition, a student must pursue a curriculum defined and approved by the principal as a full-time curriculum. Where required, this curriculum or its equivalent must be approved by, and conform to, the regulations of the State Board of Education and the Pennsylvania School Code, as well as any local policies established by the Fox Chapel Area School District Board of Directors. The student must have a QPA of 2.0, or the equivalent. Eligibility is cumulative from the beginning of a grading period and will be reported on a weekly basis. If a student's cumulative work from the beginning of the grading period does not as of

any Friday meet the standards provided for in this Section, the student is ineligible from the immediately following Sunday through the next Saturday (one week). PIAA-member schools may adopt higher or more stringent minimum academic standards than those established by the PIAA. To be eligible for interscholastic athletics at Fox Chapel Area School District, a student must maintain a 2.0 QPA during the previous grading period, except as provided below (**Use of Final Credits at End of School Year**) and cannot fail any two classes.

Back work may be made up, providing it is in accordance with the regular rules of Fox Chapel Area High School.

In cases where a student's work in any preceding grading period does not meet the standards set by the PIAA and Fox Chapel Area School District, the student is ineligible to participate in interscholastic athletics for at least 15 school days of the next grading period where the school has four grading periods per school year, or for at least 10 school days of the next grading period where the school has six grading periods per school year, beginning on the first day report cards are issued, except as provided below (**Use of Final Credits at End of School Year**).

New Students Must Meet Eligibility Requirements on Curriculum: Students who are enrolled for the first time must comply with the requirements of the curriculum rules. The standing required for the preceding week, the preceding grading period, or the preceding year shall be obtained from the records of the last school that the student has attended.

Use of Final Credits at End of School Year: At the end of the school year, the student's final credits in the student's subjects rather than the student's credits for the last grading period shall be used to determine the student's eligibility for the next grading period.

Students whose work does not meet the standards provided in accordance with the curriculum rules, and who attend summer school and correct their deficiencies, are eligible.



FOX CHAPEL AREA HIGH SCHOOL COMMUNICATIONS

Coaches, the assistant athletic director, and the athletic director are responsible for communicating information regarding the athletic program to parents. Parents are responsible for understanding the athletic program's rules, regulations, and requirements and the coaches' expectations.

Communication / Information Coaches Should Provide to Parents:

- Eligibility and playing criteria
- Coach's expectations of players and their parents
- Locations and times of all practices and contests
- Team requirements (i.e., special equipment, off-season conditioning, etc.)
- Team rules and guidelines
- Lettering requirements
- Disciplinary procedures
- Information regarding procedures to contact coaches

Communication / Information Parents Should Provide to Coaches:

- Notification of any schedule conflicts well in advance
- Specific concerns in regard to the coach's philosophy and/or expectations
- Information regarding student injuries and medical condition

Appropriate Concerns for Parents to Discuss with Coaches:

- Treatment of their child
- Ways to help their child improve
- Concerns about their child's behavior

Issues NOT Appropriate to Discuss with Coaches:

- Playing time / positions / assignments
- Team strategy
- Play calling
- Other student athletes

Procedures for Discussing Parental Concerns:

- Parents should not confront coaches or engage in discussion with coaches, either in person or via telephone or e-mail, immediately before or after a practice, or on a game day. *Discussions during times of high emotions do not promote resolution of issues.*
- Parents may discuss concerns with coaches by e-mail, telephone, or request a meeting with the coach.
- If a parent meeting is desired, the parent should call the coach to schedule an appointment in advance.
- If the coach cannot be reached, the athletic director should be contacted to schedule the meeting.
- If the meeting with the coach does not provide satisfactory resolution, the parent may schedule an appointment with the athletic director to discuss the situation.
- Coaches may also schedule a meeting with the athletic director to discuss issues with parents.
- If the situation is still unresolved, additional meetings with appropriate administrators may be scheduled.

COMMUNICATIONS

Administrators:

Mr. Michael Hower	Lead Principal	412-967-2432
Dr. Dan Lentz	Program Principal (A-L)	412-967-2436
Dr. John McGee	Assistant Principal-Intermediate Program (M-Z)	412-967-2434
Mr. Jonathan Nauhaus	DMS Principal	412-767-5343
Mr. Michael O'Brien	Athletic Director	412-967-2420
Mr. John Panos	Athletic Trainer/Assistant AD	412-967-4407
Ms. Sherri Mohn	Assistant to the Athletic Director	412-967-2421



STUDENT PARTICIPATION IN EVENTS

Philosophy

Young people learn a great deal from their participation in interscholastic athletics. Lessons in sportsmanship, teamwork, competition, and how to win and lose gracefully are an integral part of each team in our athletic program. Athletics play an important role, too, in helping the individual student develop a healthy self-concept as well as a healthy body.

A student's physical and mental health is just one of many concerns that the administration, coaches, and teachers have for your child's total well being. *Although there is not set policy against a student participating in more than one sport during any given season, we believe that students should play only ONE sport during the fall, winter, and spring sports seasons.* This is largely due to the grueling practice and academic workload for high school students. Students must remember that they are students first and athletes second. Trying to do too much will affect a student's health and also his/her academic and athletic performance.

Expectations

When a student becomes a member of a team or group, he/she is committing to all the rules and expectations of that team organization, and coach and advisor.

These rules, regulations, and expectations are published prior to the season and signed by the student and his/her parents/guardians at that time.

Full participation in extracurricular activities by any student requires skillful time management and prior planning for involvement in multiple events and activities. This is part of the skills and advantages that participants develop and nurture through membership in extracurricular activities.

Acknowledging that students by nature of their youth and inexperience are still developing life skills,

which include time management and prioritization of responsibilities, the Board of School Directors, administration, and coaches encourage each extracurricular activity participant and team to strive to achieve the highest academic as well as athletic standards.

All coaches and sponsors will reinforce the premise that the student has the responsibility to maintain sound academic standings. If, during the course of planned season activities, a situation develops which places an academic activity at risk, it is the **student's responsibility** to bring this issue to the attention of his/her **immediate team head coach or sponsor** with a proposed resolution **prior to the start of the activity.**

Full participation and attendance at all competitions, practices, and events is expected of all participants. In the event of an extreme personal or family emergency and/or a conflict with academic demands, parents/guardians may request excused or abbreviated participation, with approval from the team head coach or athletic director. This may only be arranged at the discretion of the team head coach or athletic director prior to the event. The head coach or athletic director may also grant these exceptions when the schedule presents an undue burden or academic strain on the students as a result of competitions/events being scheduled on two or more consecutive school evenings.

All arrangements must be made prior to the start of the event/competition.

ATHLETIC TRY-OUTS AND ELIGIBILITY

Try-outs and Eligibility Guidelines

The Fox Chapel Area School District supports the interscholastic athletic program and encourages students to participate in competitive sports.

Unfortunately, some sports may have limitations in team size and will require students to try out. Selecting members of the various athletic teams is the responsibility of each head coach.

- Before a student is permitted to participate in try-outs and practices, he or she first must submit the mandatory forms (see forms section, beginning on page A-1): All documents, physical forms, and team registrations are available on the athletic department website fcasdashletics.org and must be completed through FamilyID, the district's online registration system. Health history and physical forms, available at the district athletic office or on the district website, must be completed and submitted to the team coach or athletic director. Student athletes who participate in more than one sport per school year must also submit Recertification forms available on the athletic department's website fcasdashletics.org must be completed through FamilyID.

All required forms must be completed and submitted by the student athlete and his or her parent/guardian prior to try-outs and the first practice.

- Students must be physically present and able to participate at try-outs in order to qualify for a specific athletic team. At the head coach's discretion, in cases of extreme circumstances that prohibit the student from full participation in try-outs due to, but not limited to, injury/illness, the student may be granted consideration for an opportunity to participate in an alternate try-out. However, the student must have made contact with the coach prior to the first day of try-outs in order to qualify for the opportunity.
- Students are required to attend preseason participation meetings prior to the start of the regular season.

Withdrawing from a Team

Sports can offer many rewards and benefits so we encourage all student athletes to remain on their teams for the entire season. However, on occasion there are special circumstances or personal reasons that require withdrawal from a squad. Certain rules apply in these situations.

- If a player decides he or she does not want to play for a team after the first section game (league match), that student athlete will not be eligible to play for another of the high school's teams during the same season.
- Any player who withdraws from a team after the conclusion of the third week of practice is ineligible to compete on any other Fox Chapel Area High School team during that particular season.
- Any student athlete who withdraws from his or her team will be ineligible to rejoin the same team during that particular school year.
- Any student athlete who decides on his or her own to withdraw from a team before completion of the season is ineligible to receive any benefits and/or honors extended to team members.

Absentee Rule

Student athletes must complete two or more class periods that day in order to compete in a game or practice. It is the student's responsibility to check in at the office if he or she arrives beyond the normal starting time. More information about the school district's attendance policies can be found in the Fox Chapel Area High School Student Handbook.

HONORS AND AWARDS

It is not easy to maintain a high level of scholastic achievement while simultaneously playing a varsity sport or sports. We recognize high-achieving student athletes through the Scholar Athlete Award and TEAM QPA Award.

Scholar-Athlete Award

Varsity student athletes eligible for this honor must maintain a cumulative Grade Point Average (QPA) of 3.5 or higher based on the average of the first three nine-week periods. Weighted QPAs shall be used to calculate this award. Players are eligible to receive the honor one time each school year. All awards will be distributed by the respective coaches, through the athletic office, or in a student's QRT by the end of the school year.

Team QPA Awards

It is an honor to achieve individual recognition for academic achievement, but for an entire varsity team to attain this level of academic success is a testament of team and personal character. To determine the award, the athletic director or designee calculates an overall team QPA by averaging the weighted QPA of the team's varsity players. The one boys' team and one girls' team with the top QPA is announced at the conclusion of the school year and a banner is hung in the high school gymnasium to recognize the teams.

Letter Awards

Requirements for earning an athletic letter will be determined by the head coach. The coaches will file with the athletic director these requirements prior to the start of the season. A copy of lettering requirements must be on file in the athletic office. All students will be notified at the end of the season as to their lettering status by the coach. Awards will be distributed to the coaches by the athletic director and then to the individual athletes.

Basic Rules that Apply to All Prospective Athletic Letter Award Candidates

1. All athletic programs within the school district must comply with all rules and regulations set forth by the Fox Chapel Area School District.
2. An athlete must display sportsmanship and conduct which exemplifies the school to his/her opponents, teammates, and officials.
3. Team rules given by the coach must be adhered to during the season as well as all school district policies included in student handbooks.
4. An athlete must have conformed to practice and game regulations as established by the coach in that sport.
5. The athlete must have returned all the equipment issued to him or her to the satisfaction of the coach and/or athletic director.
6. In the event of injury or any other legitimate extenuating circumstances, letter awards will be made on the recommendation of the coach to the athletic director.
7. If the person has earned and has been awarded a letter and his or her conduct and behavior has been unbecoming, the letter award can be taken away by the coach and/or athletic director.
8. Only one letter will be awarded to any given player in attendance at Fox Chapel Area High School. Letter awards in more than one sport will be designated by a suitable representative pin of that sport to be attached to the letter.
9. Awards will be awarded with each year of lettering after the first letter is earned.
10. Each participant must satisfactorily complete the season, including individual and team post-season competition. If a student resigns from the team, he or she may not receive a letter.

DISCIPLINARY ACTIONS, EJECTIONS, HAZING/BULLYING & CELLPHONE USE

Detentions and Suspensions

- Detention supersedes practice. Any player assigned to detention must report to detention, even if a practice has been scheduled.
- Out of school suspension prohibits any player from practicing or playing during the length of the suspension. A student athlete who is suspended for Friday, Monday, and Tuesday is not permitted to participate in weekend school-related activities, including practice. A student athlete who is suspended on Friday is ineligible to play or practice until the next school day. A student athlete is not prohibited from practice or play during an in school suspension.
- The principal has the discretion to determine whether an athlete is eligible to participate in practice or a competition during the time between the infraction and the start of the suspension (i.e., a student is suspended on Tuesday and there is a game that night).

Social / Extracurricular Probation

This probation is assigned to a student as a consequence for a disciplinary infraction. Any student who violates the code of conduct with a level 4 infraction will be automatically placed on probation for a minimum of 15 school days. A student's probationary status will be reviewed at the end of the 15-day period to determine next steps. Additionally, students with multiple level 1, 2, and/or 3 offenses may be placed on probation for a minimum of 15 school days. A student placed on probation is not permitted on school property after the school day ends, is not permitted to participate in extracurricular activities sponsored by the school, and is not permitted to attend school-sponsored events such as but not limited to the prom, graduation, and sporting events. A second offense will result in social/extracurricular probation of a period up to 30 school days.

Ejections

The PIAA and the Fox Chapel School Area School District encourage good sportsmanship and fair play in all levels of athletics. If a student athlete is ejected from a game, match, or contest, certain rules will be enforced.

- Players ejected from a game, match, or contest are not eligible to participate at the same level in the next scheduled game, match, or contest (i.e., varsity, junior varsity, or middle school).
- Players ejected from a game, match, or contest during the last game of the season will be disqualified from the first game, match, or contest in the same sport during the next school year.

Hazing and Bullying Policy

It is the goal of the Fox Chapel Area School District to provide a safe and positive environment for students and staff that is free from hazing and bullying. Hazing and bullying activities are inconsistent with the educational goals of the district and are prohibited.

Hazing and bullying includes any activity that recklessly or intentionally endangers the mental health, physical health, or safety of a student for the purpose of initiation, membership, intimidation, or affiliation with any school organization or athletic team.

Endangering one's physical health includes, but is not limited to, any act of a physical nature, such as whipping; beating; branding; forced calisthenics; exposure to the elements; forced consumption of any food, alcoholic beverage, drug, or controlled substance; or other forced physical activity that could adversely affect the physical health or safety of the individual.

Endangering one's mental health includes any activity that would subject an individual to mental stress, such as prolonged sleep deprivation, forced or prolonged exclusion from social contact, forced conduct that could result in embarrassment, or any other forced activity which could adversely affect the mental well-being or dignity of an individual.

Any hazing and/or bullying activity, whether by an individual or a group, shall be presumed to be a forced activity, even if a student willingly participates.

The school's staff, administration, and coaches do not condone any form of initiation or harassment known as hazing.

Students who have been subjected to hazing and bullying are to promptly report the incident to the principal, athletic director, or coach.

All complaints will be investigated and appropriate discipline will be enforced.

If an athletic team authorizes hazing/bullying in blatant disregard of school district policy, penalties may also

include rescission of permission for that team to operate on school property or to otherwise operate under the sanction or recognition of the Fox Chapel Area School District.

Cell Phone Use

Mobile technology is a great convenience and a part of students' daily life, however, in school locker rooms, cell phone usage is permitted for phone calls only. Taking photos and videos in the locker rooms is inappropriate, and for the safety and wellbeing of all is prohibited. Students who violate this rule may be subject to disciplinary action, including dismissal from the team.



CLUB SPORTS

The Fox Chapel Area School District offers a variety of opportunities for students to participate in athletic programs, including club sports.

Club sports are not part of the official sports program offered by the district, PIAA, or WPIAL, but are sanctioned by outside organizations such as PIHL, USA Rowing, and USA Fencing. Club sports are required to adhere to the administrative regulations as set forth by their governing associations, as well as certain administrative regulations established by the Fox Chapel Area School District.

Fox Chapel Area High School currently offers students the chance to participate in the following club sports:

- Crew (boys' and girls') – fall/spring
- Fencing (boys' and girls') – winter/spring
- Ice hockey (boys' and girls') – winter

Physicals

Club sport participants are required to receive physical examinations prior to the start of their respective seasons. All documents, physical forms, and team registrations are available on the athletic department website, fcasathletics.org, and must be completed through FamilyID, the district's online registration system.

Athletic Awards

Members of club sports are eligible to receive athletic letter awards through the school district as long as they meet the requirements outlined in the district's administrative regulations. Coaches also must submit year-end reports to the athletic office in order for any player to be recognized with a letter award.

Funding and Competitions

Please note that club sport offerings are not necessarily supported through district funding. The responsibility of each club organization includes but is not limited to: raising funds, scheduling contests, securing facilities for contest/practices, and providing transportation for both home and away contests. The athletic director will act as the liaison between club sport organizations and the district and will monitor each organization to ensure compliance with district procedures. For more information regarding participation in club sports, please contact the coach directly.



PARTICIPATION OF HOMESCHOOLERS IN ATHLETIC AND EXTRACURRICULAR ACTIVITIES

Parents of homeschooled students who wish to have their children participate in athletic and/or extracurricular activities within the school district must register their children in writing with the athletic director at least two (2) weeks in advance to the start of the activity, or in cases of athletics, two (2) weeks prior to the first PIAA practice date. Parents/guardians should contact the athletic director's office by July 1 of the upcoming school year for activity/athletic schedules so that they may meet this two (2) week requirement.

Parents must verify the following for their homeschooler:

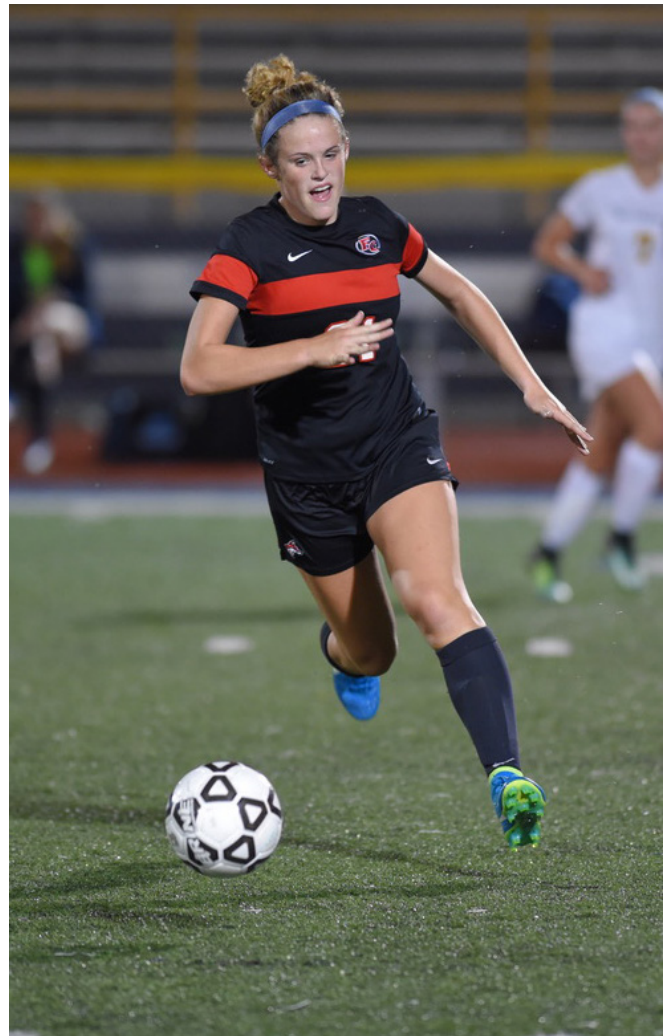
1. Proof that the student is maintaining a 2.0 QPA during the last school year.
2. All students in 7th-12th grades who participate in athletics must attain a 2.0 QPA during a weekly academic eligibility report that must be submitted to the athletic director every Monday morning.
3. Weekly reports of acceptable grades are due to the principal according to similar procedures required for enrolled students.
4. Records showing the student was not absent from instruction that school day and/or more than 20 days during the previous semester unless eligible for exemption, as stated in Article III, Section 2, of the PIAA Bylaws.
5. For participation in athletics, the homeschooled student and his/her parent must complete the PIAA physical eligibility requirements and CIPPE registration form required to be a member of an athletic team available online at the athletic department website, fcasdashletics.org.
6. The student must meet the Fox Chapel Area School District's requirements for physical examinations and ImPACT testing. Furthermore, all required documents need to be submitted to the athletic department prior to the start of the season.

The building principal or athletic director will notify the parent of the homeschooler in writing the date the student may begin participating in the activity or sport.

Evidence of insurance must be given to the athletic director.

Homeschoolers are required to follow the same try-out and audition procedures as enrolled students.

The homeschooler must conform to the discipline policy of the district and to the team rules for the sport in which he/she is participating.



CANCELLATIONS OF PRACTICE AND COMPETITIONS DUE TO INCLEMENT WEATHER

Based on a cancellation or early dismissal of school as directed by the superintendent of schools due to inclement weather, the following shall apply:

1. All practices and competitions are cancelled unless administrative approval is given. Administrative consideration will be given to the need for the practice based on the immediacy of the competition and the severity of the weather/road conditions.
2. All student activity coaches/sponsors may request permission to use school facilities on the day of cancellation. This must be done on a single day basis.
3. Students cannot be required to attend an approved activity or practice during a school closing. Participation must be voluntary.
4. All home activities involving spectators are cancelled unless administrative approval is given.
5. Generally, if an early dismissal occurs, all activities are cancelled.



STRENGTH AND CONDITIONING PROGRAM OVERVIEW

The Fox Chapel Area High School Athletic Department provides a well-structured strength and conditioning program that begins long before the official start of each sport season and workouts continue throughout the season. Led by athletic coaches and trainers, all aspects of the program are intended to prevent injuries and develop optimal performance in our athletes. Strength and conditioning workouts in the weight room and fitness center are encouraged and are free for all interscholastic athletes.

No practice arrangements – formal or informal – are permitted without the presence of supervisory coaching or strength and conditioning personnel. Under NO circumstances is any student permitted to be in the weight room/fitness center unsupervised.

While using athletic facilities, it is important to remember that all posted facility usage rules be followed. Please respect all school district property and do not abuse the equipment, as the equipment will be used for years to come. Any equipment that is broken must be reported immediately to the athletic director.

Program Philosophy

- Do No Harm • Move Well
- Move Strong • Move Fast • Thrive

The Fox Chapel Area School District Strength and Conditioning Program is designed to help student athletes in their athletic development process in a safe and structured environment. The program will build and develop young people as athletes first, and sport-specific players second, by promoting healthy lifestyles and teaching scientifically-based training methods. This holistic approach will include strength, power, speed, agility, and flexibility training. The program is also designed to help young men and women grow into adults as it teaches about responsibility, relationships, and leadership. The program is intended to be an ongoing process lasting throughout each student's academic and athletic career.

Proper preparation, training, and recovery principles will be taught in order to help each student athlete achieve his or her highest performance potential. Student athletes also will be educated in the physical and mental preparation to help them best prepare for the demands of competition and life.

Expectations

- Each student athlete is expected to take ownership for his or her own athletic development. The strength and conditioning program will act as a road map to success, but athletes must make the conscious decision to follow directions and work to their fullest potential in order to achieve their desired results.
- Part of this ownership will be the athlete's responsibility to attend and complete workouts as they are prescribed. Strength and conditioning staff and the individual sport coaches will coordinate workouts to ensure that athletes are training both in and out of season.
- Student athletes are expected to take responsibility for their actions, and their success and/or failure. This also means accepting the consequences of such actions.
- Each athlete is expected to hold himself and herself to high expectations. This means completing each session to the best of his or her abilities and not quitting until the job is done.
- Ultimately, the strength and conditioning staff is an extension of the coaching staff. The expectation is that each athlete and strength coach will create a strong relationship to aid in the process of the student athlete's athletic development. It is only through this strong relationship and strong communication that this system will work.

Goals

The goal of the strength and conditioning program is to have a measurable effect on athletic performance and promote healthy lifestyles. All athletes' progress will be monitored during their participation in the program. In addition, the athletic training and strength and conditioning staff will implement strategies to reduce the number of noncontact injuries experienced during the athletic season.

Schedule

The sport coach and the strength and conditioning staff will dictate team-training schedules. At a minimum, athletes should begin off-season training with the strength and conditioning staff in the season prior to their competition season (i.e., fall sports should begin in June) and should continue through the competitive season. Multisport athletes should attend off-season conditioning and participate in all in-season strength and conditioning.

When scheduling the use of facilities, the objective is to make certain that our interscholastic athletic teams and school-sponsored activities have first

preference for the use of the district's facilities, including the weight room/fitness center.

Outside groups (including club sports) who would like to utilize the athletic facilities at Fox Chapel Area High School should make all formal requests by completing the district's facility usage forms and submitting them to the athletic office. All applicable fees, insurance coverages, and guidelines will apply to any team or organization that wishes to utilize the facilities. Payment will be required prior to the use of the requested area unless the athletic department has approved other arrangements.

Furthermore, any class, team, or organization utilizing any of the district's synthetic turf fields should keep in mind that appropriate footwear must be worn at all times. Tennis shoes and metal spikes (i.e. baseball, golf, or studded "nub" spikes) are permissible, however, "long" track spikes are not permitted to be worn on any artificial field. It should also be noted that golfing, javelin, shot putting, and discus throwing are not permitted on any such surfaces as these activities could cause extensive damage to the synthetic fields.



GUIDE TO ATHLETIC COMPETITION AT THE COLLEGE LEVEL/RECRUITING

If you are a student athlete considering playing a varsity sport in college, you should meet with your high school coach at the end of your sophomore year. Have an open and honest discussion about whether your coach thinks you have the potential to compete at the next level and if you have the dedication it requires. Coaches also can recommend reputable summer camps to improve your skills and are excellent resources in explaining the pros and cons of the various collegiate conferences and divisions. Do not be afraid to meet with your coach. It is the first step in the long recruitment process.

Please keep in mind that your high school coach is here to support you and wants what is best for you. However, coaches cannot possibly know about every program at every college, nor is it realistic to expect them to personally contact excessive numbers of coaches on any one player's behalf. Their primary job is to coach the team.

Finally, be realistic in your expectations. Do you really have what it takes to play at the next level? Are you aiming too high? What if you get injured or your expectations for playing time are not met? Are you still going to be happy with your college selection and the quality of the education you will receive?

To help you with your decision, you first need to know about your options and the different levels of competition available.

Levels of Play

1. National Collegiate Athletic Association (NCAA)—Made up of 1,200 member schools classified into three divisions, D-I, D-II, and D-III:

- Division I—Includes the largest universities, the highest level of play, and offers the most scholarships (i.e., the University of Pittsburgh, Duke, Ohio State, and Penn State).

Football programs in Division I are divided into two tiers: Division 1-A and Division 1-AA. In total, the NCAA awards approximately \$1 billion a year in scholarship grants and financial aid.

- Division II—These smaller to mid-sized schools (i.e., Clarion, IUP, Slippery Rock, and Gannon) also award athletic scholarships and financial aid grants, and can be an alternative to the intense demands of Division I athletics.
- Division III—Most high school athletes who end up playing in college play at this level, making it the largest of the NCAA divisions. Many D-III schools (i.e., Washington & Jefferson, Allegheny College, CMU, Johns Hopkins, St. Vincent, and Westminster) have very competitive athletic programs that are far less time intensive than those of D-I or D-II. No athletic scholarships are provided, but they offer an excellent opportunity for outstanding student athletes in the form of academic grants, scholarships, and jobs on campus, also known as work-study programs.

2. National Association of Intercollegiate (NAIA)—Member schools (i.e., Carlow, Point Park College) usually are smaller colleges that are divided into two divisions, Division I and II. NAIA also gives athletic scholarships and other benefits, and sponsors national championship games.

3. National Junior College Athletic Association (NJCAA)—This league consists of two-year colleges, such as Community College of Allegheny County (CCAC), and is suited for student athletes who may not yet be physically, academically, or emotionally prepared to attend a four-year college.

FACTS ABOUT NCAA SPORTS

Does the NCAA award athletes scholarships?

NCAA Divisions I and II schools provide more than \$2.9 billion in athletics scholarships annually to more than 150,000 student-athletes. Division III schools do not offer athletics scholarships.

Only about two-percent of high school athletes are awarded athletics scholarships to compete in college. Of the student-athletes participating in sports with professional leagues, very few become professional athletes. A college education is the most rewarding benefit of the student-athlete experience.

Do NCAA student athletes have difficulty meeting graduation requirements with the time demands of their sport?

While competing in college does require strong time-management skills and some thoughtful planning with academic advisors, on average NCAA student athletes graduate at a higher rate than the general student body.

Do many NCAA student athletes go on to play professionally?

Many boys and girls grow up dreaming of playing sports in college and the pro ranks. But of the nearly 8 million students currently participating in high school athletics in the United States, only 480,000 of them will compete at NCAA schools. And of that group, only a fraction will realize their goal of becoming a professional athlete.

ESTIMATED PROBABILITY OF COMPETING IN NCAA ATHLETICS BEYOND HIGH SCHOOL

Student Athletes	All Sports	Men's Basketball	Women's Basketball	Football	Baseball	Men's Ice Hockey	Men's Soccer
High School Student Athletes	7,400,000	541,054	433,344	1,093,234	482,629	35,393	417,419
NCAA Student Athletes	460,000	18,320	16,319	71,291	33,431	3,976	23,602
Percentage Moving from High School to NCAA	6%	3.4%	3.8%	6.5%	6.9%	11.2%	5.7%
Percentage Moving From NCAA to Professional	2%	1.2%	0.9%	1.6%	8.6%	6.8%	1.4%



NCAA RECRUITING FACTS

College sports offer student athletes opportunities to learn, compete, and succeed.

DIVISION I

Division I schools, on average, enroll the most students, manage the largest athletic budgets, offer a wide array of academic programs and provide the most athletic scholarships.

Participation

- 179,200 student athletes
- 351 colleges and universities

Athletic Scholarships

59 percent of all student athletes receive some level of athletics aid

Academics

2017 Graduation Success Rate: 87 percent*

Other Stats

Median Undergraduate Enrollment: 9,629

Average Number of Teams per School: 19

Average Percentage of Student Body

Participating in Sports: 4 percent

Division I National Championships: 26

DIVISION II

Division II provides growth opportunities through academic achievement, high-level athletics competition and community engagement. Many participants are first-generation college students.

PARTICIPATION

- 121,900 student-athletes
- 308 colleges and universities

ATHLETICS SCHOLARSHIPS

62 percent of all student-athletes receive some

level of athletics aid

ACADEMICS

2017 Academic Success Rate: 72 percent*

OTHER STATS

Median Undergraduate Enrollment: 2,485

Average Number of Teams per School: 16

Average Percentage of Student Body

Participating in Sports: 9 percent

Division II National Championships: 25

DIVISION III

The Division III experience provides an integrated environment that focuses on academic success while offering competitive athletics and meaningful nonathletics opportunities.

PARTICIPATION

- 190,900 student-athletes
- 443 colleges and universities

FINANCIAL AID

80 percent of all student-athletes receive some form of academic grant or need-based scholarship; institutional gift aid totals \$17,000 on average

ACADEMICS

2017 Academic Success Rate: 87 percent*

OTHER STATS

Median Undergraduate Enrollment: 1,748

Average Number of Teams per School: 18

Average Percentage of Student Body

Participating in Sports: 26 percent

Division III National Championships: 28

Want to play NCAA sports? Visit www.NCAA.org/playcollegesports

**Graduation rate for student athletes, including those who transfer from one school to another*

THE REALITIES OF COLLEGIATE SPORTS

Less than 1% of all participating student athletes will have the privilege of picking their dream school.

DO YOU MEASURE UP FOR THE NCAA?

6' 4", 215 lbs., 4.7/40

Preferred height, weight, and speed for a D-1 quarterback

6'10"+

Desired height for a D-1 men's basketball center

6'5"

Ideal height for a D-1 women's basketball center

0-3

Recruiting handicap for D-1 women golfers

Scratch

Target recruiting handicap for D-1 men's golf

8

Average number of players on a NCAA women's golf team

Number of NCAA athletes drafted into a professional league, per year:

Men's Basketball	44
Women's Basketball	32
Football	250
Men's Soccer	76
Baseball	600

Annual amount of NCAA scholarships awarded

\$1 Billion

Potential earnings gap over a lifetime between someone with a high school diploma and some- one with a college degree

\$1 Million

Percentage of all high school athletes who eventually transition from high school to the NCAA

Football 5.7%

Men's Hockey 11%

Baseball 6.1%

Basketball (W) 3.3%

Soccer (M) 5.5%

MARKETING TIPS TO GET NOTICED AND OBTAIN AN ATHLETIC SCHOLARSHIP

More than 3,000 colleges and universities in the United States offer varsity athletic programs, but unless you are one of the top players in the country, even very talented athletes may go unnoticed. Of all potential recruits, only about 2 percent have been actively recruited by college coaches. If you want to continue playing your sport in college, you cannot sit around and wait for college coaches to come knocking on your door. If you want to play intercollegiate sports, you are going to have to work at it.

College coaches are contacted by thousands of high school athletes each year. To get noticed, self-marketing efforts must be timely, aggressive, consistent, and persistent. Here are some thoughts and tips to help you spotlight your athletic and academic achievements and get you a college scholarship.

1. High school grades count! Many top universities have stringent minimum academic entrance requirements. When awarding scholarships, coaches want to feel confident knowing a player has the academic skills to remain eligible. What's more, if a coach has to decide between two equally matched recruits for a scholarship, the one with the higher QPA is going to get stronger consideration.

2. Bigger isn't always better. Be realistic in your expectations. Do not make the mistake of ignoring small-to mid-sized colleges by failing to include them in your marketing efforts. There are many excellent, highly-competitive teams at small-to mid-sized schools and the demands are less. Consider whether it is more important to play regularly, be on a starting lineup early in your collegiate career, or be part of a team that offers little, if any, playtime.

3. Make the first move. Create an introductory letter and résumé/player profile sheet that highlight

athletic and academic accomplishments, and update it regularly. Begin to send them to coaches in your junior year. (samples on pages 32 and 34)

4. Seeing is believing. Many coaches don't attend regular season games, but often will attend regional and state high school championships, and AAU, club or elite team games and tournaments. Make them aware of your schedule so they can come and see you play. Include venues, start times, and field numbers, or if they have not been announced yet, do not forget to update them when the details become available.

5. Pictures tell a thousand words. Even if a coach has seen you in action, your performance is only a snapshot in time. Videotape your games in your sophomore and junior years, and then create a 5-6 minute highlight film to submit to coaches once your season concludes in your junior year. Some experts suggest including a mistake or two immediately followed by a quick and smart recovery (even the most talented athletes are not perfect all of the time). Remember to label the tape with your name, address, school name, etc. If this tape sparks a coach's interest, he or she may ask you for more film at a later date.

6. Don't waste your summers and off-season time. Attend reputable summer camps, join elite teams, play on an AAU team, or join a summer league. Camps sponsored by and staffed with college coaches give you the opportunity to get noticed and perform in front of them for four or five days.

7. Be persistent, but not annoying. If a coach does not respond to your letter of introduction, résumé/player profile, or highlight film, follow up with an e-mail or phone call. There may be a reason totally unrelated to you that has caused a delayed response.

8. Keep out of trouble! Do not discount the value of good manners, integrity, and good character. Coaches do not want troublemakers. Also, keep in mind that cell phones are always on to “capture” the moment. Be mindful of your surroundings and remember coaches look at Facebook, Twitter, and other social media.

If your top choices don't bring the results you want, don't panic. There is a good match that will meet nearly all of your academic and athletic needs. Re-evaluate your expectations and, if all else fails, it is very feasible to walk on to a team and earn a partial or full scholarship at a later date, if you become a starter.

Recruiting Services

There are a number of reputable recruiting services that have access to thousands of colleges and university coaches, and will market a high school athlete for a fee. Do your research before signing up with any of these companies. Beware of any agency that offers a scholarship, or promises to get you one. You should not work with a company that guarantees scholarships or funding because they do not provide them, the schools do.





SAMPLE INTRODUCTORY LETTER

Date

Your Address

College Coach's Name

College Address

Dear (Coach's Name):

I am in the process of researching schools and have a strong interest in the academic and athletic programs at (Name of School). I currently am a (your year in school, i.e., sophomore, junior, senior) at Fox Chapel Area High School located near Pittsburgh, Pennsylvania, and would like to request additional information about your (name of sport, i.e., women's soccer, men's basketball) program. Enclosed is a brief profile of my athletic and academic accomplishments for your review and to show you what I can bring to your program. I can provide a highlight tape upon request.

If you would like further information, please contact me at (your phone number), or by e-mail at (your e-mail address).

Thank you for your time and consideration. I look forward to hearing from you.

Sincerely,

(sign your name here)

(type your name here)

Enclosures: Résumé/Personal Profile

KEY RECRUITING CHECKLIST FOR STUDENT ATHLETES

It is a good policy to follow these practices each year of high school:

- ☐ Respond immediately to any coach who shows interest in you.
- ☐ Write a thank you note to coaches, assistant coaches, or recruiters who take the time to meet with you personally or come to watch you play.
- ☐ Keep your academic record in good standing and maintain a minimum Grade Point Average (QPA) of 2.0 out of 4.0 in your core courses.
- ☐ Keep a record of your athletic achievements.
- ☐ Regularly update your résumé/player bio to reflect academic and athletic improvements and achievements. (sample on page 34)
- ☐ Attend summer camps held by colleges and reputable coaches and participate on off-season AAU/league/elite teams.

Freshman and Sophomore Years

- ☐ Work with your guidance counselor to plan a challenging academic program that will meet NCAA requirements.
- ☐ Take the PSAT test in October of your sophomore year.
- ☐ Participate on high school athletic teams.
- ☐ Participate in off-season programs in your sport.
- ☐ Attend summer athletic camps at colleges that interest you.
- ☐ After your sophomore season ends, ask your coach for a realistic athletic evaluation, if he or she feels you can play collegiate sports, and at what level—Division I, II, III, or other.
- ☐ Register with the NCAA Eligibility Center at eligibility.org.
- ☐ Ask coaches for help in the recruiting process.
- ☐ Create a résumé/player bio and continually update it throughout your high school athletic career. (sample on page 34)
- ☐ Begin videotaping your games to compile a 5-6 minute highlight film that can be sent to coaches in your junior year.

Junior Year

- ☐ Meet regularly with your guidance counselor to assure compliance with NCAA Bylaw 14.3.
- ☐ Take the SAT or ACT prep classes.
- ☐ Take the SAT or ACT in spring.
- ☐ Work with your guidance counselor to develop a list of colleges for your academic match.
- ☐ Ask coaches for an honest re-evaluation of your athletic performance, and if they have seen improvement.
- ☐ Ask coaches for their assistance in the recruiting process.
- ☐ Complete your 5-6 minute highlight film to send to coaches.
- ☐ Send a letter of interest to college coaches (sample on page 32) along with your updated résumé/player bio.
- ☐ Create a filing system to keep track of colleges that respond to your inquiry.
- ☐ Participate in summer programs and camps, such as AAU teams, state select teams, summer leagues, and elite/travel teams. Scouts often attend these events.
- ☐ Decide if you will use a professional recruiting service.

Senior Year

- ☐ Develop a checklist and timetable to complete and submit all forms and information required by the NCAA, the college athletic department, and the student admissions office.
- ☐ Meet with your guidance counselor to make sure you meet current NCAA academic requirements. Discuss your college choices and complete the College Athlete Profile Sheet.
- ☐ File Form 48-H with the NCAA Clearinghouse, www.ncaaclearinghouse.net (available at your guidance office).
- ☐ Send for college applications or complete them online.
- ☐ Fill out transcript request forms available in the FCAHS guidance office.
- ☐ Complete financial aid forms early (before January).
- ☐ If needed, retake the SAT or ACT.

SAMPLE RÉSUMÉ/PLAYER BIO



JANE DOE

167 Anywhere Drive
City/State 00000
xxx-xxx-xxxx (home)
xxx-xxx-xxxx (cell)
Your E-mail Address

POSITION

JERSEY NO:

Personal

Height:

Weight:

Birth Date:

Parents' Names:

Academics

USA High School

100 Anywhere Street

City/State 00000

Guidance Counselor:

(Name)

xxx-xxx-xxxx

CLASS of 20__

Cumulative QPA 0.0

Junior Year QPA 0.00

SAT Performance:

Verbal _____

Math _____

Writing _____

Academic Awards/Honors

(List in bullet-point format)

School awards/scholarships

Honors classes (i.e. math (3), English (3))

Honor societies

Local, regional, and national scholastic competitions

High School Athletics

Current sports and sport(s) you would like to play in college.

Name of *high school* head coach of sport(s) you want to play in college.

Phone Number/E-mail Address

Athletic Awards/Achievements

Individual Accomplishments

Performance (Example, track and field):

100 meters _____

200 Meters _____

400 Meters _____

Records Set or Broken

Noteworthy strengths, i.e., scoring, assists, goals, jumping heights, saves, blocks, tackles, handicap, or 8-hole average and statistics.

Number of years in starting lineup, number of letters earned, and leadership positions.

Team Accomplishments

Records

Year and medal finishes for section, WPIAL, regional, and state competitions.

Club/AAU/Elite Team Experience

Team Name

Current Head Coach

Phone Number

E-mail Address

Age group and teams if more than one

Regional History

List year and names of significant tournaments and results

State History

List year, names of significant tournaments, and results

Tournaments

List years and names of significant tournaments and results

Additional Training

Names of camps, coaches and their affiliation, and skill set learned

NCAA ELIGIBILITY CENTER QUICK REFERENCE GUIDE

DIVISION I INITIAL-ELIGIBILITY REQUIREMENTS

Core Courses (16)

- Sixteen (16) core courses are required (see chart below for subject area requirements).
 - Ten (10) of the core courses must be completed before the seventh semester (senior year) of high school. Once you begin your seventh semester, you may not repeat or replace any of those 10 courses to improve your core-course QPA.
 - Seven (7) of the 10 core courses must be in English, math, or natural/physical science.
- ~ *Students who meet specific criteria after six semesters may be deemed an early academic qualifier for Division I and may receive athletics aid, practice, and compete in the first year of enrollment (see below).*
- ~ *Students who do not meet all of the Division I academic requirements may still be eligible to receive athletics aid and practice in the initial year of college enrollment by meeting academic redshirt requirements (see below).*

Test Scores: (ACT/SAT)

- Students must present a corresponding test score and core course QPA on the sliding scale (see page 36)
- SAT: Evidence-based reading & writing and math sections.

ACT: English, math, reading, and science sections.

- Best subscore from each section is used to determine the ACT sum score for initial eligibility.
- All ACT and SAT attempts before initial full-time collegiate enrollment may be used for initial eligibility.
- Enter 9999 during ACT or SAT registration to ensure the testing agency reports your score directly to the NCAA Eligibility Center. **Test scores on transcripts will not be used.**

Core Grade Point Average:

- Only core courses that appear on the high school's List of NCAA Courses on the NCAA Eligibility Center website (www.eligibilitycenter.org) will be used to calculate your core course QPA. Use this list as a guide.
- Students must present a corresponding test score (ACT sum score or SAT combined score) and core course QPA (2.300) on Sliding Scale (see Page 36).
- Core course QPA is calculated using the best 16 core courses that meet both progression (10 before seventh semester; seven in English, math, or science) and subject-area requirements.

DIVISION I

Core Course Requirement (16)

- 4 years of English
- 3 years of mathematics (Algebra I or higher)
- 2 years of natural/physical science (1 year of lab if offered by high school)
- 1 year of additional English, mathematics, or natural/physical science.
- 2 years of social science
- 4 years of additional courses (any area above, foreign language, or comparative religion/philosophy)

Early Academic Qualifier

Core Course Requirements (14 after six semesters)

- 3 years of English
- 2 years of math
- 2 years of science
- 2 additional years of English, math, or natural/physical science
- 5 additional core course in any area.

DIVISION I

Full Qualifier Requirements

- Athletics aid, practice, and competition
- 16 core courses
 - Ten (10) core courses completed before the start of the seventh semester
 - Seven (7) of the 10 must be English, math, or natural/physical science.
 - Earn a core-course QPA of at least 2.300.
 - Corresponding test score (ACT sum score or SAT combined score) and core course QPA (minimum 2.300) on Sliding Scale (see page 36).
 - Graduate from high school

Early Academic Qualifier

- Athletics aid, practice, and competition
- 14 core courses completed in six semesters with a minimum QPA of 3.000
 - Minimum ACT sum score of 75 or a minimum SAT combined score (math and evidence-based reading & writing) of 900
 - Final high school transcript required to be submitted to the NCAA Eligibility Center after high school graduation for all early academic qualifiers.

DIVISION I – 2016

Academic Redshirt Requirements

- Athletics aid & practice, but no competition during first year of enrollment.
- 16 core courses
 - Earn a core-course QPA of at least 2.000.
 - Corresponding test score, ACT sum score or SAT combined score matching your core course QPA on the Division I Sliding Scale (see page 36).
 - Graduate from high school

NCAA DIVISION I SLIDING SCALE

Core QPA	New SAT*	ACT Sum
3.550	400	37
3.525	410	38
3.500	430	39
3.475	440	40
3.450	460	41
3.425	470	41
3.400	490	42
3.375	500	42
3.350	520	43
3.325	530	44
3.300	550	44
3.275	560	45
3.250	580	46
3.225	590	46
3.200	600	47
3.175	620	47
3.150	630	48
3.125	650	49
3.100	660	49
3.075	680	50
3.050	690	50
3.025	710	51
3.000	720	52
2.975	730	52
2.950	740	53
2.925	750	53
2.900	750	54
2.875	760	55
2.850	770	56
2.825	780	56
2.800	790	57
2.775	800	58

Core QPA	New SAT*	ACT Sum
2.750	810	59
2.725	820	59
2.700	830	60
2.675	840	61
2.650	850	62
2.625	860	63
2.600	860	64
2.575	870	65
2.550	880	66
2.525	890	67
2.500	900	68
2.475	910	69
2.450	920	70
2.425	930	70
2.400	940	71
2.375	950	72
2.350	960	73
2.325	970	74
2.300	980	75
2.299	990	76
2.275	990	77
2.250	1000	78
2.225	1010	79
2.200	1020	80
2.175	1030	80
2.150	1040	81
2.125	1050	82
2.100	1060	83
2.075	1070	84
2.050	1080	85
2.025	1090	86
2.000	1100	86

**Use for Division I beginning August 1, 2016*

ACADEMIC REDSHIRT

DIVISION II INITIAL-ELIGIBILITY REQUIREMENTS

To be eligible to practice, compete, and receive athletic financial assistance, Division II schools require college-bound athletes to meet academic standards for NCAA core courses, core-course QPA, and test scores. These standards have changed for students who initially enroll full time at a Division II school on or after August 1, 2018. For more information about Division II Academic Standards, please refer to the *NCAA Guide for College-Bound Student Athletes* available online at www.ncaapublications.com/productdownloads/CBSA17.pdf.

For more information, visit www.eligibilitycenter.org or www.2point3.org

SPORTS MEDICINE/INJURY PROCEDURE

Certified Athletic Trainer

The school district provides a full-time, certified athletic trainer. Guidelines for the use of training facilities are provided to students by the coach at the beginning of each season.

Student Insurance

The school district provides insurance coverage for all students who participate in interscholastic athletics. This insurance has a maximum benefit and certain items have limited or no coverage. All other student athletes are required to complete one of the following:

- 1.) Purchase the student group insurance which insures him/her while participating in athletics.
- 2.) Provide the district with a waiver slip which indicates that the parent or guardian has adequate personal insurance coverage.

No student will be permitted to engage in practice or in any contest without being insured by one of the above plans.

The athletic trainer will be responsible for the prevention, management, and treatment of all athletic injuries. All injuries must be reported to the athletic trainer as soon as possible.

Any athlete who is taken to a physician as recommended by the athletic trainer or by the parent as a result of a possible injury, must provide a medical release to the athletic trainer in order to return to participation in his/her sport.

The coach or designee must notify the parents and/or guardians of any serious injuries.

If necessary, the athlete will be taken to the hospital for care.

All injuries that occur during a practice session or during a contest must be reported to the athletic director in a timely manner.

The athletic trainer, not a coach, will determine whether an injured player is capable of practicing and/or playing.

First Aid Kits

The athletic trainer's office will supply all first aid boxes and the necessary supplies to the coaching staff. It is the coach's responsibility to secure the proper supplies. Medical kits must be returned to the athletic trainer at the conclusion of the current sport season.

Ambulance Service

Ambulance service is provided at all varsity football games. Ambulance personnel are assigned to all junior varsity and 9th grade football games. The ambulance personnel are to identify themselves and be on the home team sideline during the contest.

Emergency Procedure Plan

Emergency telephone numbers:

O'Hara Township EMS/Police	911
UPMC St. Margaret	412-784-4000
Training Room	412-967-4407

Information to be given to emergency personnel if requested:

- Caller's name and position (e.g., John Doe, assistant football coach)
- Location of accident and the sport
- Gender and approximate age of the athlete
- Suspected injury (knee sprain, head or neck injury)
- Condition of athlete (conscious, breathing, pulse)
- Location of where the ambulance is to be met

The person who makes the telephone call is to meet the ambulance at a predetermined site and escort them to the site of the injured athlete.

The person in charge should never leave the injured victim.

Always keep emergency numbers in an easily accessible location.

Coaches should keep a list of all student emergency contact information with them at all times.

NOTE: In the event of an emergency situation that could endanger student and/or employee welfare, coaches may be required to remain until the emergency situation is alleviated. If any other emergency condition exists, all coaches are to seek out an administrator and follow his/her specific directions.

When can an athlete return to play?

The protection, detection, and treatment of concussions are of the utmost importance of students participating in the district athletic programs. The coach/athletic trainer shall not return a student to participation until the student is evaluated and cleared for return in participation, in writing, by an appropriate medical professional.



FIVE-DAY HEAT ACCLIMATION PRIOR TO FOOTBALL SEASON

Practice or competition in hot and/or humid environmental conditions poses special problems for student athletes. Heat illness is a primary concern in these conditions. Although deaths from heat illness are rare, constant surveillance and education are necessary to prevent heat-related problems.

As part of the guidelines for prevention of heat illness, the PIAA and Fox Chapel Area athletic department now require football players to participate in a five-day heat acclimation period

prior to the beginning of football season. These sessions may require players to report prior to the first official start date for fall sports.

During the first two days of the heat acclimation period, helmets and shoulder pads may be worn with shorts. Players may wear full gear on the third day with no contact permitted.

Players who do not attend these sessions will be required to fulfill this obligation prior to full participation in football practice.



SUDDEN CARDIAC ARREST EDUCATION AND INFORMATION

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.

If not treated within minutes, SCA results in death. The normal rhythm of the heart can only be restored with defibrillation, an electrical shock that is safely delivered to the chest by an automated external defibrillator (AED).

How common is sudden cardiac arrest?

The Centers for Disease Control and Prevention estimate that every year there are about 300,000 cardiac arrests outside hospitals. 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; and
- 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. Symptoms are the body's way of indicating that something might be wrong. Athletes who experience one or more symptoms should get checked out.

What is the best way to treat Sudden Cardiac Arrest?

- Early Recognition of SCA
- Early 9-1-1 access
- Early CPR
- Early Defibrillation
- Early Advance Care

What is the best way to keep student athletes safe while practicing or playing?

- **Any student athlete who has signs or symptoms of SCA must be removed from play. The symptoms can happen before, during, or after activity. Play includes all athletic activity.**
- **Before returning to play, the athlete must be evaluated. Clearance to return to play must be in writing. The evaluation must be performed by a licensed physician, certified registered nurse practitioner, or cardiologist (heart doctor). The licensed physician or certified registered nurse practitioner may consult any other licensed or certified medical professionals.**

CONCUSSIONS IN YOUTH SPORTS A FACT SHEET FOR ATHLETES

What Is A Concussion?

A concussion is a brain injury that:

- Is caused by a bump or blow to the head
- Can change the way your brain normally works
- Can occur during practices or games in any sport
- Can happen even if you haven't been knocked out
- Can be serious even if you've just been "dinged"

What Are The Symptoms Of A Concussion?

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light
- Bothered by noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion
- Does not "feel right"

What Should I Do If I Think I Have A Concussion?

- Tell your coaches and your parents. Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach if one of your teammates might have a concussion.
- Get a medical check up. A doctor or health care professional can tell you if you have a concussion and when it is acceptable for you to return to play.
- Give yourself time to get better. If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Second or later concussions can cause damage to your brain. It is important to rest until you get approval from a doctor or health care professional to return to play.

How Can I Prevent A Concussion?

Every sport is different, but there are steps you can take to protect yourself.

- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Use the proper sports equipment, including personal protective equipment (such as helmets, padding, shin guards, and eye and mouth guards). In order for equipment to protect you, it must be:
 - > The right equipment for the game, position, or activity
 - > Worn correctly and fit well
 - > Used every time you play.



CONCUSSIONS IN YOUTH SPORTS A FACT SHEET FOR PARENTS

What Is a Concussion?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head, can be serious. You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

What are the Signs and Symptoms of a Concussion?

Signs Observed by Parents or Guardians

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can’t recall events prior to hit or fall
- Can’t recall events after hit or fall

Symptoms Reported by Athlete

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right”

How Can You Help Your Child Prevent a Concussion?

Every sport is different, but there are steps your children can take to protect themselves from concussion.

- Ensure that they follow their coach’s rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

What Should You Do if You Think Your Child Has a Concussion?

1. Seek medical attention right away. A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
2. Keep your child out of play. Concussions take time to heal. Don’t let your child return to play until a health care professional says it’s OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
3. Tell your child’s coach about any recent concussion. Coaches should know if your child had a recent concussion in ANY sport. Your child’s coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

DRUG AND ALCOHOL REGULATIONS

Any student athlete using or possessing alcohol or using, possessing, buying, or selling illegal controlled substances at Fox Chapel Area Schools or at FCASD events shall be subject to disciplinary action. Please note that all school district consequences and regulations/policies as outlined in the student handbook also apply.*

Anabolic Steroids

The following guideline has been extracted from the Bylaws and Constitution of the PIAA.

The Legislative Act 1989-93 requires the board of school directors in every Pennsylvania school district to prescribe, adopt, and enforce rules and regulations to prohibit the use of anabolic steroids, except for a valid medical purpose, by any student involved in school-related athletics.

The act also requires the school board to prescribe the following minimum penalties for any student found in violation of the rules and regulations adopted by the board of school directors.

1st offense: Suspension from school activities for the remainder of the season.

2nd offense: Suspension from school athletics for the remainder of the season and for the following season.

3rd offense: Permanent suspension from school athletics.

*** The above stated penalties are the minimum penalties set forth by law.**

A student who has been suspended for violation of the regulations shall not be eligible to resume participation in school athletics unless there has been a medical determination that no residual evidence of steroids exists.

Consequences of Drug/Alcohol Violation

Students who violate the Drug/Alcohol regulations during the school year when his/her season has already been completed or has not yet commenced will be required to complete the requirements outlined below prior to participation in his/her next sport.

First Offense

Students will be subject to all of the following disciplinary measures:

1. Submit to the athletic director a written request for reinstatement of eligibility to the athletic program. This letter should outline why the student should be permitted to return to the team.
2. Loss of a minimum of 2 games, with more games added depending upon the severity of the offense as determined by the athletic director. Additionally, 40 hours of community service may be assigned by the principal at the discretion of the principal or athletic director.
3. A student will be required to adhere to the drug and alcohol regulations of the district. If the student and parents/guardians refuse to follow the established FCASD guidelines regarding drugs and alcohol, the student cannot participate in any athletics activities for one calendar year from the date the decision is rendered by the administration and will be denied any and all benefits associated with being a member of interscholastic teams(s). Further intervention may be required by the administration when deemed necessary.
4. The student must agree to provide results of up to three urinalysis tests if randomly requested by FCASD administration.

5. Loss of any leadership position in athletic activities for one calendar year from the date the decision is rendered by the high school administration regarding the violation. Students may elect to do an additional 15 hours of community service in order to be eligible for a position of team leadership. However, completion of the additional hours does not guarantee a position of leadership.
 6. The duration of the team suspension by the coach may not exceed the length of time established by the disciplinary action of the principal for the violation.
 7. If a student athlete is disciplined during the school year for an infraction involving drugs/alcohol, he/she will be subject to the following.
2. A student will be required to adhere to the drug and alcohol regulations of the district. If the student and parent(s)/guardian(s) refuse to follow the established FCASD guidelines regarding drugs and alcohol the student cannot participate in any athletics activities for one calendar year from the date the decision is rendered by the administration and will be denied any and all benefits associated with being a member of said interscholastic teams(s). Further intervention may be required by the administration when deemed necessary.
 3. The student will permanently lose any leadership position in interscholastic athletics from the date of the decision rendered by the administration regarding the violation. No additional community service hours will be offered in order for students to maintain a leadership position.

Following the first violation of the drug and alcohol regulation, a student athlete may resume participation in interscholastic and intramural sports after the aforementioned steps have been completed.

Second Offense

Student will be subject to all of the following disciplinary measures:

1. A student will lose 50 percent of competition in the athletic season or remainder therein, and at the discretion of the principal or athletic director, could be subject to losing 50 percent of the next school year season in the event that the offense occurs outside of the season in which the student participates, plus serve 50 hours of community service. The community service program component must be completed in its entirety prior to the student's returning to competition in any sport. Failure to complete the community service component will result in the student not being allowed to participate in any athletic activities until the community service component is satisfied.

Third Offense

Student will be subject to all of the following disciplinary measures:

1. The student will not be permitted to participate in any interscholastic athletic activities for one calendar year. Students who complete a substance abuse program may apply to the athletic director or principal for reinstatement to the athletic program. Students who choose not to enter a treatment program will not be permitted to return to interscholastic competition for the duration of his/her athletic career at Fox Chapel Area School District.

FOX CHAPEL AREA HIGH SCHOOL SPORTS MEDICINE AIR QUALITY GUIDELINES

The Air Quality Index (AQI)

The Air Quality Index (AQI) is an index for reporting daily air quality. It tells how clean or polluted outdoor air is, and what associated health effects might be a concern. The AQI focuses on health effects that may be experienced within a few hours or days after breathing polluted air. The Environmental Protection Agency (EPA) calculates the AQI for five major air pollutants regulated by the Clean Air Act: ground-level ozone, particle pollution (also known as particulate matter), carbon monoxide, sulfur dioxide, and nitrogen dioxide. For each of these pollutants, the EPA has established national air quality standards to protect public health.

How the Air Quality Index (AQI) Works

Think of the AQI as a yardstick that runs from 0 to 500. The higher the AQI value, the greater the level of air pollution and the greater the health concern. For example, an AQI value of 50 represents good air quality with little potential to affect public health, while an AQI value over 200 represents very unhealthy air quality. An AQI value of 100 generally corresponds to the national air quality standard for the pollutant, which is the level the EPA has set to protect public health. AQI values below 100 are generally thought of as satisfactory. When AQI values are above 100, air quality is considered to be unhealthy at first for certain sensitive groups of people, then for everyone as AQI values get higher.

Chain of Command

The decision to cancel, postpone or suspend a FCASD athletic activity in the event of poor air quality will be made by the athletic director in consultation with the supervising Certified Athletic Trainer (CAT) and/or team physician present at the practice or competition site. The athletic director will make the decision if the CAT or a physician is not available.

Criteria for Cancellation/Postponement of Activities Due to Poor Air Quality

The FSASD CAT will monitor one or more of the following for up-to-date AQI readings and statistics:

- www.airnow.gov
- National Weather Service and/or National Oceanic & Atmospheric Administration (NOAA) local weather service radar (www.noaa.gov or www.weather.com).

The FCASD CAT will utilize the tables on the following page as a guideline with regards to the AQI and recommendations for activity restrictions.



Air Quality Index (AQI)
Color Description Practice/Competition
Restriction Recommendations

0-50

Green

Good

Air quality is satisfactory and air pollution poses little or no risk.

51-100

Yellow

Moderate

Air quality is acceptable; however, student athletes with respiratory illnesses should be closely monitored.

101-150

Orange

Unhealthy for sensitive groups

Those student athletes with respiratory illnesses should be removed from outside activity.

150-200

Red

Unhealthy

Those student athletes with respiratory illnesses should be removed from outside activity. All other student athletes should be closely monitored.

201-300

Purple

Very Unhealthy

ALL student athletes should be removed from outside activity.

> 300

Maroon

Hazardous

ALL student athletes should be removed from outside activity.

The student athlete has the responsibility of reporting to the coach or trainer if they begin to feel ill even if the AQI does not register unhealthy.

The FCASD CAT will continually update the following people with regard to air quality and recommendations for outside activity:

- Game officials/umpires (if applicable); and
- participating team head coaches and athletic trainers (if applicable); and
- athletic director.

If the district has cancelled classes due to poor air quality, the CAT will consider this strongly when recommending the cancellation, postponement, or suspension of all games and other activities.

APPENDIX A: FORMS SECTION





FOX CHAPEL AREA SCHOOL DISTRICT PARENT WAIVER AND PHYSICAL FORMS

Welcome to this year's sports season for the Fox Chapel Area School District! We are glad you have made the decision to participate in the athletic program and look forward to seeing you on the court, field, gymnasium, or in the pool. This section contains important information and copies of the Comprehensive Evaluation (CIPPE) forms required by the Pennsylvania Interscholastic Athletic Association (PIAA) that must be completed online at fcasdathletics.org before trying out or participating on a team.

The PIAA requires all student athletes to submit completed documents that are included in this booklet prior to the first day of legal practice. Athletes must register online at the athletic department website, fcasdathletics.org, through FamilyID (www.familyid.com), to sign up for Fox Chapel Area sports programs and to complete the required documents.

Please note that all student athletes MUST turn in Sections 5 and 6 of the PIAA Comprehensive Initial Preparticipation Physical Evaluation (CIPEE) to the athletic office prior to participation in his/her sports offering. This section may be obtained from either the high school athletic office or by visiting www.fcsdathletics.org and "click" on Section 5 Health History and Section 6 Physical Form.

The Pennsylvania Interscholastic Athletic Association (PIAA) and Fox Chapel Area School District requires all student athletes complete and submit all sections of the CIPPE through FamilyID (www.familyid.com) prior to the first day of legal practice.

Please be aware your son or daughter will not be permitted to try out or practice until he/she has registered online and completed and submitted all sections of the CIPPE.

Any athlete and family who does not have Internet access should call (412) 967-2421 to make arrangements to complete the online registration process at the athletic office located at the high school. For help in completing the online registration, contact the Fox Chapel Area athletic office at (412) 967-2421 or contact FamilyID for assistance.

CIPPE forms must be completed on or after June 1 for the fall athletic season and are good for the entire school year. There are no make-up dates for physicals provided by the Fox Chapel Area School District. Only a private Authorized Medical Examiner (AME) or the school physician is permitted to administer preparticipation examinations. Assigned times for school physicals can be found online at www.fcsdathletics.org.

Section 1... Personal and Emergency Information and Insurance Waiver

Section 2... Certification of Parent Guardian

Section 3... Concussion and Traumatic Brain Injury

Section 4... Sudden Cardiac Arrest Symptoms and Warning Signs

Section 5... Health History

Section 6... Physical Examination Form

Section 7... Recertification by Parent/Guardian (This section only needs to be completed if your child plans to play more than one sport during the school year.)

Section 8... Certification by Licensed Physician of Medicine or Osteopathic Medicine (medical clearance following illness/injury)

- HIPPA Form



CHECKLIST

Please complete and submit the following sections available on the athletic department website, fcasdathletics.org, through the district's online registration system, familyid.com, prior to try-outs and the first practice. All sections must be completed or students will not be permitted to participate.

ALL ATHLETES MUST SUBMIT THE FOLLOWING SECTIONS ONLINE:

- ☐ Athletic Handbook Acknowledgement
- ☐ Authorization for Release of Medical Information
- ☐ Use of Social Networking Sites
- ☐ Understanding the Risk of Concussion and Traumatic Brain Injury
- ☐ Understanding of Sudden Cardiac Arrest Symptoms
- ☐ Permission to Administer Emergency Medical Care
- ☐ Permission to use name, likeness, and athletic information
- ☐ Understanding of PIAA Eligibility Rules
- ☐ Disclosure of Records Needed to Determine Eligibility

ATHLETES WHO PARTICIPATE IN MORE THAN ONE SPORT PER SCHOOL YEAR MUST ALSO INCLUDE:

- ☐ CIPPE Re-Certification must be completed through the district's online registration system, FamilyID (signed by student athlete and parent/guardian when the athlete is playing for than one sport in the same school year).

ALL STUDENT ATHLETES MUST TURN IN SECTIONS 5 AND 6 OF THE PIAA CIPEE FORM:

- ☐ Student athletes MUST turn in Sections 5 and 6 of the PIAA CIPEE form to the athletic office prior to participation in his/her sports offering. This section may be obtained from either the high school athletic office or by visiting www.fcasdathletics.org and "click" on Section 5 Health History and Section 6 Physical Form. This form must be signed by an Authorized Medical Examiner (AME) at an examination conducted at the school by the district's physician or by an athlete's private physician.

****Additional information and forms may be found at www.fcasdathletics.org or in the athletic office.***



FOX CHAPEL AREA SCHOOL DISTRICT DEPARTMENT OF ATHLETICS AUTHORIZATION FOR RELEASE OF MEDICAL INFORMATION

I, _____, understand and agree that others may assist or participate in providing medical care to my child. In order to be able to provide appropriate care to my child, medical information may need to be shared with caregivers other than the treating physician. This may include, but may not be limited to the team/school physician, resident or student physicians, school nurse, school athletic trainer, student athletic trainers, and licensed physical therapists.

In the space below, please provide the requested information about your son/daughter and yourself.

_____ Student's Name	_____ Date of Birth	
_____ Home Address	_____ City/State	_____ Zip Code
_____ Parent/Guardian	_____ Phone	_____ E-mail

Required Signatures:

By signing below, I am permitting the treating physician or therapist to discuss any and all necessary information pertaining to my child's overall health and well-being with those associated with the Fox Chapel Area Athletic Program. This may include, but is not limited to the team/school physician, school nurse, athletic trainer, coaches, and athletic director.

_____ Parent/Guardian Signature	_____ Date
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**PIAA COMPREHENSIVE INITIAL
PRE-PARTICIPATION PHYSICAL EVALUATION**



INITIAL EVALUATION: 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 Comprehensive Initial Pre-Participation Physical Evaluation (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 (AME), those Sections must be turned in to the Principal, or the Principal's designee, of the student's school 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.

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 Principal, or Principal's designee, of his or her school. The Principal, or the Principal's designee, will then determine whether Section 8 need be completed.

SECTION 1: PERSONAL AND EMERGENCY INFORMATION

PERSONAL INFORMATION

Student's Name _____ Male/Female (circle one)

Date of Student's Birth: ____/____/____ Age of Student on Last Birthday: ____ Grade for Current School Year: ____

Current Physical Address _____

Current Home Phone # () _____ Parent/Guardian Current Cellular Phone # () _____

Fall Sport(s): _____ Winter Sport(s): _____ Spring Sport(s): _____

EMERGENCY INFORMATION

Parent's/Guardian's Name _____ Relationship _____

Address _____ Emergency Contact Telephone # () _____

Secondary Emergency Contact Person's Name _____ Relationship _____

Address _____ Emergency Contact Telephone # () _____

Medical Insurance Carrier _____ Policy Number _____

Address _____ Telephone # () _____

Family Physician's Name _____, MD or DO (circle one)

Address _____ Telephone # () _____

Student's Allergies _____

Student's Health Condition(s) of Which an Emergency Physician Should be Aware _____

Student's Prescription Medications _____

SECTION 2: CERTIFICATION OF PARENT/GUARDIAN

The student's parent/guardian must complete all parts of this form.

A. I hereby give my consent for _____ born on _____ who turned _____ on his/her last birthday, a student of _____ School and a resident of the _____ public school district, to participate in Practices, Inter-School Practices, Scrimmages, and/or Contests during the 20____ - 20____ school year in the sport(s) as indicated by my signature(s) following the name of the said sport(s) approved below.

Fall Sports	Signature of Parent or Guardian
Cross Country	
Field Hockey	
Football	
Golf	
Soccer	
Girls' Tennis	
Girls' Volleyball	
Water Polo	
Other	

Winter Sports	Signature of Parent or Guardian
Basketball	
Bowling	
Competitive Spirit Squad	
Girls' Gymnastics	
Rifle	
Swimming and Diving	
Track & Field (Indoor)	
Wrestling	
Other	

Spring Sports	Signature of Parent or Guardian
Baseball	
Boys' Lacrosse	
Girls' Lacrosse	
Softball	
Boys' Tennis	
Track & Field (Outdoor)	
Boys' Volleyball	
Other	

B. Understanding of eligibility rules: I hereby acknowledge that I am familiar with the requirements of PIAA concerning the eligibility of students at PIAA member schools to participate in Inter-School Practices, Scrimmages, and/or Contests involving PIAA member schools. Such requirements, which are posted on the PIAA Web site at www.piaa.org, include, but are not necessarily limited to age, amateur status, school attendance, health, transfer from one school to another, season and out-of-season rules and regulations, semesters of attendance, seasons of sports participation, and academic performance.

Parent's/Guardian's Signature _____ Date ____/____/____

C. Disclosure of records needed to determine eligibility: To enable PIAA to determine whether the herein named student is eligible to participate in interscholastic athletics involving PIAA member schools, I hereby consent to the release to PIAA of any and all portions of school record files, beginning with the seventh grade, of the herein named student specifically including, without limiting the generality of the foregoing, birth and age records, name and residence address of parent(s) or guardian(s), residence address of the student, health records, academic work completed, grades received, and attendance data.

Parent's/Guardian's Signature _____ Date ____/____/____

D. Permission to use name, likeness, and athletic information: I consent to PIAA's use of the herein named student's name, likeness, and athletically related information in video broadcasts and re-broadcasts, webcasts and reports of Inter-School Practices, Scrimmages, and/or Contests, promotional literature of the Association, and other materials and releases related to interscholastic athletics.

Parent's/Guardian's Signature _____ Date ____/____/____

E. Permission to administer emergency medical care: I consent for an emergency medical care provider to administer any emergency medical care deemed advisable to the welfare of the herein named student while the student is practicing for or participating in Inter-School Practices, Scrimmages, and/or Contests. Further, this authorization permits, if reasonable efforts to contact me have been unsuccessful, physicians to hospitalize, secure appropriate consultation, to order injections, anesthesia (local, general, or both) or surgery for the herein named student. I hereby agree to pay for physicians' and/or surgeons' fees, hospital charges, and related expenses for such emergency medical care. I further give permission to the school's athletic administration, coaches and medical staff to consult with the Authorized Medical Professional who executes Section 6 regarding a medical condition or injury to the herein named student.

Parent's/Guardian's Signature _____ Date ____/____/____

F. CONFIDENTIALITY: The information on this CIPPE shall be treated as confidential by school personnel. It may be used by the school's athletic administration, coaches and medical staff to determine athletic eligibility, to identify medical conditions and injuries, and to promote safety and injury prevention. In the event of an emergency, the information contained in this CIPPE may be shared with emergency medical personnel. Information about an injury or medical condition will not be shared with the public or media without written consent of the parent(s) or guardian(s).

Parent's/Guardian's Signature _____ Date ____/____/____

SECTION 3: UNDERSTANDING OF RISK OF CONCUSSION AND TRAUMATIC BRAIN INJURY

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.
- **The student should be evaluated.** A licensed physician of medicine or osteopathic medicine (MD or DO), 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 MD or DO, 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.

I hereby acknowledge that I am familiar with the nature and risk of concussion and traumatic brain injury while participating in interscholastic athletics, including the risks associated with continuing to compete after a concussion or traumatic brain injury.

Student's Signature _____ Date ____/____/____

I hereby acknowledge that I am familiar with the nature and risk of concussion and traumatic brain injury while participating in interscholastic athletics, including the risks associated with continuing to compete after a concussion or traumatic brain injury.

Parent's/Guardian's Signature _____ Date ____/____/____

SECTION 4: UNDERSTANDING OF SUDDEN CARDIAC ARREST SYMPTOMS AND WARNING SIGNS

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.

Act 59 – the Sudden Cardiac Arrest Prevention Act (the Act)

The Act is intended to keep student-athletes safe while practicing or playing. The requirements of the Act are:

Information about SCA symptoms and warning signs.

- Every student-athlete and their parent or guardian must read and sign this form. It must be returned to the school before participation in any athletic activity. A new form must be signed and returned each school year.
- Schools may *also* hold informational meetings. The meetings can occur before each athletic season. Meetings may include student-athletes, parents, coaches and school officials. Schools may also want to include doctors, nurses, and athletic trainers.

Removal from play/return to play

- Any student-athlete who has signs or symptoms of SCA must be removed from play. The symptoms can happen before, during, or after activity. Play includes all athletic activity.
- Before returning to play, the athlete must be evaluated. Clearance to return to play must be in writing. The evaluation must be performed by a licensed physician, certified registered nurse practitioner, or cardiologist (heart doctor). The licensed physician or certified registered nurse practitioner may consult any other licensed or certified medical professionals.

I have reviewed and understand the symptoms and warning signs of SCA.

_____ Signature of Student-Athlete	_____ Print Student-Athlete's Name	Date____/____/____
_____ Signature of Parent/Guardian	_____ Print Parent/Guardian's Name	Date____/____/____

SECTION 5: HEALTH HISTORY

Explain "Yes" answers at the bottom of this form.
Circle questions you don't know the answers to.

	Yes	No		Yes	No
1. Has a doctor ever denied or restricted your participation in sport(s) for any reason?	<input type="checkbox"/>	<input type="checkbox"/>	23. Has a doctor ever told you that you have asthma or allergies?	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you have an ongoing medical condition (like asthma or diabetes)?	<input type="checkbox"/>	<input type="checkbox"/>	24. Do you cough, wheeze, or have difficulty breathing DURING or AFTER exercise?	<input type="checkbox"/>	<input type="checkbox"/>
3. Are you currently taking any prescription or nonprescription (over-the-counter) medicines or pills?	<input type="checkbox"/>	<input type="checkbox"/>	25. Is there anyone in your family who has asthma?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you have allergies to medicines, pollens, foods, or stinging insects?	<input type="checkbox"/>	<input type="checkbox"/>	26. Have you ever used an inhaler or taken asthma medicine?	<input type="checkbox"/>	<input type="checkbox"/>
5. Have you ever passed out or nearly passed out DURING exercise?	<input type="checkbox"/>	<input type="checkbox"/>	27. Were you born without or are you missing a kidney, an eye, a testicle, or any other organ?	<input type="checkbox"/>	<input type="checkbox"/>
6. Have you ever passed out or nearly passed out AFTER exercise?	<input type="checkbox"/>	<input type="checkbox"/>	28. Have you had infectious mononucleosis (mono) within the last month?	<input type="checkbox"/>	<input type="checkbox"/>
7. Have you ever had discomfort, pain, or pressure in your chest during exercise?	<input type="checkbox"/>	<input type="checkbox"/>	29. Do you have any rashes, pressure sores, or other skin problems?	<input type="checkbox"/>	<input type="checkbox"/>
8. Does your heart race or skip beats during exercise?	<input type="checkbox"/>	<input type="checkbox"/>	30. Have you ever had a herpes skin infection?	<input type="checkbox"/>	<input type="checkbox"/>
9. Has a doctor ever told you that you have (check all that apply):			CONCUSSION OR TRAUMATIC BRAIN INJURY		
<input type="checkbox"/> High blood pressure <input type="checkbox"/> Heart murmur			31. Have you ever had a concussion (i.e. bell rung, ding, head rush) or traumatic brain injury?	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> High cholesterol <input type="checkbox"/> Heart infection			32. Have you been hit in the head and been confused or lost your memory?	<input type="checkbox"/>	<input type="checkbox"/>
10. Has a doctor ever ordered a test for your heart? (for example ECG, echocardiogram)	<input type="checkbox"/>	<input type="checkbox"/>	33. Do you experience dizziness and/or headaches with exercise?	<input type="checkbox"/>	<input type="checkbox"/>
11. Has anyone in your family died for no apparent reason?	<input type="checkbox"/>	<input type="checkbox"/>	34. Have you ever had a seizure?	<input type="checkbox"/>	<input type="checkbox"/>
12. Does anyone in your family have a heart problem?	<input type="checkbox"/>	<input type="checkbox"/>	35. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?	<input type="checkbox"/>	<input type="checkbox"/>
13. Has any family member or relative been disabled from heart disease or died of heart problems or sudden death before age 50?	<input type="checkbox"/>	<input type="checkbox"/>	36. Have you ever been unable to move your arms or legs after being hit or falling?	<input type="checkbox"/>	<input type="checkbox"/>
14. Does anyone in your family have Marfan syndrome?	<input type="checkbox"/>	<input type="checkbox"/>	37. When exercising in the heat, do you have severe muscle cramps or become ill?	<input type="checkbox"/>	<input type="checkbox"/>
15. Have you ever spent the night in a hospital?	<input type="checkbox"/>	<input type="checkbox"/>	38. Has a doctor told you that you or someone in your family has sickle cell trait or sickle cell disease?	<input type="checkbox"/>	<input type="checkbox"/>
16. Have you ever had surgery?	<input type="checkbox"/>	<input type="checkbox"/>	39. Have you had any problems with your eyes or vision?	<input type="checkbox"/>	<input type="checkbox"/>
17. Have you ever had an injury, like a sprain, muscle, or ligament tear, or tendonitis, which caused you to miss a Practice or Contest? If yes, circle affected area below:	<input type="checkbox"/>	<input type="checkbox"/>	40. Do you wear glasses or contact lenses?	<input type="checkbox"/>	<input type="checkbox"/>
18. Have you had any broken or fractured bones or dislocated joints? If yes, circle below:	<input type="checkbox"/>	<input type="checkbox"/>	41. Do you wear protective eyewear, such as goggles or a face shield?	<input type="checkbox"/>	<input type="checkbox"/>
19. Have you had a bone or joint injury that required x-rays, MRI, CT, surgery, injections, rehabilitation, physical therapy, a brace, a cast, or crutches? If yes, circle below:	<input type="checkbox"/>	<input type="checkbox"/>	42. Are you unhappy with your weight?	<input type="checkbox"/>	<input type="checkbox"/>
			43. Are you trying to gain or lose weight?	<input type="checkbox"/>	<input type="checkbox"/>
Head Neck Shoulder Upper arm Elbow Forearm Hand/ Fingers Ankle Chest			44. Has anyone recommended you change your weight or eating habits?	<input type="checkbox"/>	<input type="checkbox"/>
Upper back Lower back Hip Thigh Knee Calf/shin Foot/ Toes			45. Do you limit or carefully control what you eat?	<input type="checkbox"/>	<input type="checkbox"/>
20. Have you ever had a stress fracture?	<input type="checkbox"/>	<input type="checkbox"/>	46. Do you have any concerns that you would like to discuss with a doctor?	<input type="checkbox"/>	<input type="checkbox"/>
21. Have you been told that you have or have you had an x-ray for atlantoaxial (neck) instability?	<input type="checkbox"/>	<input type="checkbox"/>	FEMALES ONLY		
22. Do you regularly use a brace or assistive device?	<input type="checkbox"/>	<input type="checkbox"/>	47. Have you ever had a menstrual period?	<input type="checkbox"/>	<input type="checkbox"/>
			48. How old were you when you had your first menstrual period?	_____	_____
			49. How many periods have you had in the last 12 months?	_____	_____
			50. Are you pregnant?	<input type="checkbox"/>	<input type="checkbox"/>

#'s	Explain "Yes" answers here:

I hereby certify that to the best of my knowledge all of the information herein is true and complete.

Student's Signature _____ Date ____/____/____

I hereby certify that to the best of my knowledge all of the information herein is true and complete.

Parent's/Guardian's Signature _____ Date ____/____/____

SECTION 6: PIAA COMPREHENSIVE INITIAL PRE-PARTICIPATION PHYSICAL EVALUATION AND CERTIFICATION OF AUTHORIZED MEDICAL EXAMINER

Must be completed and signed by the Authorized Medical Examiner (AME) performing the herein named student's comprehensive initial pre-participation physical evaluation (CIPPE) and turned in to the Principal, or the Principal's designee, of the student's school.

Student's Name _____ Age _____ Grade _____

Enrolled in _____ School Sport(s) _____

Height _____ Weight _____ % Body Fat (optional) _____ Brachial Artery BP _____ / _____ (_____ / _____ , _____ / _____) RP _____

If either the brachial artery blood pressure (BP) or resting pulse (RP) is above the following levels, further evaluation by the student's primary care physician is recommended.

Age 10-12: BP: >126/82, RP: >104; **Age 13-15:** BP: >136/86, RP >100; **Age 16-25:** BP: >142/92, RP >96.

Vision: R 20/ _____ L 20/ _____ Corrected: YES NO (circle one) Pupils: Equal _____ Unequal _____

MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance		
Eyes/Ears/Nose/Throat		
Hearing		
Lymph Nodes		
Cardiovascular		<input type="checkbox"/> Heart murmur <input type="checkbox"/> Femoral pulses to exclude aortic coarctation <input type="checkbox"/> Physical stigmata of Marfan syndrome
Cardiopulmonary		
Lungs		
Abdomen		
Genitourinary (males only)		
Neurological		
Skin		
MUSCULOSKELETAL	NORMAL	ABNORMAL FINDINGS
Neck		
Back		
Shoulder/Arm		
Elbow/Forearm		
Wrist/Hand/Fingers		
Hip/Thigh		
Knee		
Leg/Ankle		
Foot/Toes		

I hereby certify that I have reviewed the HEALTH HISTORY, performed a comprehensive initial pre-participation physical evaluation of the herein named student, and, on the basis of such evaluation and the student's HEALTH HISTORY, certify that, except as specified below, the student is physically fit to participate in Practices, Inter-School Practices, Scrimmages, and/or Contests in the sport(s) consented to by the student's parent/guardian in Section 2 of the PIAA Comprehensive Initial Pre-Participation Physical Evaluation form:

☐ **CLEARED** ☐ **CLEARED**, with recommendation(s) for further evaluation or treatment for: _____

☐ **NOT CLEARED** for the following types of sports (please check those that apply):

☐ COLLISION ☐ CONTACT ☐ NON-CONTACT ☐ STRENUOUS ☐ MODERATELY STRENUOUS ☐ NON-STRENUOUS

Due to _____

Recommendation(s)/Referral(s) _____

AME's Name (print/type) _____ License # _____

Address _____ Phone () _____

AME's Signature _____ MD, DO, PAC, CRNP, or SNP (circle one) Authorized Date of CIPPE ____/____/____

SECTION 7: RE-CERTIFICATION BY PARENT/GUARDIAN

This form must be completed not earlier than six weeks prior to the first Practice day of the sport(s) in the sports season(s) identified herein by the parent/guardian of any student who is seeking to participate in Practices, Inter-School Practices, Scrimmages, and/or Contests in all subsequent sport seasons in the same school year. The Principal, or the Principal's designee, of the herein named student's school must review the SUPPLEMENTAL HEALTH HISTORY.

If any SUPPLEMENTAL HEALTH HISTORY questions are either checked yes or circled, the herein named student shall submit a completed Section 8, Re-Certification by Licensed Physician of Medicine or Osteopathic Medicine, to the Principal, or Principal's designee, of the student's school.

SUPPLEMENTAL HEALTH HISTORY

Student's Name _____ Male/Female (circle one)

Date of Student's Birth: ____/____/____ Age of Student on Last Birthday: ____ Grade for Current School Year: ____

Winter Sport(s): _____ Spring Sport(s): _____

CHANGES TO PERSONAL INFORMATION (In the spaces below, identify any changes to the Personal Information set forth in the original Section 1: PERSONAL AND EMERGENCY INFORMATION):

Current Home Address _____

Current Home Telephone # () _____ Parent/Guardian Current Cellular Phone # () _____

CHANGES TO EMERGENCY INFORMATION (In the spaces below, identify any changes to the Emergency Information set forth in the original Section 1: PERSONAL AND EMERGENCY INFORMATION):

Parent's/Guardian's Name _____ Relationship _____

Address _____ Emergency Contact Telephone # () _____

Secondary Emergency Contact Person's Name _____ Relationship _____

Address _____ Emergency Contact Telephone # () _____

Medical Insurance Carrier _____ Policy Number _____

Address _____ Telephone # () _____

Family Physician's Name _____, MD or DO (circle one)

Address _____ Telephone # () _____

SUPPLEMENTAL HEALTH HISTORY:

Explain "Yes" answers at the bottom of this form.
Circle questions you don't know the answers to.

- | | Yes | No | | | Yes | No |
|--|--------------------------|--------------------------|--|--|--------------------------|--------------------------|
| 1. Since completion of the CIPPE, have you sustained an illness and/or injury that required medical treatment from a licensed physician of medicine or osteopathic medicine? | <input type="checkbox"/> | <input type="checkbox"/> | | 4. Since completion of the CIPPE, have you experienced any episodes of unexplained shortness of breath, wheezing, and/or chest pain? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Since completion of the CIPPE, have you had a concussion (i.e. bell rung, ding, head rush) or traumatic brain injury? | <input type="checkbox"/> | <input type="checkbox"/> | | 5. Since completion of the CIPPE, are you taking any NEW prescription medicines or pills? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Since completion of the CIPPE, have you experienced dizzy spells, blackouts, and/or unconsciousness? | <input type="checkbox"/> | <input type="checkbox"/> | | 6. Do you have any concerns that you would like to discuss with a physician? | <input type="checkbox"/> | <input type="checkbox"/> |

#s	Explain "Yes" answers here:

I hereby certify that to the best of my knowledge all of the information herein is true and complete.

Student's Signature _____ Date ____/____/____

I hereby certify that to the best of my knowledge all of the information herein is true and complete.

Parent's/Guardian's Signature _____ Date ____/____/____

Section 8: Re-CERTIFICATION BY LICENSED PHYSICIAN OF MEDICINE OR OSTEOPATHIC MEDICINE

This Form must be completed for any student who, subsequent to completion of Sections 1 through 6 of this CIPPE Form, required medical treatment from a licensed physician of medicine or osteopathic medicine. This Section 8 may be completed at any time following completion of such medical treatment. Upon completion, the Form must be turned in to the Principal, or the Principal's designee, of the student's school, who, pursuant to ARTICLE X, LOCAL MANAGEMENT AND CONTROL, Section 2, Powers and Duties of Principal, subsection C, of the PIAA Constitution, shall "exclude any contestant who has suffered serious illness or injury until that contestant is pronounced physically fit by the school's licensed physician of medicine or osteopathic medicine, or if none is employed, by another licensed physician of medicine or osteopathic medicine."

NOTE: The physician completing this Form must first review Sections 5 and 6 of the herein named student's previously completed CIPPE Form. Section 7 must also be reviewed if both (1) this Form is being used by the herein named student to participate in Practices, Inter-School Practices, Scrimmages, and/or Contests in a subsequent sport season in the same school year AND (2) the herein named student either checked yes or circled any Supplemental Health History questions in Section 7.

If the physician completing this Form is clearing the herein named student subsequent to that student sustaining a concussion or traumatic brain injury, that physician must be sufficiently familiar with current concussion management such that the physician can certify that all aspects of evaluation, treatment, and risk of that injury have been thoroughly covered by that physician.

Student's Name: _____ Age _____ Grade _____

Enrolled in _____ School _____

Condition(s) Treated Since Completion of the Herein Named Student's CIPPE Form: _____

A. GENERAL CLEARANCE: Absent any illness and/or injury, which requires medical treatment, subsequent to the date set forth below, I hereby authorize the above-identified student to participate for the remainder of the current school year in additional interscholastic athletics with no restrictions, except those, if any, set forth in Section 6 of that student's CIPPE Form.

Physician's Name (print/type) _____ License # _____

Address _____ Phone () _____

Physician's Signature _____ MD or DO (*circle one*) Date _____

B. LIMITED CLEARANCE: Absent any illness and/or injury, which requires medical treatment, subsequent to the date set forth below, I hereby authorize the above-identified student to participate for the remainder of the current school year in additional interscholastic athletics with, in addition to the restrictions, if any, set forth in Section 6 of that student's CIPPE Form, the following limitations/restrictions:

1. _____
2. _____
3. _____
4. _____

Physician's Name (print/type) _____ License # _____

Address _____ Phone () _____

Physician's Signature _____ MD or DO (*circle one*) Date _____

Section 9: CIPPE MINIMUM WRESTLING WEIGHT

INSTRUCTIONS

Pursuant to the Weight Control Program adopted by PIAA, prior to the participation by any student in interscholastic wrestling, the Minimum Wrestling Weight (MWW) at which the student may wrestle during the season must be (1) certified to by an Authorized Medical Examiner (AME) and (2) established NO EARLIER THAN six weeks prior to the first Regular Season Contest day of the wrestling season and NO LATER THAN the Monday preceding the first Regular Season Contest day of the wrestling season (See NOTE 1). This certification shall be provided to and maintained by the student's Principal, or the Principal's designee.

In certifying to the MWW, the AME shall first make a determination of the student's Urine Specific Gravity/Body Weight and Percentage of Body Fat, or shall be given that information from a person authorized to make such an assessment ("the Assessor"). This determination shall be made consistent with National Federation of State High School Associations (NFHS) Wrestling Rule 1, Competition, Section 3, Weight-Control Program, which requires, in relevant part, hydration testing with a specific gravity not greater than 1.025, and an immediately following body fat assessment, as determined by the National Wrestling Coaches Association (NWCA) Optimal Performance Calculator (OPC) (together, the "Initial Assessment").

Where the Initial Assessment establishes a percentage of body fat below 7% for a male or 12% for a female, the student must obtain an AME's consent to participate.

For all wrestlers, the MWW must be certified to by an AME.

Student's Name _____ Age _____ Grade _____
Enrolled in _____ School _____

INITIAL ASSESSMENT

I hereby certify that I have conducted an Initial Assessment of the herein named student consistent with the NWCA OPC, and have determined as follows:

Urine Specific Gravity/Body Weight _____ / _____ Percentage of Body Fat _____ MWW _____

Assessor's Name (print/type) _____ Assessor's I.D. # _____

Assessor's Signature _____ Date ____/____/____

CERTIFICATION

Consistent with the instructions set forth above and the Initial Assessment, I have determined that the herein named student is certified to wrestle at the MWW of _____ during the 20____ - 20____ wrestling season.

AME's Name (print/type) _____ License # _____

Address _____ Phone () _____

AME's Signature _____ MD, DO, PAC, CRNP, or SNP Date of Certification ____/____/____
(circle one)

For an appeal of the Initial Assessment, see NOTE 2.

NOTES:

1. For senior high school wrestlers coming out for the Team AFTER the Monday preceding the first Regular Season Contest day of the wrestling season the OPC will remain open until January 15th and for junior high/middle school wrestlers coming out for the Team AFTER the Monday preceding the first Regular Season Contest day of the wrestling season the OPC will remain open all season.
2. Any athlete who disagrees with the Initial Assessment may appeal the assessment results one time by having a second assessment, which shall be performed prior to the athlete's first Regular Season wrestling Contest and shall be consistent with the athlete's weight loss (descent) plan. Pursuant to the foregoing, results obtained at the second assessment shall supersede the Initial Assessment; therefore, no further appeal by any party shall be permitted. The second assessment shall utilize either Air Displacement Plethysmography (Bod Pod) or Hydrostatic Weighing testing to determine body fat percentage. The urine specific gravity testing shall be conducted and the athlete must obtain a result of less than or equal to 1.025 in order for the second assessment to proceed. All costs incurred in the second assessment shall be the responsibility of those appealing the Initial Assessment.



USE OF SOCIAL NETWORKING SITES

As representatives of the Fox Chapel Area School District, student athletes should remember that they are held to a high standard of behavior. You are expected to portray yourself, your team, and the Fox Chapel Area School District in a positive manner at all times. This specifically includes any activity conducted on social networking sites such as Facebook, Twitter, Snapchat, Instagram, and YouTube, etc. While FCASD Athletics supports and encourages your freedom of expression and other First Amendment rights, we are concerned about the safety and well being of you and of all of our student athletes. Therefore, any online postings must be consistent with federal and state laws, and team, school/athletic department, and/or PIAA rules and policies. This includes the following guidelines:

1. Before participating in any online community, be aware that anything posted online is available to anyone in the world the moment it is posted, regardless of whether you limit access to your site or post under an assumed name. Information posted on the internet (including pictures, videos, and comments) will likely be accessible even after you remove it.
 2. Remember that what you post may affect your future. Many colleges, employers, and graduate school admissions officers review social networking sites as part of their overall evaluation of an applicant. Carefully consider how you want people to perceive you before you give them a chance to misinterpret something you have posted to the internet.
 3. Do not post any information, photos, or other items online that could embarrass you, your family, your team, the athletic department, or the Fox Chapel Area School District. Posts from school property and/or during an event that can be considered inappropriate or perceived as an offensive, embarrassing, or an illegal activity may result in disciplinary action. This includes, but is not limited to, information, photos, quotes, and other items that may be tagged to you from another user.
 4. If you have a grievance or an issue with a teacher, administrator, coach, a teammate, another student, or with anyone at the school, there are avenues available to you for addressing those issues. You are encouraged to use those means for addressing your issues and concerns. Online posts that are disrespectful to teammates, other students, coaches, teachers, or administrators may result in disciplinary actions.
 5. Do not add a "friend" unless it is someone you actually know.
 6. In order to minimize the potential of being stalked, assaulted, or otherwise victimized by criminal activity, limit the amount of personal information you post, and in particular, avoid posting information regarding your current whereabouts or future plans.
 7. Do not post any information that would violate school district, athletic department, and team rules or policies and/or federal or state laws.
 8. You must fully adhere to any team rules prohibiting or regulating postings on social networking sites during your team's playing season. Coaches have been given authority to impose such limits during the playing season and/or academic year.
 9. The school's administration or head coach may impose sanctions that could range from notice to remove the posting or photo from your social networking site to dismissal from the team.
- You must fully adhere to any team rules prohibiting or regulating postings on social networking sites during your team's playing season. Coaches have been given authority to impose such limits during the playing season and/or academic year.

• I acknowledge that I have been provided with the opportunity to read, review, & ask questions about this information.

Name (Please print)

Sport

Signature

Date

Name of Parent/Guardian (Please print)

Signature

Date



FOX CHAPEL AREA HIGH SCHOOL ATHLETIC TRAVEL RELEASE FORM

This is to certify that _____ (student's name) has my
permission to ride from the _____ (sport) athletic contest
on _____ (date) from _____ (location of contest)
with _____ .

I certify that I am personally transporting the above-named student.

(Signature of Parent/Guardian)

The adult responsible for transportation must personally see the advisor or coach in charge when taking a student following an event prior to a student leaving with the adult.

I understand that the Fox Chapel Area School District's athletic rules requires a student to ride the buses to and from all athletic events and departure from this requirement will release the Fox Chapel Area School District from all liability for any adverse results which may occur.

I agree to release the Fox Chapel Area School District and its employees and officers from all liability with reference to the above stated transportation.

This form must be signed by the athletic director or head coach prior to departure from Fox Chapel Area. The head coach must retain this form.

Signature of Parent or Guardian

Signature of Head Coach

Signature of Athletic Director