

**Forest Area
School District**

Athletic Handbook

Board Approved 7/18/2013

East Forest Athletic Program

Nickname: Bears District : Fires
Colors: Black and Orange District: Black and Gold
PIAA District:
PIAA Classification:
Website: www.forestareaschools.org

Sports Offered: Grades 9-12

FALL

Cross Country – Co-op
Golf – District
Boys Soccer – District
(Clarion)
Girls Soccer – District
Volleyball – District
Football - Kane

WINTER

Girls JV/Varsity Basketball
Boys JV/Varsity Basketball
Cheerleading

SPRING

Softball
Baseball
Track – Co-op (N.

Sports Offered: Grades 7-8

FALL

Golf
Soccer
Football (Co-op with Kane)

WINTER

Girls Basketball
Boys Basketball

SPRING

Volleyball

Team Selection

Each coach is given the autonomy to make cuts. Prior to the season, the coach must inform the team if there will be cuts. The coach will clearly define the criteria that will be used to evaluate each student-athlete trying out for the team, and providing a time frame for the team tryouts. Tryouts must be a minimum of at least 2 practices.

Scrimmages and Games

Teams are permitted to have only two varsity interscholastic scrimmages per season. Scores of scrimmages will not count towards regular season record. The number of regular competitions may not exceed the maximum allowed by PIAA. This number varies per sport.

West Forest Athletic Program

Nickname: Indians District : Fires
Colors: Blue and Gold District: Black and Gold
PIAA District: 9
PIAA Classification: A
Website: www.forestareaschools.org

Sports Offered: Grades 9-12

FALL

Cross Country – Co-op (N. Clarion)
Golf – District
Boys Soccer – District
Co-op (N. Clarion)
Girls Soccer – District
Volleyball - District

WINTER

Girls JV/Varsity Basketball
Boys JV/Varsity Basketball
Cheerleading

SPRING

Softball
Baseball
Track

Sports Offered: Grades 7-8

FALL

Golf
Soccer

WINTER

Girls Basketball
Boys Basketball

SPRING

Volleyball

Team Selection

Each coach is given the autonomy to make cuts. Prior to the season, the coach must inform the team if there will be cuts. The coach will clearly define the criteria that will be used to evaluate each student-athlete trying out for the team, and providing a time frame for the team tryouts. Tryouts must be a minimum of at least 2 practices.

Scrimmages and Games

Teams are permitted to have only two varsity interscholastic scrimmages per season. Scores of scrimmages will not count towards regular season record. The number of regular competitions may not exceed the maximum allowed by PIAA. This number varies per sport.

EDUCATIONAL PHILOSOPHY/MISSION

Mission Statement

Forest Area School District creates a foundation for life-long learners prepared to excel in a diverse world. **PREPARE TO EXCEL**

SHARED VALUES

The District recognizes that:

- All students have the potential to be contributing citizens through their achievements and will instill positive behaviors which encourage respect for self and others.
- All actions will instill a collaborative attitude among students, faculty, and staff focused on engaging family and the community in reaching the highest levels of success for students.
- Our schools will be a safe, welcoming and productive environment.
- In order to maximize learning potential, individual and diverse learning approaches will be utilized.

To the Parent

This material is presented to you because your daughter or son has indicated a desire to participate in scholastic athletics and you have expressed your willingness to permit her/him to compete. Your family's interest in this phase of our school program is gratifying. We believe that participation in sports provides a wealth of opportunities and experiences that assists students in personal adjustments.

We, who are concerned with the educational development of boys and girls through athletics, feel that properly controlled, well-organized sports program meets with the students' needs of self-expression, mental alertness and physical growth. It is our hope to maintain a program that is sound in purpose and will further each student's educational maturity.

To the Athlete

Participating as a member of a Forest Area School District athletic team is the fulfillment of an ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight; it takes the hard work of many people over many years. As a member of an interscholastic squad in the Forest Area School District, you have inherited a wonderful tradition, a tradition you are challenged to uphold. It will not be easy to contribute to such a great athletic tradition. When you wear the colors of our school, we assume that you not only understand our traditions, but are willing to assume the responsibilities that go with them.

- 1. RESPONSIBILITIES TO YOU:** The most important of these responsibilities is to broaden yourself and develop strength of character. You owe it to yourself to get the greatest possible good from your High School experiences. Your academic studies, your participation in other extracurricular activities as well as sports, prepare you for your life as an adult.
- 2. RESPONSIBILITIES TO YOUR SCHOOL:** Another responsibility you assume as a squad member is to your school. Forest Area School District cannot maintain its position as an outstanding district unless you do your best in whatever activity you wish to engage. By participating in athletics to maximum of your ability,

you are contributing to the reputation of your school. You assume a leadership role when you are on the athletic squad. The student body, our community and other communities judge our school by your conduct and attitudes, both on and off the field of play. Because of this leadership role, you can contribute greatly to your school spirit and community pride. Make Forest Area School District proud of you, and your community proud of your school, by your faithful exemplification of these details.

- 3. RESPONSIBILITIES TO OTHERS:** As a squad member you also bear a responsibility to your home. If you never give your parents anything to be ashamed of, you will have measured up to the ideal. When you know in your heart that you have lived up to all the team expectations, that you have practiced to the best of your ability everyday, and that you have played the game “all out” you can keep your self-respect and your family can be justly proud of you. The younger students in the schools are watching you. They will copy you in many ways. Do not do anything to let them down. Set good examples for them.

Philosophy of Forest Area Athletics

Interscholastic athletics are an extension of the basic educational program of Forest Area School District. As such, they provide the individual student with the privilege of participating on a more competitive level than afforded by physical education classes or intramural programs.

Athletics provide the student with the opportunity to develop mental and physical skills, discipline, and with the opportunity to strive for individual and group achievement and recognition. The athlete learns to appreciate the value of rules, authority, and fair play.

An active effort on the part of the coaching staff will make athletics a true learning experience and the goals of athletics will remain basic, rather than incidental, objectives

Objectives of the Forest Area School District Athletic Program

The major objectives of the athletic program in the FASD are:

1. To provide a quality athletic program for the students of the Forest Area School District.
2. To develop in each participant the group ideals of good sportsmanship, fair competition, and team play, as well as the individual ideals of self-sacrifice and self-denial.
3. To develop such desirable qualities of citizenship as: a sense of responsibility, respect for authority, leadership, and respect for the rights of property of others.
4. To foster the development of student morale and school spirit.
5. To provide athletes with an opportunity to reach their educational, personal and athletic potential.

SPORTSMANSHIP

GOOD SPORTSMANSHIP IS EVERYONE'S RESPONSIBILITY

Below are guidelines and fundamentals of good sportsmanship that parents and student athletes should review together. They give us a roadmap to follow on a journey toward a more educational atmosphere for interscholastic athletes.

Athletic events are always among the most popular activities for participants and spectators, and these contests provide another learning experience. Integrity, fairness and respect, and the principles of good sportsmanship are lifetime values taught through athletics. With them, the spirit of the competition thrives, fueled by honest rivalry, courteous relations and graceful acceptance of the results.

The role of the parent in the education of a youngster cannot be overestimated. The support shown in the home is often manifested in the ability of the student to accept the opportunities presented at school, in the classroom and through co-curricular activities.

Parents have a major influence on their youngster's attitude about academics and athletics. The leadership role parents take in sportsmanship will help influence their child, and the community, for years to come.

There is a value system – established in the home, nurtured in the school – which young people are developing. Their involvement in the classroom and other activities contributes to that development.

FASD is a part of and in support of the PIAA program called "SPORTSMANSHIP: The Only Missing Piece Is You!" This is a program designed to positively change behavior in our schools and reinforce and reward the need for sportsmanship as one of the values taught through educational athletics.

A good sport, whether a student or a parent, is a true leader within the school and our community. Parents' and students' sportsmanship goals should include:

- Realizing that athletics are part of the educational experience, and the benefits of involvement go beyond the final score of a Contest;
- Encouraging our students to perform their best, just as we would urge them on with their class work, knowing that others will always turn in better or lesser performances;
- Participating in positive cheers that encourage our athletes; and discouraging any cheer that would redirect that focus;
- Learning, understanding, and respecting the rules of the Contest, the officials who administer them and their decisions;
- Respecting the task our coaches face as teachers; and supporting them as they strive to educate our youth;
- Respecting each official and realizing they are an essential part of every Contest;
- Respecting our opponents as students, and acknowledging them for striving to do their best;
- Developing a sense of dignity under all circumstances;
- Being a FAN... not a fanatic!

Parents and student athletes are spokespersons for our school when attending an athletic, or any co-curricular event. Family and friends, opposing fans, the local community and the media, view your actions. Your display of good sportsmanship will show the most positive things about you and our school; and hopefully remind us that sport is meant to be fun. Negative displays by students and parents will be addressed by school official with disciplinary actions assigned as needed in order to maintain a positive environment for all.

Have a great school year!

FUNDAMENTALS OF GOOD SPORTSMANSHIP

1. GAIN AN UNDERSTANDING AND APPRECIATION FOR THE RULES OF THE CONTEST.
2. EXERCISE REPRESENTATIVE BEHAVIOR AT ALL TIMES.
3. RECOGNIZE AND APPRECIATE SKILLED PERFORMANCES OF BOTH THE HOME AND VISITING TEAMS.
4. EXHIBIT RESPECT FOR OFFICIALS.
5. OPENLY DISPLAY A RESPECT FOR THE OPPONENT AT ALL TIMES.
6. DISPLAY PRIDE IN YOUR ACTIONS AT EVERY OPPORTUNITY.

REMEMBER

SPORTSMANSHIP, THE ONLY MISSING PIECE IS YOU!

FOREST AREA ELIGIBILITY POLICY

The Forest Area School District shall follow the student eligibility requirements as put forth in the P.I.A.A. Handbook, **See Appendix A**. As you know, the P.I.A.A. is the governing organization of interscholastic sports for the state of Pennsylvania and the requirements quoted below are consistent with the requirements that will be followed by our fellow competitors. They read as follows:

Section 1: To be eligible for interscholastic athletic competition, a pupil 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 local school board. The pupil must be passing at least four full-credit subjects, or the equivalent. Eligibility shall be cumulative from the beginning of a grading period, shall be reported on a weekly basis, and shall be filed in the principal's office. In cases where 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, he shall be ineligible from the immediately following Sunday through the Saturday immediately following the next Friday as of which his cumulative work from the beginning of the grading period meets the standards provided for in this section. Where a school is closed on a Friday for any reason the principal may, at his election, determine whether the student as of that day meets the standards provided for in this section

SECTION 2: In order to be eligible for interscholastic athletics, a pupil must have passed at least four full-credit subjects, or the equivalent, during the previous grading period, except as provided in Section 5. Back work may be made up, providing it is in accordance with the regular rules of the school. Students who participate in co-curricular activities must meet minimum academic requirements to maintain their eligibility. Students must maintain passing grades in four (4) full time classes or the equivalency for the nine (9) week grading period to be eligible. Students not meeting academic standards will be ineligible to participate in co-curricular activities for fifteen (15) days. At the end of the student's 15-day exclusion, the student's work will be re-evaluated to determine if he/she is maintaining passing grades in four (4) full-time classes or their equivalents. If not, the student's exclusion from co-curricular activities will be extended an additional 15 days. At that time, the work will be re-evaluated again. At the end of the school year, a student's final credits in his/her subjects, rather than his/her eligibility for the last grading period, shall be used to determine his/her eligibility for the next grading period. The building administrator will notify the parent and the student of his/her ineligibility.

SECTION 3: A student who has been absent from school during a semester for a total of twenty (20) or more school days shall not be eligible to participate in any co-curricular activity until the student has met the prescribed requirements of Section 3 of Article 3 of the PIAA By-Laws, excepting absences certified by a physician as due to illness, injury or quarantine. In cases where a student's work in any preceding grading period does not meet the standards provided for in Section 2, said student shall be ineligible to participate in interscholastic athletics for at least fifteen (15) school days of the next grading period where the school has four (4) grading periods per school year, or for at least ten (10) school days of the next grading period where the school has six (6) grading periods per school year, beginning on the first day report cards are issued, except as provided in Section 5.

1. Grades will be posted by teachers by 3:00 Thursday of each week. The Athletic Director/Principal is responsible for checking eligibility for athletes and letting them know

Friday if they are ineligible for the coming week. These dates will be adjusted during weeks in which there are vacations.

2. The principal or his designee is responsible for checking the eligibility of students engaged in the following activities: soccer, volleyball, boys and girls basketball, softball, baseball, golf, and cheerleading.

3. A student who is ineligible may not physically practice with the team. Ineligible students may not travel with the team or dress in uniform for a game or scrimmage.

4. Should a student be ineligible three successive weeks, that student may be removed from the team if the student has not made measurable efforts to improve their status.

5. A student, who is ejected from an athletic contest by P.I.A.A. officials, shall not be permitted to participate in the next contest.

6. If a student is arrested for possession, use, or sale of drugs or alcohol, the student shall be removed from the team until cleared, or for a period of thirty school days or the remainder of the season, whichever is longer. If a student is caught on school property in possession using, or selling drugs, alcohol, or tobacco products, the student shall be removed from the team for thirty days or the remainder of the season, whichever is longer. The use and/or possession of tobacco by a student shall result in the exclusion from all co-curricular activities for a minimum of ten (10) calendar days. Students and parents will be required to sign the Athlete's pledge, **see Appendix B.**

DISCIPLINE

1. During a season or period of an activity, any student assigned detention as result of charged tardies, will not be eligible to participate in activities that day.

2. Students, who come to school after 9:00 a.m., must have an excuse signed by a doctor to be eligible to participate in an activity that day.

3. Students must be present at least one-half day (in before 11:30 a.m.) to be eligible to participate in an activity that day, even though they may have obtained a doctors excuse.

4. Students visiting a college, university, or other post-graduate school for academic reasons are considered present and eligible to participate. Absences for other reasons will be reviewed and approved at the discretion of the principal.

5. Unacceptable behavior at an activity or a bus shall result in appropriate disciplinary action.

6. Before and after all games and practices, students are to be in their assigned area only and should never be in the building without the supervision of their coach. If practices and contests take place outside, students are to only use the entrances designated by their coach(es), go immediately to the locker room, then leave the building using the designated exit. For sports and activities that take place inside the building, no student is to be in the locker room or on the gym floor until their coach is present, and then only with their required warm-ups and footwear.

7. Consequences for missing practices will be at the coach's discretion.

8. Parents/guardians are not to be in or around the team's area unless requested by a district official.

9. Student athletes are required to travel with the team, if an athlete wishes to leave an event with another party a signed Athletic Travel Release Form must be completed and given to the coach or district official. **See Appendix C.**

FOREST AREA SCHOOL DISTRICT DISCIPLINE CODE

The district discipline code applies to all students. See the board approved Forest Area District's discipline policy on the FASD website. All students and parents/guardians must sign the attached Athletic Handbook Acknowledgement Agreement form and return to the coach. **See Appendix D**

INSURANCE COVERAGE

The district does not provide student insurance coverage, parents or caretaker are responsible for athletes coverage and must show proof of insurance priors to participation. **See Appendix E.**

EMERGENCY SPORTS INJURY PROCEDURES

The coach must submit the written injury report to the building principal within 24 hours. **See Appendix F.** Significant events requiring ambulance transportation, emergency room care or hospitalization should be immediately reported to the principal by phone.

If an injury does occur, the emergency plan should follow this sequence:

1. Assess the injury and administer first aid using universal precautions (gloves, mask, etc.).
2. Using Emergency Card for Athletes, contact parent, athletic director/principal, if available. **See Appendix G.**
3. Assist emergency personnel in preparing the athlete for transportation to a medical facility.
4. Appoint someone to go with the athlete if the parents are not available. This person should be responsible, calm, and familiar with the athlete. Assistant coaches or parents are best for this job.
5. Complete an injury report form while the incident is still fresh in your mind.
6. Notify Building Principal and Athletic Director.
7. Submit the completed injury report to the principal/copy to the school nurse.

For these so-called "minor" injuries, take these steps:

1. Evaluate the injury and contact the athletic director or principal, if available.
2. Administer first aid using universal precautions (gloves, mask, etc.)
3. Remove the athlete from participation if the athlete is in a great deal of Pain or suffers from a loss of function (can't walk, run, jump, throw, etc.).
4. Contact the athlete's parents.
5. Complete an injury report form while the incident is still fresh in your mind.

6. Discuss the injury with the parents.
7. Suggest that the athlete see a physician to rule out a serious injury.
8. Submit the completed injury report to the principal/copy to the school nurse.

REQUIREMENTS FOR LETTERING

1. Basketball - Students must participate in at least half the quarters throughout the season.
2. Baseball and softball – Position players must play in at least 50% of the innings throughout the season. Specialty players such as pitchers and pinch hitters must make a noticeable contribution to the team and may be recommended by the head coach to earn a letter.
3. Soccer – Students must play at least five (5) minutes of at least half the halves throughout the season.
4. Golf – Students must play as one of the top six in at least half the matches.
5. Volleyball – Students must play in half the games throughout the season.
6. Cheerleading – Cheerleaders must clear in at least 90% of the games and 90% practices.
7. Seniors who have been with the team for two or more seasons but have not met the requirements may receive a letter at the discretion of the head coach. First year seniors must meet the requirements to letter.
8. Managers who attend at least 90% of the games over two seasons to earn a letter.
9. Statisticians must attend 90% of the games over two seasons to earn a letter.
10. Students who miss five (5) or more games or matches during a season for illness must have permission from the athletic director to receive a letter.
11. Exchange students who participate as part of an athletic program may receive a letter at the discretion of the head coach.
12. The first time a student letters in a sport he/she is eligible to purchase a varsity jacket that will have a letter sewn onto it with the emblem of that sport on the letter. The student will also receive a certificate for lettering in that sport.
13. For each successive letter earned by a student he/she shall receive a gold pin to represent the sport and/or year in which they received the letter. The pin is to be placed on the jacket. The student shall also receive any other certificates and/or awards that they earn.
14. Students receiving more than two letter shall receive a certificate and a bar for each successive letter.

- Appendix A: PIAA Eligibility Rules**
- Appendix B: Athlete's Pledge**
- Appendix C: Athletic Travel Release Form**
- Appendix D: Handbook Acknowledgement Form**
- Appendix E: Proof of Insurance coverage**
- Appendix F: Injury Report Form**
- Appendix G: Emergency Card for Athletes**

Appendix A

PIAA Eligibility Rules

**Know Your Eligibility Rules for Pennsylvania Interscholastic Athletic Association, Inc.
Sponsored Athletic Competition**

(Revised: July 1, 2011)

Know Your Eligibility Rules

A student who participates in interscholastic athletics at a school which is a member of the Pennsylvania Interscholastic Athletic Association, Inc. ("PIAA") must comply with PIAA eligibility rules. If you fail to comply with these rules, you will lose your eligibility to participate in interscholastic athletics. If you participate while ineligible, you, your school, and/or your Team will be penalized. It is, therefore, important for you to be aware of applicable eligibility provisions.

The information set forth below highlights and summarizes the major requirements you must meet to be eligible. It does not identify every rule or every detail. Unless otherwise indicated, each requirement applies to students in grades 7 through 12.

The Principal of your school is responsible for certifying as to your athletic eligibility. If you have any questions concerning your athletic eligibility, either now or in the future, you should discuss the matter with your school Principal or Athletic Director. If they are uncertain about a matter, they can request guidance and even a formal ruling from PIAA as to your athletic eligibility. A complete copy of the PIAA eligibility rules may be viewed on the PIAA Website at www.piaa.org/resources/handbook, or may be obtained from your Principal or Athletic Director.

Age

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

Amateur Status and Awards

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

You may receive be recognized and receive awards for your participation only from your school or school-affiliated booster club, the sponsor of an athletic event, a non-profit service organization approved by your school Principal, or the news media. Permissible awards include items of apparel, a blanket, watch, ring, scroll, carry-on or warm-up bag, photograph, medal, plaque, or similar award, which must bear appropriate institutional insignia or comparable identification. The fair market value of all of the items provided to you may not exceed \$200. If they do, you must return the items in excess of \$200.

Attendance

You must be enrolled in and in full-time attendance at a PIAA member school or a Charter or Cyber-Charter School, or be home-schooled.

Generally, you are eligible only at the school at which you are enrolled or, if a home-schooled

student, at a public school in the public school district in which you reside. If you are a student enrolled in either a Charter School or Cyber Charter School, you should consult with your Principal to determine the school at which you are eligible.

If you are absent from school during a semester for a total of 20 or more school days, you will lose your eligibility until you attend school for a total of 45 school days following your 20th day of absence.

Consent of Parent or Guardian

You are eligible only if there is on file with the Principal of your school a certificate signed by your parent(s) or guardian(s) consenting to your participation in the particular sport(s) involved.

Comprehensive Initial Pre-Participation Physical Evaluation

You are eligible only if you have completed a comprehensive initial pre-participation physical evaluation ("CIPPE"), performed by an Authorized Medical Examiner (as that term is defined in the GLOSSARY of the PIAA By-Laws) before your first sport season's first Practice of that school year. If you want to participate in subsequent sport(s) in the same school year, you may be required to be re-evaluated and re-certified that your physical condition is satisfactory. Check with your Principal or Athletic Director to determine whether re-evaluation and re-certification is needed.

Wrestlers must also obtain a certification of the minimum wrestling weight at which they may wrestle during that season.

In all cases, an Authorized Medical Examiner must certify, on the PIAA CIPPE form, as to your physical fitness to participate in the particular sport(s) involved. A CIPPE may be performed no earlier than June 1st; and, regardless of when performed during the school year, remains effective only until the next May 31st.

Transfers

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

Period of Time After Eighth Grade, Participation, and Grade Repetition

Your athletic eligibility extends only until you have reached the end of your fourth consecutive year (8th consecutive semester or the equivalent) beyond the eighth grade. Therefore, if you

repeat a grade after eighth, you will be ineligible as a senior.

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

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

Outside Participation

If you participate in a non-school athletic program during the PIAA Season for that sport, while enrolled at a school which has a Team in that sport, you will not be eligible for District and Inter-District Championship Contests in that sport unless you are in uniform and available to participate as a member of your school Team for at least 75% of its Regular Season Contests.

Academic and Curricular Requirements

You must pursue a full-time curriculum defined and approved by your Principal.

You must be passing at least four full-credit subjects, or the equivalent, as of each Friday during a grading period. If you fail to meet this requirement, you will lose your eligibility from the immediately following Sunday through the Saturday immediately following the next Friday as of which you meet this requirement.

You must have passed at least four full-credit subjects or the equivalent during the previous grading period, except that eligibility for the first grading period is based on your final grades for the preceding school year. If you fail to meet this requirement, you will lose your eligibility for at least 15 or 10 school days of the next grading period, beginning on the first day that report cards are issued. If your school has four grading periods, you will be ineligible for at least 15 school days; if your school has six grading periods, you will be ineligible for at least 10 school days.

All-Star Contests

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

Out-of-Season Participation

All PIAA sports have a defined season. If your school Team conducts Practice and/or participates in Inter-School Practices, Scrimmages, and/or Contests outside that PIAA defined season, your school will be penalized.

If you desire to play interscholastic football for a PIAA member school, and you engage in Physical Contact (as that term is defined in ARTICLE XVI, SEASON AND OUT-OF-SEASON RULES AND REGULATIONS, Section 2, Rules and Regulations, subsection C, Football, sub-subsection 1, of the PIAA By-Laws) outside the PIAA-defined football season, you will be

ineligible to participate in interscholastic football for a period up to one year from the date of such participation.

Use of Anabolic Steroids

By state law, all Pennsylvania school districts are required to adopt and enforce rules and regulations prohibiting the use of anabolic steroids, except for a valid medical purpose, by students involved in school-related athletics. School Boards are also required to establish penalties for students found in violation of the adopted rules and regulations. As penalties may vary from school district to school district, you should consult with your Principal or Athletic Director as to the penalties that your School Board has adopted.

Concussion Recognition and Management

A concussion is a brain injury that results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. Athletes at your age are particularly vulnerable to the effects of concussions. Once considered little more than a minor "ding" on the head, it is now understood that a concussion has the potential to result in death or short- and/or long-term changes in brain function.

If a sports official removes you from a Contest because you have exhibited signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, and/or balance problems) you may not return to participating in Practices, Inter-School Practices, Scrimmages, and/or Contests until cleared by a licensed physician of medicine or osteopathic medicine who is sufficiently familiar with current concussion management.

<http://www.piaa.org/schools/eligibility/default.aspx>

Appendix B

FOREST AREA SCHOOL DISTRICT DRUG, ALCOHOL, AND TOBACCO POLICY FOR STUDENT ATHLETES

Because I want to represent Forest Area School District in a positive manner, and because I have chosen to participate as an athlete at Forest Area School District during the current school year, I agree to the following:

- I will not smoke or use tobacco products.
- I will not possess or use alcohol.
- I will not possess or use unauthorized drugs or other substances.

I realize that to achieve my goals as an athlete and to be a positive role model, possessing or using alcohol, unauthorized drugs or other substances, or tobacco products is unacceptable at any time; this includes during the school year, not just my season, and out of school as well as at school and at school-sponsored events. I realize that school policies regarding tobacco use and the possession or use of alcohol, unauthorized drugs, or other substances, as outlined in the student handbook, apply to students when they participate in school athletics. If I use, possess, or am found to be under the influence of any of the aforementioned substances, I agree to accept the following additional consequences:

FIRST VIOLATION

- Athletic director/coach/principal/player conference
- One-week ineligibility
- Meet a minimum of three times with a student assistance counselor

SECOND VIOLATION

- Athletic director/coach/principal/player conference
- Two-week ineligibility
- Meet a minimum of three times with a student assistance counselor

THIRD VIOLATION

- Athletic director/coach/principal/player conference
- Indefinite ineligibility (minimum six weeks)
- Meet a minimum of three times with a student assistance counselor

Although rumors will not be the basis for restricting student participation, they will be addressed. If the athletic director/principal becomes aware that a student may be using or in possession of any of the above-mentioned substances, she/he will meet with the student to discuss the situation. If the suspicion is confirmed, Assumption will follow its general and athletic policies. If no evidence is found to support the expressed concerns, the matter will be dropped. Suspected use is not an accusation of use.

ATHLETIC/PARENT PLEASE KEEP THIS PAGE

Appendix B

FASD ATHLETE’S PLEDGE & RESPONSIBILITY

SPORT(S): _____

As a participant in Forest Area School District athletics, I have read and understand Forest Area’s Drug, Alcohol, and Tobacco Policy for Student Athletes. I understand that this pledge is for the entire school year, not just the current sport season. I agree to abide by all rules regarding the use of alcohol, drugs, and tobacco. Chemical dependency is a progressive but treatable disease, characterized by continued drinking and drug use in spite of recurring problems resulting from that use. Therefore, I accept and pledge to abide by the rules listed on the title page of this policy and others established by my coaches.

I understand that risks are involved in all forms of athletics. I agree to abide by all the rules established by the Forest Area School District, P.I.A.A., and my coaches. I agree to be responsible for equipment issued by the school and agree to return all equipment and uniforms issued at the end of the season. Should any equipment or uniform be lost or ruined (other than normal wear and tear), I agree to pay the cost of replacement. With this in mind, I hereby request permission to participate in Forest Area School District’s Athletic Program during this current school year.

Student Signature _____ Date _____

PARENT’S PLEDGE AND RESPONSIBILITY

I/We have read and understand Forest Area School District’s Drug, Alcohol, and Tobacco Policy in the Athletic Handbook. I/We understand that this pledge is for the entire school year, not just the current sport season. As a parent/guardian of an athlete participating in Forest Area School District athletics, I/We will support our son/daughter’s agreement to abide by all the training rules because chemical dependency is a progressive but treatable disease, characterized by continued drinking and drug use in spite of recurring problems resulting from that use.

I/We further understand that I/We are responsible for my/our son/daughter’s transportation to and from practices and/or games and competitions.

I/We understand that risks are involved in all forms of athletics. In consideration for the making arrangements for athletic participation by Forest Area School District, I/we hereby release and save harmless Forest Area School District and any and all employees of the school from any and all liability for any injuries, loss, or other claims arising out of or resulting from my/our son/daughter’s participation in athletics. The undersigned parent/guardian(s) agree to accept all responsibility for the risks, conditions, and hazards which may occur whether or not they are now known. By signing this acknowledgement and assumption of risk and release as the parent/guardian(s), I/we am/are consenting to my/our son/daughter’s participation and acknowledge that I/we understand any and all risks, whether known or unknown, is expressly assumed by me/us and all claims, whether known

or unknown, are expressly waived in advance. With these things in mind, I/we hereby request that my/our son/daughter be allowed to participate in athletics at Forest Area School District during this current school year.

Parent/Guardian's Signature

Date

Appendix C

FASD ATHLETIC TRAVEL RELEASE FORM

DATE: _____ SPORT: _____ GRADE _____

This is to certify that _____
(name of student)

has my permission to ride _____ to _____ from _____
(check one) (name of school)

on _____.
(date)

I certify that I am personally transporting the above-named student. The reason for not riding the bus is:

I understand that the Forest Area School District Travel Policy states that "all team members are to travel as a group to and from all athletic contests." A departure from this requirement will release the Forest Area School District from all liability for any adverse results that may occur.

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

This form must be on file or completed and received by the coach prior to the student's dismissal from the event.

_____ Signature of Parent or Guardian

_____ Signature of Principal/Coach

Appendix D

FOREST AREA SCHOOL DISTRICT ATHLETIC HANDBOOK ACKNOWLEDGEMENT AGREEMENT

(Please sign and return this form to your COACH)

Student:

I have read and I understand the Rules/Regulations/Policies that are set forth in the Athletic & Forest Area Student handbook. I also understand that I am to abide by the handbook as an approved document of the Forest Area School Board.

Student Name (Print) _____

Student Signature _____

Date _____

Parent:

As the parent/guardian, I have read and discussed the handbooks with my child. I understand that the Rules/Regulations/Policies set forth are designed to provide a quality education for the students and that the handbooks will be enforced.

Parent/Guardian Name (Print) _____

Signature _____

Date _____

Appendix E

PROOF OF INSURANCE COVERAGE

Dear Parent:

The Forest Area School District requires all participants in Interscholastic Athletics be required to have medical insurance coverage. Be advised that the school district provides **NO** insurance but suggests to the parent/guardian of a young person participating in such activities these two (2) alternatives:

1. Purchase the insurance as offered on the school district web site.
2. Sign the form below indicating you will cover the cost of any needed medical services arising because of your son/daughter's participation in Interscholastic Athletics by providing, at your own expense, personal medical insurance covering any such cost.

Complete and return to the school:

1. _____ I have purchased the insurance as offered on the school district web site.
2. _____ I will be responsible for any needed medical service arising because of my son/daughter's participation in Interscholastic Athletics by covering such through my personal medical insurance and will provide evidence of such coverage to the school district upon request.

Policy Holder's Name _____

Insurance Company _____

ID Number _____ Group Number _____

Student's Name _____ Grade _____

Address _____ Phone # _____

_____ Date _____

Appendix F

