

Penn Cambria School District



Athletic Department

Code of Conduct Manual

Letter from the Athletic Director

Greetings from Penn Cambria High School, home of the Panthers, and welcome to another exciting year of Penn Cambria Athletics!

Penn Cambria School District is proud to offer our students a variety of opportunities to participate in interscholastic activities. It is a true honor to welcome you to an environment which cultivates academic and athletic accomplishments while embracing Excellence, Discipline, and Sportsmanship.

This manual contains information that is important for the parents and participants to understand before they begin participation. Being a member of interscholastic athletics is a privilege for our students. Students are expected to accept responsibilities that accompany that privilege. Penn Cambria School District stresses the importance of good sportsmanship not only by the participants but also by the parents and spectators.

Penn Cambria's mission focuses on the complete success of our students, and I have always been a firm believer that athletics are an immense part of excelling in an educational setting. Our students push for excellence in their sports and activities. They work hard to fill their potential in the classroom and on the playing surfaces and have become leaders and role models within our school community and beyond.

Our coaches, athletic department staff members, and I are always happy to talk with you about our programs and answer any questions you may have. Please don't hesitate to contact myself or the coaches.

Go Panthers!

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I. Acknowledgment of Warning

ACKNOWLEDGMENT OF WARNING BY STUDENT-ATHLETE

I hereby acknowledge that I have been properly advised, cautioned and warned by the proper administrative and coaching personnel of the Penn Cambria School District, that by participating in the sport, I am exposing myself to the risk of serious injury, including but not limited to, the risk of sprains, fractures and ligament and /or cartilage damage which could result in a temporary or permanent, partial or complete, impairment in the use of my limbs; brain damage; paralysis; or even death. Having been so cautioned and warned, it is still my desire to participate in the above sport, and should I choose to participate in the above sport, I hereby further acknowledge that I do so with full knowledge and understanding of the risk of serious injury to which I am exposing myself by participating in the above sport.

ACKNOWLEDGMENT OF WARNING BY PARENTS

I hereby acknowledge that I have been properly advised, cautioned and warned by the proper administrative and coaching personnel of the Penn Cambria School District, that by allowing my son or daughter to participate in the sport, I am exposing my son or daughter to the risk of serious injury, including but not limited to, the risk of sprains, fractures and ligament and /or cartilage damage which could result in a temporary or permanent, partial or complete, impairment in the use of my limbs; brain damage; paralysis; or even death. Having been so cautioned and warned, it is still my desire to allow my son or daughter to participate in the above sport, and should I allow my son or daughter to choose to participate in the above sport, I hereby further acknowledge that I do so with full knowledge and understanding of the risk of serious injury to which I am exposing my son or daughter to by participating in the above sport.

II. Definition of Athletic Extracurricular Activity

Extracurricular activities are the programs that are sponsored or approved by the School Board and are conducted in part or whole outside of the regular school day, that are marked by student participation in the processes of initiation, planning, organizing, and execution; and are equally available to all students who voluntarily elect to participate. These activities include all interscholastic athletic teams sponsored by the school district.

III. Extracurricular Participation Guidelines

All members of the extracurricular activities are expected to abide by the following guidelines. To be eligible for interscholastic athletic competition, play casts, cheerleaders, majorettes, band or other activity groups, students must arrive at school prior to 8:45 AM. No athlete shall practice or participate on any athletic team on days he/she is absent from school past 8:45 AM unless permission is given in writing from the principal's office. Examples include, but are not limited to a doctor's excuse, a death/funeral, and an unavoidable family emergency or impassable roads.

1. All members of extracurricular activities are responsible for representing the Penn Cambria School District, both on and off of the school grounds. Any member involved in behavior that breaks the code of conduct is subject to a review by a committee of the principal, athletic director, and the coach to determine the appropriate discipline.
2. Anyone participating in an extracurricular activity must abide by all rules set forth in the Penn Cambria Schools Student / Parent Handbook. Excessive suspensions and/or detentions may result in removal from the team or activity.
3. No forms of hazing, harassment, sexual harassment or bullying as outlined in the Penn Cambria Schools Student / Parent Handbook will be tolerated.
4. Student athlete's eligibility will be monitored on a weekly basis. The student athlete's grades will be checked every Friday. If a student athlete has failing grades in two or more classes at one time, he/she is immediately placed on athletic/academic suspension. During suspension, the student athlete may, at the discretion of the coach, participate in practice but not in competition. The student athlete will remain on athletic/academic suspension until they are no longer failing two courses. Final approval to participate in practices and/or games will be made by the principal with notification to the head coach.
5. Any athlete who willfully participates in stealing or vandalizing any school property at Penn Cambria or at any visiting school will be dismissed as a competitor for twenty (20) calendar days. Second offense, or subsequent offenses– the athlete will be dismissed for sixty (60) calendar days from school sponsored athletic activities. However, that athlete may be allowed to practice and travel with the team while on suspension. Coaches must immediately notify the athletic director of such occurrences.
6. All student athletes will ride to and from all away events on school approved transportation unless the coach receives the travel release form from the student athlete's parent/guardian or the parent signs the form in a face to face meeting. No student athlete will be released to anyone except his/her parent or guardian.

7. Any member of an extracurricular activity that is suspended (in-school or out of school) is not able to participate in meetings, practices, or competitions during that suspension. These days will be considered as unexcused absence from practice/game time.
8. Coaches and advisors will develop specific team rules that will be provided in writing before competitions begin.
9. The use and/or possession of controlled substances/drug paraphernalia not prescribed by a doctor are absolutely forbidden.

IV. Parental Code of Conduct

The purpose of this Code of Conduct is to help you make a commitment to yourself, your child and everyone else you meet during your child's athletic experience. Take the time to read each of these statements and truly make a commitment to adhering to them.

- I will always keep in mind that it is a privilege, rather than a right, for my child to participate in a sport.
- I will always model good sportsmanship at competitions by the way I treat all athletes, coaches, officials and other fans.
- I will insist that my child always demonstrate good sportsmanship and treat other athletes, coaches and officials with respect.
- I will always teach my child how to win and lose with grace by the way I act in each of those situations.
- I will always teach my child the importance of competing with integrity and will not condone nor help him or her cheat in any manner.
- I will always remember that while I am not an athlete, I am representing my child's team at competitions.
- I will always strive to work with my child's coach and not against him or her.
- I will communicate with the coaching staff in a respectful and professional manner at all times.
- I will always remember that I have had my opportunity in athletics and this experience is about my child.
- I will have a basic understanding of the rules of my child's sport.

UNACCEPTABLE BEHAVIORS

The following are some examples of behaviors identified by the school board as unacceptable behaviors at sporting events and will not be tolerated. Unacceptable behaviors are not limited to these examples.

1. Disrespectful or derogatory cheers, chants, songs, or gestures.
2. Criticizing of officials, coaches or athletes in any way including displays of anger over officials' calls.
3. Cheers which antagonize opponents.

4. Blaming loss on officials, coaches, or participants.
5. Use of profanity or displays of anger that draw attention to you.

CONSEQUENCES

- First Offense: Written warning with possible individual removal from contest and/or arrest as well as possible temporary ban from all extracurricular activities
- Second Offense: Up to 12-month ban from all extracurricular activities and/or arrest

V. PARENT/COACH COMMUNICATION

Chain of Command

Both parenting and coaching are extremely difficult vocations. By establishing open communication and an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

COMMUNICATION YOU SHOULD EXPECT FROM YOUR CHILD'S COACH

1. Philosophy of the coach.
2. Expectations the coach has for your child as well as all the players on the squad.
3. Locations and times of all practices and contests.
4. Team requirements, i.e. special equipment, off-season conditioning.
5. Procedure should your child be injured during participation.
6. Discipline which results in the denial of your child's participation.

COMMUNICATION COACHES EXPECT FROM PARENTS

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concern in regard to a coach's expectations.

As your children become involved in the programs at Penn Cambria, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times discussion with the coach is encouraged.

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

1. The treatment of your child, mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

Coaches are professionals. They make decisions based on what they believe to be best for all students involved and the team. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as those listed next, must be left to the discretion of the coach.

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES

1. Playing time
2. Team strategy
3. Play calling
4. Other student athletes

PROCEDURE TO FOLLOW SHOULD YOU HAVE A CONCERN TO DISCUSS WITH A COACH

1. Call to set up an appointment with the coach.
2. If the coach cannot be reached, call the athletic office. They will coordinate the meeting for you.
3. Meet with the Coach
4. Do not confront a coach before, during, or after a contest or practice. The coach has a duty to supervise the team. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution and often escalate the issue.

THE NEXT STEPS - What can a parent/guardian/student athlete do if the meeting with the coach did not provide a satisfactory resolution?

1. Call the Athletic Office at (814) 886-8188 and set up an informal meeting with the athletic director and building Principal to discuss the situation.
2. At this meeting, the athletic director, Principal, parent/guardian, student athlete and coach will work to resolve issue. All conflicts involving playing time, play calling, team strategy, or other student athletes will not be addressed any further. This meeting may include the building assistant principal.
3. If the issue remains unresolved the parent/guardian/student-athlete will complete the conflict resolution form to be submitted to the athletic director who shall forward a copy of the written complaint to the building principal, coach and superintendent.
4. Upon receipt of the conflict resolution form the superintendent shall confer with all parties.
5. If the superintendent is unable to resolve a complaint to the satisfaction of all parties and at the request of the complainant, the superintendent shall forward the results of his investigation along with his recommendation to the school board and a copy to all parties. The Penn Cambria School District Board of Directors will not be the first to hear a complaint and all issues will be required to follow the proper protocol.

**VI. Penn Cambria School District
Athletic Department
Student Athlete/Parent-Guardian Contract**

Please sign and return this page of the Student Athlete/Parent Handbook. This must be on file with the Athletic Department before the student athlete is allowed to participate in any competitions.

We have read and understand all information in this Code of Conduct Manual.

Student Athlete Name (Print) _____

Student Athlete Name (Signature) _____

Date _____

Parent-Guardian Name (Print) _____

Parent-Guardian Name (Signature) _____

Date _____